

A full-page photograph of three business professionals—two men and one woman—jumping joyfully in front of a modern building with large columns and a reflecting pool. The man on the left is wearing a blue suit and a red tie, the woman in the center is wearing a black suit, and the man on the right is wearing a black suit and a maroon shirt. They are all smiling and have their arms raised. The background shows a modern building with large columns and a reflecting pool.

# island scene

well-being, family, and fun for **HMSA** members || summer 2019 || [islandscene.com](http://islandscene.com)

leaders on the rise



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MATT HEIRAKUJI



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# island scene

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## PUBLISHER/EDITOR

Lisa Manekī Baxa

## ART DIRECTOR

Lawrence Esperanza

## ASSISTANT ART DIRECTOR

Caryn Saito

## WEB MANAGING EDITOR

Michelle Sullivan

## FOOD EDITOR

Marlene Nakamoto

## COPY EDITOR

Marlene Nakamoto

## WRITERS

Craig DeSilva  
David Frickman  
Robyn Kuraoka  
Marlene Nakamoto  
Lynn Shizumura  
Michelle Sullivan  
Courtney Takabayashi

## DESIGNERS

Rodney Amian  
Jocelyn Cua-Racoma  
Lauren Gould  
Tedra Hackett  
Darren Matsuda  
Fannie Niiyama  
Garry Ono  
Megan Wakayama

## WEB TEAM

Lei Mano'i  
Jess Navarrete Jr.  
Nancy Wildes

## ADVERTISING

Shere Sasaki

## CIRCULATION

Lisa Chun  
Lei Mano'i

## HEALTH INFORMATION REVIEW COMMITTEE

Stefanie Park, M.D.  
Andrew Perry, M.D.  
Jeffrey Tom, M.D.  
Mark Mugiishi, M.D., F.A.C.S.

## NUTRITION ADVISER

C. Alan Titchenal, Ph.D.

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*Island Scene*, P.O. Box 3850,  
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Editorial: 948-6839

Advertising: 948-6837

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**COVER:** Hawai'i's future leaders experience the legislative process. Story on page 20. Photo by Romeo Collado.



## dear friends,

As we finished writing this issue in mid-May, I often found myself thinking about my parents (with Mother's Day on May 12 and Dad's birthday on May 13). Both of them have passed, but their imprint remains on me and my brothers and the many friends and relatives they touched.

The HI Notes section on page 64 asked readers to share their favorite life lessons. Most of my life lessons came from my parents, Ellen and Ray Maneki. Mom was outgoing and caring, full of laughter and music. Dad was quiet, diligent, and thoughtful. Both were smart, funny, and kind.

Growing up, my brothers and I were always told we took after Dad. I was fine with that and loved that I became a writer and editor like he was. Just recently, a family friend said I was like my mom. That threw me for a loop, but I was touched and grateful.

What life lessons did you learn from your parents? Mom tried to teach me to cook and bake and how to sew, crochet, knit, and needlepoint (none of which I do today ... sorry, Mom). Dad taught me to do things around the house and, in later years, left gentle editing corrections about my work, always sandwiched between praise. But more importantly, they led by example and set high standards. The things I've achieved in life are the



Ellen and Ray Maneki

result of lessons I learned from them. About working hard, caring for others, and so much more. For that, I am truly grateful.

I hope you enjoy this issue, our Learning issue, and the HI Notes section on life lessons. And if you'd like to see your photo in *Island Scene*, it's easy to join the fun. Follow HMSA's Facebook page and we'll let you know about upcoming topics. You can submit your photos on Facebook or email me at [feedback@islandscene.com](mailto:feedback@islandscene.com) and I'll let you know about upcoming topics and how to submit your photos.

As always, thanks for reading *Island Scene*. Now, go hug your mom and dad and thank them for everything they've taught you.

Love,

Lisa Maneki Baxa  
Publisher and Editor

## helping kids and families in kona



Toni Symons was working for a local nonprofit when Hawaii Affordable Properties approached her with an opportunity to work with families in need of stable housing. She jumped at the chance. A third-generation Kona resident, Symons is now program director at Na Kahua Hale O Ulu Wini, an affordable rental and transitional housing complex in West Hawai'i.

I had the opportunity to talk to Symons about how she and her team help Kona families keep a roof over their heads and other ways they're making a difference.

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

Michael B. Stollar  
President and Chief Executive Officer

**photos** earl yoshii





### **MS: What is Na Kahua Hale O Ulu Wini?**

**TS:** We're a transitional housing program for low-income families and those coming out of homelessness. With 96 units, we're a blended community of different families from different circumstances. We only house families with children, so at any given time, we have about 250 kids.

### **MS: What's the average stay in transition?**

**TS:** Our houses are always full, but we try to get the homeless families in as fast as we can because we don't want our kids on the street. They can stay up to two years, but the average stay is about 18 months. In that year and a half, we really get to know these kids.

"It's really about opening up their world, helping them to dream beyond the horizons of what they thought was possible."

: Toni Symons

### **MS: What are the biggest challenges for homeless children?**

**TS:** It's having the schools understand the challenges kids face when they come from homelessness. We have a lot of English language learners. For example, 45% of our population is Marshallese. These kids have so many family responsibilities. We help them recognize that Mom and Dad or Grandma and Grandpa are getting help, everything is stabilizing, so now let's think about your dream for yourself beyond your family commitments.

### **MS: What kinds of services do you provide for these kids?**

**TS:** When they first come in, we do educational assessments so we know how to get them back on track. We offer a robust after-school program, evening study halls, and extracurricular activities. These families are here because they want their children to be educated, but they're not always sure how to do that.

If they get a note from the court saying the kids are missing school, we go to court with them. If teachers can't reach someone at home, they can call us. We don't want our families to feel intimidated by the education system. We want to be partners.



A lot of the work we do is getting the kids on fire about learning, dreaming about their future, and then trying to pair them with someone in that field so they say, "I can become an archaeologist. I can be a doctor. I can do anything I put my mind to." We help them dream, because some have never been taught to dream about what they can do. No one's ever asked them, "What do you want to be when you grow up?"

### **MS: You talked about connecting the kids with mentors. How do you find those people?**

**TS:** We have fantastic volunteers who've built tremendous relationships with these kids. Some of the students are two to three grade levels below where their reading should be. If we can help them catch up, that helps with other academic issues.

It's really about opening up their world, helping them to dream beyond the horizons of what they thought was possible. And it's really beautiful to see them go through that.

*For more information on Na Kahua Hale O Ulu Wini, contact Toni Symons at 319-2367 in Kona or email [tsymons.uluwini@gmail.com](mailto:tsymons.uluwini@gmail.com).*

# around the 808

## maui, moloka'i, and lāna'i



Pearl Rockett (far left) and the Monday Tennis Group.

### Tennis, anyone?

Pearl Rockett enjoys spending time with the Monday Tennis Group in upcountry Kula. She describes members as "genuine, altruistic, easy going, and kind." Their average age is about 70; the most seasoned player is 89 years young and "has the wickedest slice serve we ever saw," Rockett says.

The Monday Tennis Group plays mixed doubles, although it's more than just tennis. "It's getting together with kindred souls," says Rockett. The group welcomes anyone who wants to have a fun tennis match.

## kaua'i

### Doctoral path began in Kōloa

Chantell Balaan's path to become a scientist started on Kaua'i. "My favorite spot in Hawai'i is my hometown, Kōloa," she says. "I spent most of my childhood there and I grew up on my family's farm where our primary crop was kalo (taro)."

And as she prepares to complete her doctoral degree, she's earned honors for her hard work.

In May, the Kaua'i High School graduate received the Achievement

Rewards for College Scientists (ARCS) award in medicine at a ceremony in Waikiki. Her work as a doctoral student at the University of Hawai'i John A. Burns School of Medicine (JABSOM) focuses on autism spectrum disorder. She presented the findings of her research at an ARCS gathering in April.

Way to go Chantell!



Chantell Balaan



# big island

## Fresh, local produce on the move

Da Bus mobile market takes locally grown produce to Big Island communities to improve access to affordable, healthy food for low-income residents. Everyone is welcome at the market and EBT users can get a 50% discount.

Meet Da Bus mobile market in a neighborhood near you:

- Hilo: Edith Kanaka'ole Multi-Purpose Stadium, second Tuesday of each month, 10-11 a.m.
- Honoka'a Complex, second Thursday, 12:30-1:30 p.m.
- Kailua-Kona: Hualālai Elderly Phase I and III, first Friday, 10 a.m.-1:30 p.m.
- Ocean View: St. Jude's Episcopal Church, last Tuesday, 11 a.m.-Noon
- Pāhala Park and Community Center, last Thursday, 11:30 a.m.-12:30 p.m.
- Pāhoa: Sacred Heart Church, third Thursday, 9:30-11:30 a.m.
- Pāpa'aloa Community Center, second Thursday, 11:30 a.m.-12:30 p.m.
- Pepe'ekeo Senior Center, second Thursday, 9:30-10:30 a.m.
- Puna: Eden Roc, last Thursday, 9-9:45 a.m.

The program is the result of multiyear grants to The Food Basket and the Kohala Center from the USDA Community Food Project. For more info, visit [hawaiifoodbasket.org/da-bus](http://hawaiifoodbasket.org/da-bus).

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.



Da Bus, The Food Basket's mobile market, brings healthy food to those in need.





# keeping island time

## The Waimānalo Library tried to start a community 'ukulele class for years.

They held one well-attended class a few years ago but couldn't find a steady instructor. That changed a few months ago when Leo Daquiaoag, CEO, president, and founder of Music For Life Foundation (MFLF), introduced the library staff to seasoned instructors. The Foundation also donated several 'ukulele for the library to loan out, just like they do with books.

"People are used to libraries having books and I guess they don't think of

us as having other things available for them to use," says Cora Eggerman, branch manager at the Waimānalo Library. "To help them with learning, but also with growing as a person."

Exposure to music has been shown to boost overall learning and brain development in children. Learning to play an instrument can also help kids develop valuable life skills. Eggerman thinks the 'ukulele is a great place for keiki and adults to start. "The 'ukulele is something that everyone can learn to play," she says. "You learn to play in elementary school and when adults pick it up again, it sort of takes us back to that childhood."



Branch Manager Cora Eggerman (left) loans out 'ukulele at the Waimānalo Library.

**words** Michelle Sullivan

**photos** Matt Heirakuji



## Family time

Ted Radovich hasn't been playing 'ukulele for long, only five or six years, but he's been an avid collector for much longer. Both Ted and his wife, Cheryll, laugh when he says he's trying to curb his habit. He started playing alone as a form of stress relief, but now he gets together with friends to play. And although he hadn't had the time and patience to teach his kids, they've always wanted to learn.

A lifelong Waimānalo resident, Ted was excited to learn that his library would be loaning out 'ukulele. He was even more excited when he learned he could attend a class with his kids. In March, he took three of his four children to a class. His two oldest, Oliver, 15, and Sadie, 12, picked it up right away. His little one, Clara, 9, had a steeper learning curve, but she still had fun.

"'Ukulele brings people together," says Ted. "And it's also a really neat way to learn music, particularly Hawaiian music and Hawaiian language, for kids who aren't necessarily musically inclined."

Cheryll says the unique environment of family classes at the library puts her kids at ease. "I think it can be nice for adults and children to learn together because then it puts less pressure on the kids," says Cheryll. "Some of the adults may not be able to do it as well. They're all beginners. So there's less pressure for them to be doing it perfectly."

The Radovichs say their kids are even more interested in playing now. In fact, they've played together several times since their lesson. Although they have a collection at home, they're looking forward to borrowing 'ukulele from the library, so the kids can choose their own.

## Music for all

Daquioag says the foundation's goal is to provide every library in the state of Hawai'i with 'ukulele to loan out.

Ambitious? Maybe. But Daquioag believes it can be done. And more importantly, that it should be done. He's always believed in opportunity through access and availability.

Much like the 'ukulele, MFLF is small but mighty. Daquioag has known Hawai'i-based 'ukulele manufacturer, Sam Kamaka, his whole life. He's also a close friend of 'ukulele virtuoso Jake Shimabukuro. The Kamakas provide 'ukulele for donation while Shimabukuro uses his talent and reach to get the word out about the foundation. In fact, Shimabukuro played at the grand opening of the Nanakuli Public Library, which is also lending out 'ukulele from MFLF.



The Radovich Family





"Music is a communal thing," says Daquioag. "It brings vast people together. The language is universal." **is**

Leo Daquiaoq





# work it

**words** Courtney Takabayashi

**photos** Lauren Gould

**“What do you** want to be when you grow up?” It’s a question we’ve all answered.

But what happens when reality doesn’t live up to your childhood dreams? What do you do when the career you worked so hard to achieve is taken away or turns out to be disappointing?

Is it possible to give up a good job and a stable income to reach for a new career and a happy ending? If you ask former attorney Junie Hayashi or former marketing specialist Lisa Bright, the answer is yes.

## Against the law

Junie Hayashi knew that she wanted to make her parents happy. “My mother expected me to become a doctor or a lawyer. I chose law.” After earning an MBA and a law degree, Hayashi practiced law for nearly 17 years. “Dealing with contentious people could be challenging, but I liked providing advice and counsel to help keep my clients out of trouble.”

After almost 12 years at the Hawai‘i Department of the Attorney General, Hayashi realized she wasn’t happy. “I’d wake up every morning and do a sort of wellness check. I knew it was time for a change when I found myself hoping for a reason to stay home.” She loved her co-workers but found that the constant conflict created by the demands of the job were taking a toll.





Junie Hayashi

"IF YOU WANT IT,  
YOU GOTTA  
WORK FOR IT.  
I ENCOURAGE  
MY STUDENTS TO  
NEVER SETTLE  
AND NEVER  
GIVE UP."

: Lisa Bright

Hayashi consulted with friends, the ones who seemed to be happy with their jobs. "I knew a few librarians and they inspired me to go into library sciences." When she talked to her husband about going back to school, he said, "If it makes you happy, do it." With the support of her loved ones and the determination to make a positive change, she earned yet another degree, but this time it was for herself.

Hayashi currently works as a public services librarian at Leeward Community College. "Going back to school was the best decision I ever made. Now when I wake up, there's no need for wellness checks or excuses." Through her role as a librarian, Hayashi helps students, faculty, and staff find the information they're looking for. "I'm so lucky. I'm one of those people who looks forward to going to work."

### Figure of speech

For Lisa Bright, helping people came naturally. One of her first jobs was at a makeup counter at a department store. "I enjoyed teaching customers about their skin, how to care for themselves, and how to wear cosmetics."

She earned a marketing degree from Kapi'olani Community College and worked at various companies in different capacities. Bright planned events at Hawaii Public Radio and the Chamber of Commerce of Hawaii, and also worked in finance and health care.

But Bright found herself at a crossroads when she was laid off from her research and regulatory compliance job after nine years. "My husband had been laid off earlier and was pursuing a master's degree so he could teach. He inspired me to go back to school instead looking for another job in the same field," Bright remembers. She decided to pursue a degree in journalism with the goal of becoming a

technical writer. She liked the idea of translating complex, technical ideas into understandable information.

Bright decided to continue her education and get a master's in communications so she could be a corporate trainer. "Since there aren't any graduate classes in corporate training, I took a course in teaching. I really enjoyed it."

It's no surprise that Bright now teaches communications at Kapi'olani Community College. Her passion for helping people and giving them skills for success were always there. Bright notes, "I've been conveying information to others all my life. I like to do it in a way that's enjoyable, fun, memorable, and as painless as possible." And that's what being a good teacher is all about.

### You do you

According to the U.S. Department of Labor, Americans spend an average of 43.6% of their day working. So it's important to love what you do.

If you're unhappy with your job, you're not alone. Glassdoor.com estimates that 40% of U.S. employees are disengaged at work. So what can you do? Hayashi recommends volunteering at places you're interested in. "That way, you'll know if it's a true passion or just a hobby."

You could also talk to people in fields that you're interested in pursuing and ask them about the benefits and challenges of their job. Or you might try a personality or career test to assess your strengths, weaknesses, and interests. Self-reflection through journaling is also a great way to discover the kind of job that could make you happy.

Once you know what you want to do, Bright says persistence and grit are key. "If you want it, you gotta work for it. I encourage my students to never settle and never give up." 15





Lisa Bright



# CONGRATULATIONS TO THE 2019 KAIMANA SCHOLARSHIP WINNERS

The HMSA Kaimana Awards & Scholarship Program recognizes high school seniors and schools in Hawaii for excellence in academics, athletics, community service, healthy activities, and sportsmanship.

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



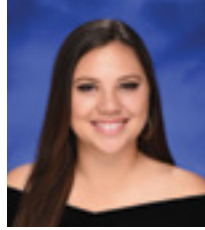
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For the complete list of scholarship and school winners, visit [hmsa.com/kaimana](https://hmsa.com/kaimana).



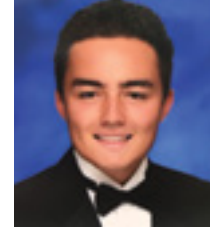
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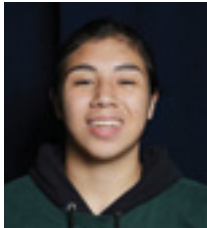
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'Iolani  
School





"It's changed my life.  
Now, I'm not afraid to  
speak my mind."

: Zachary Okimoto

# leaders on the rise

**words** Craig DeSilva

**photos** Romeo Collado

There are many heartbreaks that teenagers go through during high school—breaking up with a boyfriend or girlfriend, not being asked to the prom, or losing a championship game. And then there's the heartbreak of watching a bill you support die in a vote.

"It hurts because you put so much effort into it," says Krysta Reese, who participates in the YMCA Honolulu Youth & Government program. The program is an opportunity for students to get hands-on experience of the democratic process. They introduce, debate, and vote on bills in a mock three-day legislative session at the state Capitol.

"We often get emotional when we debate issues," she says. "But it shows what we believe in. We don't

make it personal and, in the end, we remain friends. What happens in chamber stays in chamber."

Reese, who'll be a senior at Mililani High School this fall, will end her last year in the program as the youth governor. She has no intention of one day taking over Gov. David Ige's job, but being youth governor is teaching her lifelong lessons of civic responsibility.

"This program made me realize that you have to really research the candidates and issues. You can't just rely on Facebook and Twitter," she says.

## Making a difference

Some people can go their entire life without meeting their elected officials, entering the state Capitol, or even voting in an election. But students in the YMCA of Honolulu Youth & Government program hold elections to choose a governor, speaker of the house, senate president, and other officers in the youth legislature. And they do all of this before reaching the voting age of 18.

"It's a safe space for young people to know that their opinions are valued and that they can contribute to the conversation," says Michael Broderick, president and CEO of YMCA of Honolulu. "They learn how to advocate for issues in a dignified,

respectful, and civil way. And that's different from what they often see from elected leaders on TV these days."

More than just learning the Schoolhouse Rock version of *I'm Just a Bill*, students learn how to effect change in both themselves and their community.

"It helps affirm the person they are through self-discovery," says Tiana Maruyama, a youth programs director at YMCA's Nu'uuanu branch. Maruyama served as youth governor in 2007. "It allows them to dig into their community to find out its needs. In the process, they discover their passions by standing up for what they believe in."

Although the program isn't intended to groom future politicians, the students learn leadership skills that they can use throughout their life.

"It's changed my life," says Zachary Okimoto, who entered the program as a shy seventh grader. Okimoto, who graduated from Kalani High School this spring, served in several elected officer positions during his six years in the program, including speaker of the house. Although he has no plans to be a politician, the program taught him to take a stand for things he believes in. "Now, I'm not afraid to speak my mind," he says.



Zachary Okimoto (left) and Christian Leidholm.

## Getting involved

Being in the YMCA Youth & Government program helped Christian Leidholm discover the value of community. The Kalāheo High School senior attends Kailua Neighborhood Board meetings to see what people are talking about. He introduced bills in the youth legislature to help solve two hot-button community issues—illegal vacation rentals and drones that fly over homes. “I like getting involved,” he says.

While many high school students would name quarterback Marcus Mariota or actor Jason Momoa as their idols, Leidholm puts Windward O’ahu state Rep. Cynthia Thielen high on his list. “She’s an amazing person who really cares for the community,” he says. “She really puts her heart into Kailua.”

Last year, Leidholm joined Thielen and others in a community effort to prevent the demolition of Pali Lanes, a

bowling alley that’s been a fixture and gathering place for generations of Windward O’ahu residents for nearly 60 years. “It shows that anyone can make a difference,” he says.

And if these young people can learn these lessons now, there’s no telling the difference they’ll make in the future. **is**



Check out  
[islandscene.com/more](https://islandscene.com/more)  
for more on this program.

## Want to sign up?

Entering its 70th year, the YMCA Youth & Government program is open to students in grades six to 12. Visit [ymcahonolulu.org/youth-and-government](https://ymcahonolulu.org/youth-and-government) for information and an application, which will be available soon.

Deadline to apply is December 1. There’s a fee to participate, but the program offers financial aid to eligible applicants.

## YMCA – Celebrating 150 years in Hawai’i

This year, the YMCA celebrates its 150<sup>th</sup> birthday in the Islands. More than just a place for physical fitness with exercise classes and swimming lessons, the YMCA offers a variety of activities, including Japanese flower arranging, hula, and martial arts. Visit [ymcahonolulu.org](https://ymcahonolulu.org) to find a location near you.





# get crafty

activities for the whole family at  
[islandscene.com/lifestyle](http://islandscene.com/lifestyle)

# sign preservation

**words** David Frickman

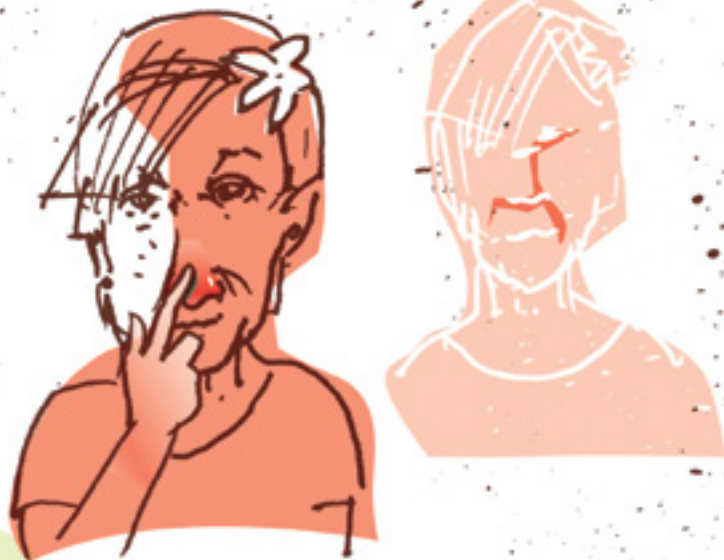
**art** Garry Ono



‘OHANA  
(family)







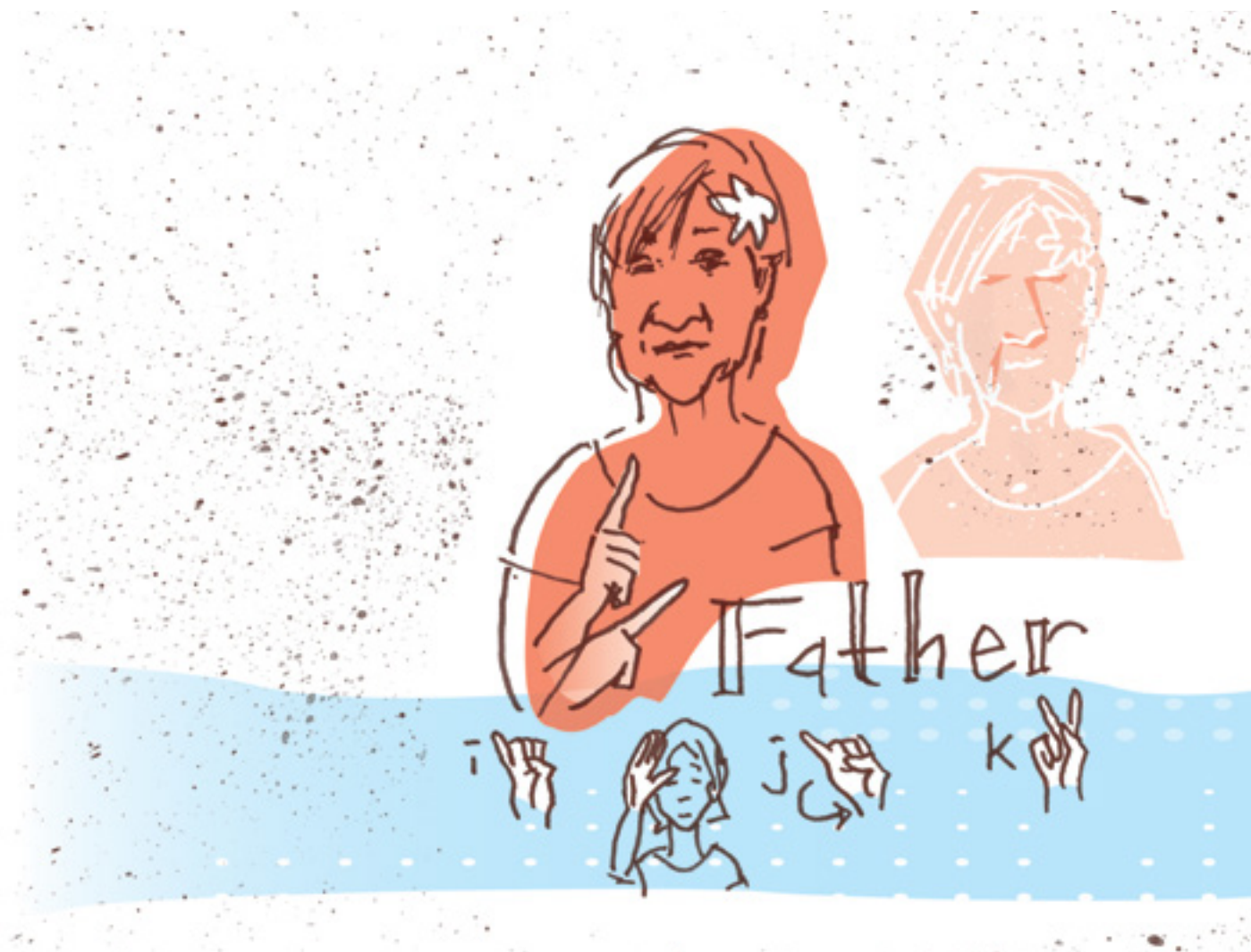
Linda Lambrecht was born on O'ahu in 1944. She grew up with three hearing sisters and two deaf brothers. Lambrecht was born deaf.

When she was about 6 months old, Lambrecht began learning Hawai'i Sign Language, or HSL, which is her native language. She's a lifelong user of this distinct language but has few chances to use it with others.

Ula ula  
(RED)







That's because there are as few as 10 users right now, all of whom are more than 65 years old and scattered throughout the state. It's considered an endangered language.

But efforts are underway at the University of Hawai'i at Mānoa to make sure that HSL is never lost. Dr. James "Woody" Woodward, adjunct professor at the UH Department of Linguistics and the Centre for Sign Linguistics and Deaf Studies at The Chinese University of Hong Kong, is working with Lambrecht and others to document, preserve, and revitalize the language.

"The ultimate goal is to preserve as much of the language as we can," he says. "We're documenting the signs and making a dictionary and textbooks. We'd like to see a revitalization of Hawai'i Sign Language."

HSL was once believed to be similar to American Sign Language (ASL), used in the majority of deaf communities in the U.S. However, the work of

Woodward and his team revealed they're not similar at all. In 2013, the language was recognized as its own distinct language.

"Everything is different," Woodward says. "The vocabulary has less than 10% correlation to ASL, which is typical of languages that don't have a relationship to each other and were developed independently."

HSL also uses much more body movement and facial expression than ASL. Lambrecht says, "Hawai'i Sign Language feels like hula. Growing up, I loved watching hula. I couldn't hear the music, but I loved watching the motions. When I see this language, it fills my heart."

HSL saw its greatest use in the Hawaiian Islands from 1900-1940. In the '40s, Lambrecht says visitors from the Mainland encouraged Hawaiians to switch to ASL because HSL was "too primitive." That stigma caused the language to begin falling out of use.



"Growing up, I knew HSL and older people would share their history and how they made it without hearing people or interpreters," she says. "It was wonderful to get their stories from the past."

Lambrecht had the opportunity to meet Woodward, who's been involved in sign language research since 1969. She began working with him in 2013 on the landmark HSL study.

"She's very motivated, and has been for many years," Woodward says. "She was talking about preserving HSL when others were telling her that it's just a dialect of ASL and it's not important. But in the project we worked on together, it's clear that it's a completely separate language and unrelated to ASL. She's a joy to work with and has the best knowledge of older forms of Hawai'i Sign Language."

Though the bulk of the study project ended in 2017, Woodward says efforts are ongoing to teach the language and preserve it for future generations. Lambrecht says it's important to preserve the language

because "Hawaiian is more personable to each individual. You can be more engrossed in it. It's a fight for tradition. HSL is something that's cherished."

Even with the revitalization work, Woodward says HSL will probably remain endangered because there won't be that many people learning it, even if plans to offer it as a for-credit course at UH take shape. "If nothing happens," he says, "it would likely be dead in the next 50 years."

But Lambrecht, who teaches HSL and ASL at the Comprehensive Services Center for the Deaf in Honolulu, remains optimistic.

"HSL is slowly getting there. I'm hoping that it doesn't get suppressed, doesn't get looked down on, and it doesn't get lost. It's a gift from God." <sup>15</sup>

For links to HSL videos, visit [islandscene.com/more](https://islandscene.com/more).



## handle with care

In Honolulu's Chinatown, a middle-aged man stands in a doorway, leaning back against the wall. Nearby, a shopping cart holds everything he owns. A mostly toothless smile lights up his sunbaked face when a volunteer offers him a hygiene kit.

**words** Michelle Sullivan  
**photos** Earl Yoshii

Medical students from the Hawaii Homeless Outreach & Medical Education (H.O.M.E.) Project ask to look at a wound on his ankle. He's had the wound for over a year and just got the bandage changed this morning.

They offer him another fresh bandage and he gladly accepts. "You know how much they charge for these in the store?" he asks. "Three dollars and seventy cents. For one bandage!" He tells the students he's grateful for their help.



## H.O.M.E.work

Shayna Hu thinks she might like to be a pediatrician but hasn't decided yet. She likes the idea of helping people before there's a problem. "Instead of when they're older and it's kind of like you're just medicating the consequences," says Hu. "It's more teaching them how to start up and not get to that point. That's my spark in it."

Hu's in a gap year. She graduated from UH Hilo last year and she's taking her time applying to medical school. But don't confuse taking a breath with laziness. Hu spends her time volunteering with the Hawaii H.O.M.E. Project at the Joint Outreach Center (JOC) in Chinatown. In addition to traditional medical care, the JOC provides resources for housing, mental illness, and addiction. While medical students are required to spend time at the clinic or someplace like it, Hu's there because she wants to learn.

On Tuesday mornings, you can find her handing out peanut butter and jelly sandwiches to the homeless residents. From the JOC home base on Hotel Street to River Street where the City and County's sit-lie ban ends, medical students and volunteers like Hu walk the neighborhood to help homeless men and women. They offer first aid and hygiene kits and some talk story.

"People don't have the best of luck sometimes," says Hu. "It's a situational thing that maybe if you help them, they can improve."

Hu appreciates all that she's learned through her work with the Hawaii H.O.M.E. Project. She gets more hands-on experience than other volunteer opportunities she's had in the past, which were mostly administrative. She

enjoys talking with patients about their symptoms and chief complaints when she checks them in. And she's grateful for the chance to practice simple first aid on regular patients in the neighborhood as part of the only mobile student-run free clinic in Hawai'i.

Hu's lived in Hawai'i her whole life. Over the years, she's seen the homeless population explode into a full-blown crisis. She's passionate about helping residents find the support they need. "It's something very important to Hawai'i," she says. "Because it just keeps growing and these are our people."

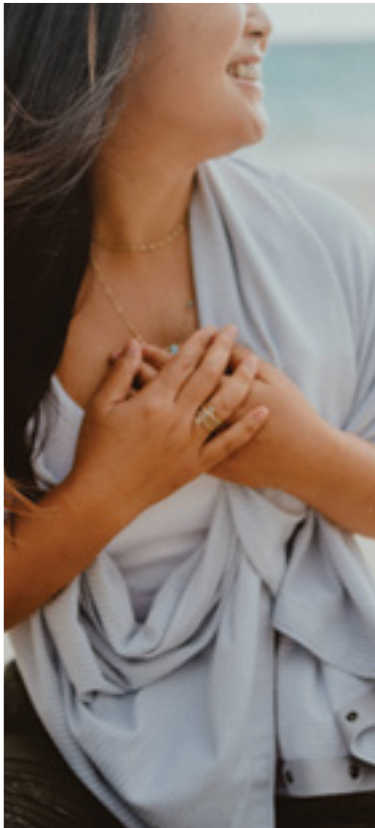
She says many people who are homeless are reluctant to seek medical care because they're treated differently than other patients. Some won't visit the center because it's next to the police station.

That's why Hawaii H.O.M.E. Project volunteers and students go to them. Hu says her work at the JOC has taught her to consider social, psychological, and lifestyle factors in addition to medical concerns. It's perspective that she hopes to carry into her career someday. <sup>15</sup>



Opposite page: Shayna Hu, a H.O.M.E Project volunteer, offers a hygiene kit to a homeless woman.

Above from left: Medical students Kaily Kuikahi and Zachary Tom and volunteer Shayna Hu hand out peanut butter and jelly sandwiches.



"SPENDING QUALITY ALONE TIME IS ONE OF THE  
BEST THINGS YOU CAN DO FOR YOUR HAPPINESS  
AND WELL-BEING."

: Stephanie Keiko Kong

# don't mess with my jomo

**words** Courtney Takabayashi

**photos** Chelsie Abril

If you've ever felt a twinge of envy while scrolling through your social media feed, marveling at fancy brunches, cute OOTD (outfits of the day), or vaycay pics worthy of *Condé Nast Traveler*, you may be experiencing FOMO, the fear of missing out. Studies show that FOMO can cause anxiety and make us feel overwhelmed or unfulfilled.

So how do we stop fixating on what others are doing and find happiness within? It's called JOMO.

## JOMO Explained

The antidote to FOMO could be JOMO, the joy of missing out. Instead of obsessing on what others are doing, focus on what really matters: you. "Statistically, we can't do everything," says James Westphal, M.D., medical director at Beacon Health Options. "So why not accept that and enjoy missing out?" With JOMO, you're letting go of what could be and investing your energy in what makes you happy.

## Quality alone time

Stephanie Keiko Kong, a yoga educator, says that spending quality time alone is one of the best things you can do for your happiness and well-being. "When you're by yourself, you don't

have to shape the experience for others. You can focus on you."

Kong didn't always feel this way. In 2004, before she began teaching yoga, she was in a serious car accident that left her with a spinal injury. "For the first year, I couldn't be alone. I needed help doing everything." Even though she slowly recovered and became less dependent on others, Kong found herself dreading those quiet moments when no one else was there.

"But then I realized that there's a difference between wanting to spend time with others and not wanting to be alone." She began meditating and eventually became a yoga teacher. "It was a beautiful trauma I experienced. I healed my body and my soul and now I help others who seek peace from within."

## JOMO for life

Whenever FOMO starts creeping into your mind, combat it with these JOMO tips from Westphal and Kong:

**Say no.** If you don't want to pau hana with friends or take part in other social activities, it's OK to say no. According

"IT WAS A BEAUTIFUL  
TRAUMA I  
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"STOP WORRYING  
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: Stephanie Keiko Kong

to Westphal, saying yes all the time doesn't make you a better person, so don't feel guilty. Just say no.

**Schedule alone time.** Kong encourages people to spend time in their own fortress of solitude. Block time with yourself in your calendar so you can focus on you and what makes you happy. Do something new, revisit a neglected hobby, rewatch a favorite movie, or reconnect with nature.

**Cut back on screen time.** If you find yourself constantly checking emails, texts, and social media feeds, maybe it's time to cut back. Check your phone for features that help you monitor and limit the time you spend on apps and programs. Westphal recommends switching to airplane mode to turn off notifications during a certain time or reading a book instead of using your phone before bed.

**Meditate.** You don't have to be a wise monk dispensing advice from the top of a mountain to reap the benefits of meditation. Kong suggests setting a timer for a few minutes at first. If you find your mind wandering, focus on your breathing and ask yourself what you enjoy about what you're doing.

The concept of JOMO isn't new. In fact, Westphal says there's another word for JOMO: mindfulness. When we're mindful, we live in the moment. We're subjectively aware of our thoughts and feelings. Kong says, "The best we can do to live with purpose is to stop worrying about the future, quit dwelling on the past, and instead, find joy in the present." 



To learn about jomo, visit  
[islandscene.com/more](https://islandscene.com/more).

## water ways

**words** Robyn Kuraoka



**W**hen kids are on summer break and the days are longer, we spend more time outdoors hiking, biking, swimming, surfing, and more. In Hawai'i, time spent doing fun things in the sun happens all year, but have you ever heard of these bits of advice? Which ones are for real?

**Go or no go?** Going swimming in the ocean can heal cuts and sores.

No go: Seawater has a lot of healing properties, but swimming at the beach with an open cut or sore can expose you to infections. Generally, water and open wounds make an unhealthy pair. Freshwater rivers, streams, or ponds—even puddles—that are contaminated with animal urine can transmit the bacterial disease *Leptospirosis* through broken skin. So let the cut or sore heal before jumping in.

**Real or unreal?** You just ate, you'd better wait.

Real: Waiting 30 minutes after a big meal before jumping in the water is good advice for most people. Everyone has different levels of comfort when it comes to eating and swimming, but if you don't let your body digest a meal somewhat before getting active, you run the risk of getting cramps. People who swim or surf daily know their limits. For the rest of us, use caution.

**True or false?** I get dark, not red. I don't need sunscreen.

False. While some people tan and others burn, all of us—regardless of ethnicity—are at risk for skin cancer if we're unprotected. And according to the American Cancer Society, exposure to the sun's ultraviolet rays can increase skin cancer risk even if you don't get a sunburn. Limit your time in the sun, wear protective clothing, and use reef-safe sunscreen.

**Yes or no?** Got stung? Go shishi on it.

No! Although they'd never admit it, many older kama'āina remember hiding behind the bushes at Bellows trying to remedy a Portuguese man-of-war sting by urinating on it. They were probably in so much pain that they couldn't really tell if it was helping. Well, it wasn't. According to WebMD, the best treatment is to rinse the area with vinegar and remove the tentacles with tweezers. **15**



## places to find well-being

Technology lets a pregnant woman on Lāna'i see an O'ahu doctor without leaving her island.

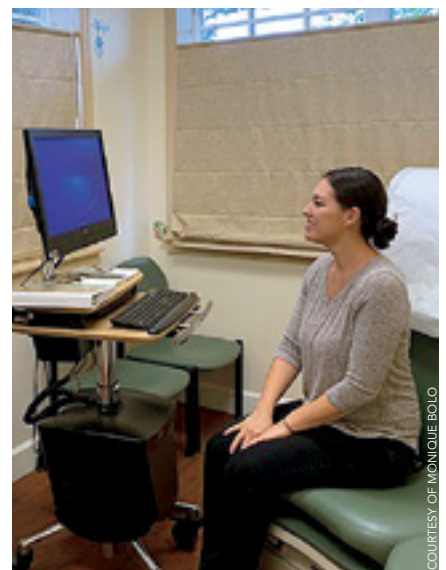
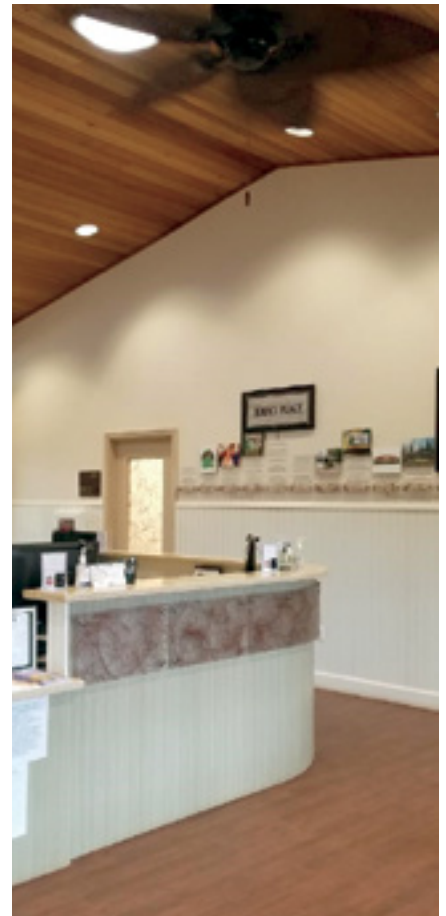
A Waimānalo resident pursues her passion for Hawaiian cultural healing. A kumu hula whose pain made it hard to dance is treated for diabetes and is back at it.

Every community health center has stories like these and many more. These centers are the cornerstones of health care for many communities across Hawai'i.

Community health centers, also known as Federally Qualified Health Centers (FQHCs), provide a wide range of services for people of all ages, incomes, and cultures in areas where care would otherwise be difficult to get. And no one is denied service because they can't pay.

**words** David Frickman





Monique Bolo visits the center for prenatal services.

## Lāna'i Community Health Center

Monique Bolo had to travel from Lāna'i to O'ahu four or five times late in her third pregnancy for routine prenatal care. "Traveling when you're pregnant takes all of your energy," she says.

As Bolo prepares to deliver her fourth child, her experience is much different, thanks to a new telehealth program (that quickly became one of the largest in the state) offered at Lāna'i Community Health Center. Now she can simply go to the center and get most of her prenatal care from a doctor at Kapi'olani Medical Center for Women and Children on O'ahu without leaving the island. She'll have to travel for just one prenatal appointment and to give birth.

"The doctor would ask the same questions as if I were there," Bolo says, "and all the tests I needed I was able to do here, instead of traveling all day for an appointment that would take less than 30 minutes."

Lāna'i Community Health Center provides vital health services to the smallest of the major Hawaiian Islands, with a focus on those who are well below the poverty level.



## Waimānalo Health Center

The Waimānalo Health Center (WHC) offers comprehensive health services for the people of O'ahu. Since seeing their first patient in 1992 and becoming a Federally Qualified Health Center in 1994, WHC has grown to offer medical, dental, behavioral health, vision, and support services.

With the addition of Lapa'au Loea Leina'ala Bright in 2016, WHC now offers native Hawaiian traditional healing services, including lomilomi and lā'au lapa'au integrated with primary care.

Lā'au lapa'au is the native Hawaiian practice of using plants for healing. Mamo Trueman is a patient and lā'au lapa'au student at WHC. "Hawaiian medicine has always been my passion," she says. She learns various types of lā'au and how to propagate plants and prepare them for medicinal use. Trueman then shares the knowledge with her family and neighbors. She works to better herself and says, "The lā'au lapa'au class is really a blessing."

WHC seeks to improve the health and well-being of individuals and their 'ohana regardless of their ability to pay, with special attention to the needs of Native Hawaiians and the medically underserved. For more information, visit [waimanalohealth.org](http://waimanalohealth.org).



For more on Mamo Trueman, visit [islandscene.com/more](http://islandscene.com/more).

Traditional Hawaiian practices such as lomilomi and lā'au lapa'au are what attract Mamo Trueman (pictured above) to the Waimānalo Health Center. Photos courtesy of Waimānalo Health Center.




## West Hawai'i Community Health Center

When Devon "Ali'i" Keanaaina found out he had diabetes, he was immediately motivated to learn all he could to get it under control. Among the many services offered at the West Hawai'i Community Health Center is a care coordination program that helps patients with chronic illnesses set goals and create a plan to achieve them.

"Ali'i is a kumu hula who reported that he was suffering from knee pain that made it painful to dance," says Carla Watai, the case worker who helped Keanaaina. "He started physical therapy and worked with a nutritionist to manage his diabetes."

After applying what he learned in the diabetes education program and committing to regular exercise at the local gym, Keanaaina reached his blood sugar goal in six months. Today, he works his full-time job while dancing and teaching several nights a week.

Hundreds of preschool keiki on the west side of Hawai'i Island also depend on the center for dental services. And the center's staff is dedicated to offering programs such as health screenings, well-child exams, and preventive care in a culturally sensitive manner for residents of all ages from Kawaihae to Hawai'i Ocean View Estates. 



EARLY YOSHII

Case Worker Carla Watai meets with a patient.



COURTESY OF WEST HAWAII COMMUNITY HEALTH CENTER



EARLY YOSHII

West Hawai'i Community Health Center provides dental services for local keiki.

Learn about other Federally Qualified Health Centers in future issues of *Island Scene*.



## roll with it

**words** Michelle Sullivan

**photos** Earl Yoshii

### What's foam rolling?

Ever seen those long, firm foam tubes at the gym and wondered what they're for? Foam rolling is a form of myofascial release, or self-massage, that releases built-up tension in the muscles and connective tissue. Your first roll likely won't be comfortable, but your discomfort will lessen over time.

### Why foam roll?

When we spend a long time in one position (like sitting at a desk all day) or when we exercise, we build up tension in our muscles and the tissue that surrounds them. Over time, our bodies can become tight, or even get stuck, if that tension isn't released.

### How can foam rolling help me?

Foam rolling can relieve uncomfortable and sometimes painful tension.

Lying on a foam roller may be uncomfortable at first, but it should never be painful. If you experience pain on a roller, lie on a rolled-up towel or blanket instead.



For a video of more foam rolling exercises, visit [islandscene.com/more](http://islandscene.com/more).

### Foam roller exercises

#### Pectoral stretch

- Lie face-up on foam roller with head supported.
- Bend knees with soles of feet on the ground.
- Fold hands on stomach or stretch them out to your sides.
- Hold for 10 seconds to one minute.



#### Figure four

- Sit on foam roller with knees bent and feet on the floor.
- Place one hand on floor behind you.
- Cross right ankle over left thigh above knee.
- Extend left leg and roll the right outer glute up and down and side to side.
- Hold on sore areas for 20 seconds. Switch sides.



#### Hip release

- Lie on right side with foam roller between right hip bone and ribs.
- Prop your torso up using right forearm.
- Extend right leg and bend left knee, stepping left foot behind right leg.
- Roll up and down and side to side, pausing at sore areas.
- Repeat on opposite side.





# DESIGNING SKYSCRAPERS IS ON HIS TO-DO LIST. IS PROTECTING HIM FROM CANCER ON YOURS?

For kids, no dream is too big. Whether they want to explore outer space or design the world's tallest skyscraper, you can protect their future by preventing cancer with the HPV vaccine. Get your son or daughter vaccinated at age 11 or 12 to keep them safe from six different types of HPV cancers later in life.

**Learn more at [cancer.org/hpv](https://cancer.org/hpv).**

Public Service Announcement



**Attacking from every angle.™**

1010-72317

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# health matters

## Get in the friend zone

Want to make new friends? Good for you. Research shows that loneliness is the new smoking. And it may be easier than you think to meet people with similar interests. Here are some examples of groups that meet:

- Running, soccer, and recreational sports clubs.
- Meditation and laughter clubs.
- Single parents and their keiki.
- People who love to travel.

Find your tribe. Go on social media or do an internet search for groups in your area.



## Mama Mia!



All told, working moms have 2.5 full-time jobs. That's according to a recent study that surveyed the amount of time moms with young children spend at work and on parenting and household chores. What's a working mom to do? Experts offer these tips:

- Recognize what you're doing well and don't compare yourself to other moms.
- Set healthy boundaries at work and in your personal life.
- Simplify your home by donating old clothes and toys.
- Take time to do something for yourself, like watching your favorite show after your kids go to bed.
- Don't be afraid to ask your friends and family for help.



## Meet Kalihi's youth bike doctors

A program in Kalihi teaches kids how to fix and maintain bikes while learning healthy habits like interviewing, public speaking, and practicing gratitude. The program, Kalihi Valley Instructional Bike Exchange (KVIBE), is one of more than a dozen programs of Kōkua Kalihi Valley, a Federally Qualified Health Center.

About 350 kids and teens come through the program each year. Kevin Faller, KVIBE's program manager, calls them "bike doctors and community healers." In addition to the bikes they fix and maintain for themselves, the nonprofit Re-use Hawai'i also sells KVIBE's bikes. About three bikes go to Re-use Hawai'i's Kaka'ako warehouse each week, and 100% of the proceeds go back to the program.



The state's health report card is out. It looks at national and state data to measure how healthy people are on each island according to quality of life, access to health care, and air and water quality.

Whether your island is the healthiest, least healthy, or somewhere in between, there are many ways to make the most of where you live. Get inspiration and see how others improve their well-being at [islandscene.com](http://islandscene.com).

*Lighter blue color shows better performance in health rankings.*

### National health observances

are special days, weeks, or months dedicated to raising awareness about important health topics. Here's what's going on this summer. Learn more at [healthfinder.gov](http://healthfinder.gov).

- **July:** UV (Sun) Safety Month, Juvenile Arthritis Awareness Month, and National Youth Sports Week.
- **August:** National Breastfeeding Month, Children's Eye Health and Safety Month, and Contact Lens Health Week.
- **September:** Healthy Aging Month, National Suicide Prevention Week, and National Women's Health and Fitness Day.

# setting the pace



**words** Mark M. Mugiishi,  
M.D., F.A.C.S.  
HMSA executive vice president  
and chief health officer

**U.S. Secretary** of Health and Human Services Alex Azar and CMS Administrator Seema Verma, the top health care leaders in the country, have announced a new national payment program to improve the health of Medicare patients. This bold step forward for U.S. health care shows federal health leaders using Hawai'i's groundbreaking work to deliver better care to millions of Americans. (CMS is the Centers for Medicare & Medicaid Services.)

Instead of paying doctors for each office visit by a patient, next year Medicare will pay primary care providers (PCPs) a monthly fee for the care of each patient. Medicare will increase the fee for patients with complicated health conditions, which is called risk adjustment. This means PCPs will be paid more for caring for sicker Medicare patients. Payment will be for value instead of volume.

This payment model, federal health leaders said, will improve patient care, create a better patient experience, and control costs.

Sound familiar? It should. In 2017, HMSA, in partnership with Hawai'i's hospitals, physician organizations, and PCPs, launched a payment transformation initiative.

Designed together with Hawai'i's physician community, we became the first and only plan in the country that paid our entire network of PCPs a risk-adjusted monthly payment, no matter if patients have Medicare, QUEST Integration, or health insurance through their employer. Now, like us, CMS will pay PCPs a fee each month for their Medicare patients. And like us, CMS will pay doctors more for improving the health of patients with complicated conditions.

Both the CMS and HMSA models encourage doctors to use care teams,

technology, and innovation to coordinate care for sicker patients and help healthy patients stay healthy.

Change is never easy. But we worked with our primary care network to constantly refine and upgrade the model, mutually striving for better patient care. Data from the first full year of the model shows better quality, better access, and better patient experience, all while carefully controlling the growth of the overall health care budget.

Just as valuable as this data are the heart-warming stories of doctors who are practicing medicine in the way that best helps their patients. The pediatrician now seeing her teenage patients at Starbucks where they want to meet her. The family practitioner who has started doing house calls again. And the internist who has weekly "walk with a doc" exercise activities with his patients.

This is a tribute to the teamwork between our physician partners and HMSA.

Hawai'i has always been a pioneer for excellent health care, starting with the Hawaii Prepaid Health Care Act. Our government policies, our doctors, and our health system have kept us near the top of the nation in the rate of residents with health insurance, quality of care, and controlling the cost of care.

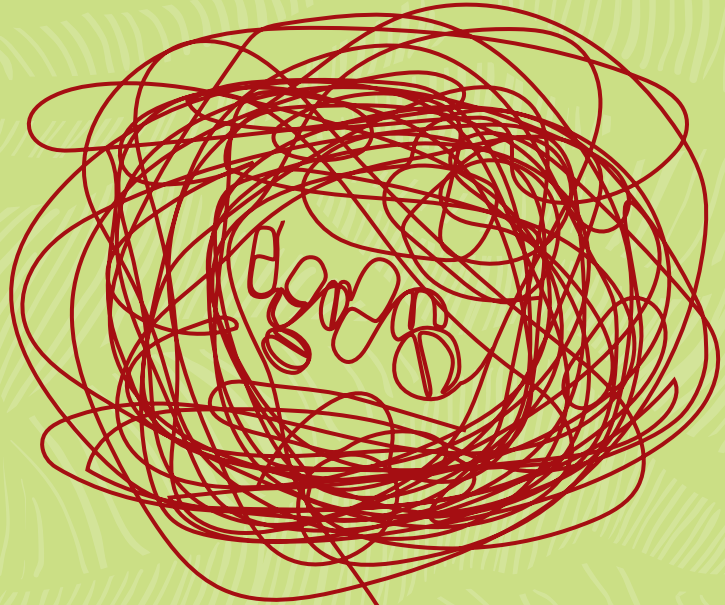
Now, our innovative payment model has shown early results that it will help with all of those things. This time, the rest of the nation noticed. **is**

HAWAI'I  
IMPROVES  
HEALTH FOR  
MILLIONS OF  
AMERICANS



# unstress your meds

Juggling multiple prescription medications can be confusing and expensive, with frequent trips to the pharmacy. The good news is, there are ways to make your life a little easier.



## Check the cost

To find out what your out-of-pocket cost will be before you go to the pharmacy, use the Check Drug Cost tool from CVS Caremark®. It also lets you compare medications to see where you could save money. To access the tool, log in at [hmsa.com](https://hmsa.com), and click Drugs and Drug Pricing in the drop-down menu. You'll be transferred to the tool on the CVS Caremark website.

## Seek alternatives

Ask your doctor if there are other effective medications that cost less. Your doctor can check your drug or medical plan to see what it will pay for. Your pharmacist may also have suggestions on lower-cost alternatives or other ways you could save money. Your pharmacist can work with your doctor to determine the best options for you.

**words** David Frickman

## Synchronize your medications

To cut down on your visits to the pharmacy, synchronize the refill date of your medications so that you can pick them all up on the same day each month. Ask your pharmacist to synchronize your pickup dates.

## Order by mail

If you take medications regularly, you can save money when you get a 90-day supply through the mail. That's because 90-day prescriptions typically cost less and are usually shipped to you at no additional cost. It's easy and convenient. Your doctor can tell you if your medications are eligible for a 90-day prescription.



Of course, **the best thing** you can do for yourself is to take your medications as directed. Set reminders on your smartphone and put the medications in a place where you'll see them frequently to help you remember to take them. And talk to your doctor or pharmacist if you have any questions about the medications you're taking. **is**

CVS Caremark® is an independent company providing pharmacy benefit management services on behalf of HMSA.

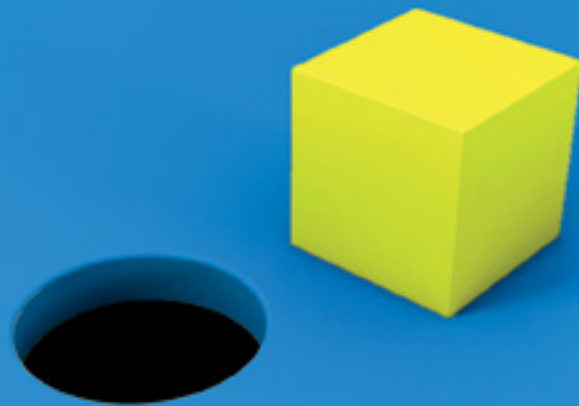
## Advice for Medicare Members

With the Medication Therapy Management (MTM) program, eligible Medicare Part D members can get personal advice on medications. A pharmacist can call you to review your prescriptions, supplements, and over-the-counter drugs to see if there may be side effects with some combinations of medications.

To find out more about MTM, call SinfoniaRx at 1 (855) 608-4808 toll-free, Monday through Friday, 4 a.m.–3 p.m. Hawai'i time. For TTY, call 711.

SinfoniaRx® is an independent company providing medication therapy management services on behalf of HMSA.

# Looking for the right fit?



## Try one of these on for size.

### Meet your newest choices for quality care:

#### Hawaii

Kellie R.M. Abe  
Andrew R. Branchflower  
Ryan A. Guy  
Brooks Hammond  
Elizabeth E. Jones  
Stephanie Kirkland  
Robert Raymond Koch  
Kevin Kunz  
Julie S. LaZarre-Miller  
Darlene Marks  
Margaret L. Meyer  
Ikaika K.R. Moreno  
Faith R. Payne  
Trevan M. Rankin  
Franziska Maria Ronquillo  
Emilie K. Stickley  
Forrest Swan Jr.  
Tracy A. Tagaca  
Jennifer M. Taylor  
Stephen M. Thomas  
Gaku Yamaguchi

#### Kauai

Wendy M. Bowers  
Tyler C. DeLange  
Michael B. Noyes

#### Maui

Nicholas A. Atkinson  
Gary D. Chaikin  
Trina Chakravarty

Uma D. Chaluvadi  
Anik H. Cockcroft  
Ann M. Craddock  
Robert B. Craighead  
Vantuil L. De Souza Vargas  
Grace Gayles  
Kellie D. Greenblatt  
Sienna Greener-Wooten  
Aaron R. Grinstein  
Michael S. Hepfer  
Lauren M. Kelly  
Robert Raymond Koch  
Mark D. McCubbin  
Kenneth R. Peelle  
Mark C. Rauser  
Seaver Soon  
Justin E. Stein  
Stephanie Rose B. Yan  
Corey T. Young

#### Oahu

Ryan L. Albritton  
Lahelahoopomaikai Mei Ling Blake  
Stacey L. Breshears  
Leslie Burgess  
Jaime P. Chang  
Ted W.H. Chun  
Randy R. Collins  
Jean Paul Colon Pons  
Robert B. Craighead  
Cortney K. Crocker  
Norman Dabalos Jr  
David J. Dabbs

Derek G. Dombroski  
Grace Gayles  
Sienna Greener-Wooten  
Noelle E. Gress  
Don Harada  
Michael T. Healy  
Nathan S. Higa  
Allison H.K. Higa-Howerton  
Ryan K. Hironaka  
Tiffany D. Hooks  
Martin K.S. Ishikawa  
Jennifer Jout  
Kristin H. King  
Aurelina U. Kraemer  
Carie Sin-Jy Kwan  
Lyndsey C. Ladao  
Elaine Y. Lau  
Leina S. Lau  
Anne R. Leake  
Diana M.W. Lee  
Emily Levitt-Gopie  
Kristina M. Lin  
Carolyn M. Linamen  
Magdalena A. Malloy  
Babak Mirin  
Jamie A. Moody  
Lauren E. Mordue  
Paul N. Morton  
John P. Moses III  
David M. Moskowitz  
Kimberly E.I. Naguwa  
Ricky N. Ngo  
Shayla A. OConnell  
Judith I. Ojukwu

Linda Carole Pacyau  
Cassandra M. Peterson  
David J. Picken  
Kaela S. Pivnick  
Joan Claudine Gonzales Quiba  
Jacquelyn V.V. Reiser  
Richard Rothschilder  
Neilani M. Siatini-Valencia  
Jake E. Simmons  
Lindsey R. Sneed  
Glen H. Sugiyama  
Valerie B. Tan  
James T. Thibodeau  
Kelsey L. Treiber  
Irvin I. Tsumoto  
Mark Anthony M. Valdez  
Neal K. Viradia  
Rosealiza B. Wan Zaid  
Luke Wassermann  
Brady W. Whitmer  
Alicia Yue-Wan Wong  
Christie S. Wong  
Tara S. Yamauchi  
Corey T. Young  
Tamara K. Zagustin

For a complete list of providers, contact information, and plans accepted, visit Find a Doctor on [hmsa.com](https://hmsa.com). These providers joined HMSA's network between December 21, 2018, and March 20, 2019.



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, national origin, age, disability, or sex. HMSA does not exclude people or treat them differently because of things like race, color, national origin, age, disability, or sex.

### Services that HMSA provides

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

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

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

- Qualified interpreters
- Information written in other languages
- If you need these services, please call 1 (800) 776-4672 toll-free; TTY 711

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

If you believe that we've failed to provide these services or discriminated

against you in some way, you can file a grievance in any of the following ways:

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

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, in any of the following ways:

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

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

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

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

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

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

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

**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.

1 (800) 776-4672 번으로 연락해 주시기 바랍니다. TTY 711 번으로 전화해 주십시오.

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

**Marshallese:** LALE: Ñe kwōj kōnono Kajin Majōl, kwomaroñ bōk jerbal in jipañ ilo kajin ñe am ejjelok wōñāñ. Kaalok 1 (800) 776-4672 tollfree, enaj ejjelok wonaan. TTY 711.

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

**Samoan:** MO LOU SILAFIA: Afai e te tautala Gagana fa'a Sāmoa, o loo iai auunaga 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 1 (800) 776-4672. TTY 711.

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

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

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

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

# for your benefit

## New benefit: 3D breast imaging

Preventive screenings can save the lives of thousands of women a year. Starting July 1, 2019, HMSA QUEST Integration and most HMSA commercial plans will pay for three-dimensional breast tomosynthesis, or 3D breast imaging.

Unlike 2D imaging, which takes pictures of the top and sides of the breast and creates a static image, 3D imaging takes 15 more pictures from multiple angles. These pictures are pieced together into a 3D study, which provides a more-detailed look at the breast tissue.

Talk to your doctor to see if 3D breast imaging is right for you.



## Take care of your mind and body

Getting a massage, taking care of your skin, and upping your fitness game shouldn't be a luxury. With HMSA365, it's easy and affordable to invest in your well-being. All you need to do is

show your HMSA membership card to get your discount.

Here are the businesses that have joined the HMSA365 'ohana so far in 2019:

- Hawaii Discount Nutrition: \$10 in-store credit.
- Hawaii Wellness Group: \$36 initial one-hour massage and 10% off each additional massage.
- Kistner Vein Clinic: 10% off all spider vein treatments.
- Oahu Spine & Rehab: Free chiropractic consultation.
- Sweat + Soul Studio: Two weeks of unlimited classes and more for \$49.

We're always adding new participants, so be sure to visit [hmsa.com/well-being/hmsa365](https://hmsa.com/well-being/hmsa365) for a current list of vendors.





## Get centered

Can you take care of your health plan and your health with a quick trip in your neighborhood? If you're an HMSA member, the answer is yes! See how HMSA Centers can help you.

**HMSA Center @ Hilo:** Instead of scheduling a visit to your doctor or specialist on another island, you can see participating providers using HMSA's Online Care® kiosk at the center. There's even a camera that dermatologists can use to evaluate skin conditions.

**HMSA Center @ Honolulu:** Since the center is attached to HMSA's headquarters, Manager Aaron Knapp says it has unique access to a wide range of experts who can also meet with members face to face. "We have the ability to call other HMSA specialists throughout the building to sit with members and help them with their special inquiries."

**HMSA Center @ Kahului:** The center opened earlier this year with state-of-the-art teleconferencing and audio visual technology. Several large screens throughout the center show health and well-being topics, HMSA events and classes, open enrollment reminders, healthy recipes, and much more.

"Take a simple quiz on our interactive screens or join us for one of our many health workshops, seminars, and community engagement events," says Jonathan Suda, the center's manager. To register for an HMSA health education class, call 1 (855) 329-5461 toll-free or visit [hmsa.com/well-being/workshops](https://hmsa.com/well-being/workshops) for more information.

**HMSA Center @ Pearl City:** In addition to attending HMSA health education workshops, HMSA members who are enrolled in the inControl diabetes education program can attend those classes at the center. "It saves them a trip into town," says Joann Kealiinohomoku, the center's manager.

For many class participants, it's their first time to the center. They get a brief tour and orientation of the center and the services offered. (If you're interested in inControl diabetes classes, talk to your doctor for a referral, call inControl at 450-2402 on O'ahu, or visit [incontrolhawaii.net](https://incontrolhawaii.net).)



## Locations and hours of operation

### HMSA Center @ Hilo

303A E. Maka'ala St.,  
Hilo, HI 96720  
Monday–Friday: 9 a.m. to 7 p.m.  
Saturday: 9 a.m. to 2 p.m.

### HMSA Center @ Honolulu

818 Ke'eaumoku St.,  
Honolulu, HI 96814  
Monday–Friday: 8 a.m. to 6 p.m.  
Saturday: 9 a.m. to 2 p.m.

### HMSA Center @ Kahului

70 Ho'okele St., Suite 1220,  
Kahului, HI 96732  
Monday–Friday: 9 a.m. to 6 p.m.  
Saturday: 9 a.m. to 2 p.m.

### HMSA Center @ Pearl City

1132 Kuala St., Suite 400,  
Pearl City, HI 96782  
Monday–Friday: 9 a.m. to 7 p.m.  
Saturday: 9 a.m. to 2 p.m.

Please note: Effective July 15, Hilo, Honolulu, and Pearl City centers will close an hour earlier on weekdays.

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



# girls of a feather grow together

**words** Lynn Shizumura

**photos** Rae Huo



Wehi (left) and Alaijah Pastrana.

## Moloka'i resident Lori Pastrana

sees a bright future for her daughters, Wehi and Alaijah, who want to change the world through careers in science, technology, engineering, and math (STEM).

It's a spark that started at Excite Camp, a week-long camp exclusively for middle-school girls that lets them immerse themselves in STEM in their own backyards. Now in high school, Wehi wants to become a pediatrician and Alaijah wants to go into natural resource conservation.



Lori Pastrana (center) with daughters Alaijah (left) and Wehi.



The opportunity is important on an island like Moloka'i, a quiet, tight-knit community with only one public high school. Teachers there say that students don't have access to similar programs unless they're involved in science fairs or robotics.

At camp, attendees listen, learn, and grow together. They build bottle rockets and test water samples. They explore the night sky in a portable planetarium. They also hear from professionals in STEM careers. One woman, an aerospace engineer, told the girls that being a woman and learning English as a second language didn't stop her from pursuing her dreams.

Camp activities also get the girls outside. On a beach on Moloka'i's northwest coast, 'Iolani Kuoha, a Hawaiian language immersion teacher, leads an activity that helps the girls see their home in new ways.

"We go down to Mo'omomi beach to collect debris and data. It's on homestead lands and many of the kids live there, so it's important that they mālama [take care of] the area," she says. In addition to seeing the impact of ocean pollution, the girls learn how the moon's gravitational pull causes high and low tides.

Teaching students about respect for the land is important to parents like Pastrana. "We come from Moloka'i—it's very cultural," Pastrana says. "When you can include that in STEM, it helps the kids connect to what they're trying to teach them."

On the last day of camp, the girls share what they've learned in a showcase with their parents. "It was a whole experience," Pastrana says. "We don't have as many of those opportunities on island."

The camp also attracts students who love anything involving STEM.




"STEM programs empower us to go into the careers we want and the fields of study we want."

: Evelyn Haase

Evelyn Haase is a recent graduate of Moloka'i High School who plans to become an environmental engineer. Throughout middle and high school, she was active in science fairs, robotics, and conservation activities. She attended the camp on Maui and enjoyed it because it was engaging and fun.

"Immediately after I got off the bus, I put my stuff down and we were out in the courtyard and there was someone from the University of Hawai'i to teach us about angles of sunlight," she says.

The camp gives girls the confidence to pursue STEM majors and careers. "Being a girl in STEM is always kind

of intimidating. And yet here were all these girls who were interested in it and able to do everything we were given to a high level of execution," Haase says. "It empowers us to go into the careers we want and the fields of study we want." 

*Excite Camp is one of the programs offered by Maui Economic Development Board's Women in Technology STEMworks Project. It's open to girls who'll be entering sixth through eighth grade on Moloka'i, Maui, the Big Island, and O'ahu.*

To learn more, go to [stemworkshawaii.org/excite-camp](https://stemworkshawaii.org/excite-camp).



# keiki corner

## Campfire nachos recipe

Want to show your parents you can eat your vegetables like a champ? Try this yummy campfire nacho recipe together. For a video, visit [islandscene.com/more](http://islandscene.com/more).

### Ingredients

- Aluminum foil
- Nonstick cooking spray
- Tortilla chips
- Shredded cheese
- Seasoned ground beef (cook ahead of time) or another protein such as chicken, pork, or tofu.
- Refried beans
- Tomatoes
- Olives
- Onions
- Salsa

### Instructions

Cut foil into sections 12 to 18 inches long. Spray with cooking spray and put some tortilla chips in the center, allowing them to overlap. Starting with cheese, add desired toppings. Fold the edges of the foil tightly to make a packet. Place on the grill or in a cast iron skillet over the campfire. Cook 8 to 10 minutes. Remove from heat and allow to cool slightly. Be careful! It could still be hot!



FERNANDO PACHECO

## Campfire mad libs

Create a silly story with Mad Libs! Fill in the words below and then use those words to complete the story on the next page.

### Parts of speech refresher

Noun: Person, place, or thing.

Adjective (adj.): Describes a noun.

Action verb: Action word.

Adverb: Describes a verb or adjective, usually ends in -ly.

1. Person's name
2. Noun
3. Healthy food
4. Outdoor activity
5. Animal
6. Food
7. Pet name
8. Color
9. Different color
10. Number
11. Action verb
12. Adverb
13. Action verb ending in -ed
14. Adjective
15. Body parts
16. Adjective
17. Noun
18. Adverb
19. Action verb ending in -ed



## Backyard bubbles

Making bubble mix in your backyard is easy! For a video, visit [islandscene.com/more](http://islandscene.com/more).

### Ingredients

- ½ cup corn starch
- 6 cups water
- ½ cup dish soap
- 1 Tbsp. baking powder
- 1 Tbsp. glycerin (or ¼ cup corn syrup)

### Directions

Mix cornstarch in water until dissolved. Stir in the rest of the ingredients, but try not to create a lot of froth. Let the mixture sit for one hour, stirring occasionally (when you see the cornstarch settling to the bottom). All you need is a bubble wand and you're ready to go.

### Giant bubble wand for giant bubbles.

#### Supplies

- 2 drinking straws
- Yarn or string (the amount depends on how big you want the bubbles)

#### Directions

Thread the yarn through the straws and tie a knot.



PHOTOS FERNANDO PACHECO

## Campfire mad libs

### Summer Camping

Every summer, my friend \_\_\_\_\_ and I go camping in my backyard. We pitch a tent and fill it with our sleeping bags, lantern, and of course, snacks. My favorite camping snack is \_\_\_\_\_. but \_\_\_\_\_ would rather eat healthy food like \_\_\_\_\_. We plan lots of activities such as scavenger hunts, but our favorite thing to do while camping is \_\_\_\_\_.

One day, we saw a \_\_\_\_\_ in a tree. We lured it down with \_\_\_\_\_ and it became our pet. We named it \_\_\_\_\_. \_\_\_\_\_ had \_\_\_\_\_ fur, \_\_\_\_\_ spots, and \_\_\_\_\_ eyes. We trained \_\_\_\_\_ to sit, \_\_\_\_\_, and roll over.

As we were petting \_\_\_\_\_, \_\_\_\_\_ started to \_\_\_\_\_ sneeze. "Oh no!" I said as I \_\_\_\_\_. "You must be \_\_\_\_\_ to \_\_\_\_\_!" \_\_\_\_\_ and I wiped our \_\_\_\_\_ and felt so \_\_\_\_\_.

Just then, we heard a \_\_\_\_\_ coming from the woods. Another \_\_\_\_\_ jumped out of the woods. It was \_\_\_\_\_'s mom! She scooped up \_\_\_\_\_ and \_\_\_\_\_ returned to the woods. \_\_\_\_\_ turned around and \_\_\_\_\_ goodbye.

## Camping supplies

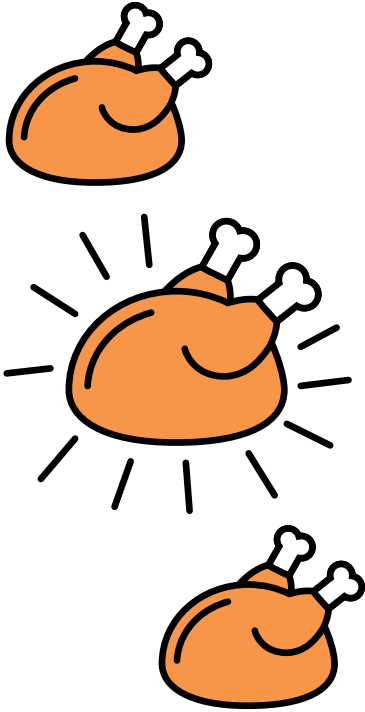
**Instructions:** Circle the things you need to go camping in your backyard and beyond.



# get schooled on savings

**words** Courtney Takabayashi

**It's almost cliché** to say that living in Hawai'i is expensive. But it's true! Luckily, there are thrifty people out there who've mastered the art of saving money and are willing to share their cost-cutting tips.



**Get the biggest one.** For items that cost the same no matter the size, such as rotisserie chicken, buy the biggest one.

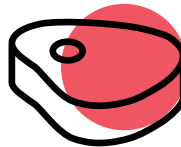
**Take a raincheck.** Most stores offer a rain check if they sell out of sale items. Ask for them and use it.



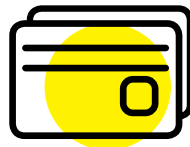
**After-holiday shopping.** Hit the stores after holidays and load up on items for next year.



**Buy in bulk.** Partner up with family or friends to buy perishables such as meat and dairy products in bulk and share.



**Train your kids early.** "Only ask for things if it's on sale."



**Discounted gift cards.** When gift cards go on sale, load up and use it like cash during the year. Even better, combine the discount with a coupon to maximize your savings.



**There's an app for that.** Use websites and apps to compare prices. Sign up for emails from your favorite stores. They send coupons or let you know when there's a sale or special.





# marauders in the kitchen

## words

Michael Puni and  
Jessica Donahue

## recipe photos

Lew Harrington

## food stylist

Camille Komine

What do people in Waipahu miss during the summer? One answer is the appetizing dishes served at Waipahu High School's Marauder Cafe. The cafe, an on-campus, student-run restaurant, opened in 1996 with the help of Kelvin Ro, Waipahu High School (WHS) alumni and owner of Diamond Head Market and Grill.

Marauder Cafe and WHS's Culinary Arts Academy quickly garnered local and national recognition. In 2018, the Family, Career, and Community Leaders of America's Senior Culinary Arts Team won first place in its section in the Career and Technical Student Organizations competition and advanced to the national competition in Atlanta, Ga.

WHS culinary instructor Elaine Matsuo, who oversees the academy and the cafe, says that recipes often start as student ideas. Through a creative process that includes trial-and-error testing, the ideas slowly develop into culinary delights.

The academy is constantly working on new recipes while refining older recipes. Here are some of the students' favorite recipes. **15**

## Chicken with Green Onion Ginger Sauce

### Brine

2 qt. water  
2 Tbsp. salt  
2 Tbsp. sugar  
1 Tbsp. minced garlic  
1 Tbsp. minced ginger

### Chicken

8 boneless skinless chicken breasts  
2 Tbsp. vegetable oil

### Sauce

2 garlic cloves, minced  
¼ cup plus 1 Tbsp. minced ginger  
¼ cup plus 2 Tbsp. minced green onion  
2 Tbsp. minced cilantro  
1 tsp. kosher salt  
1 tsp. sugar  
½ tsp. ground ginger  
2 tsp. Chinese five spice  
½ cup vegetable oil  
2 tsp. mirin

Place brine ingredients in a large plastic or glass container and stir to dissolve salt and sugar. Add chicken and cover and refrigerate one to three days. Drain and pat dry with paper towels. Coat chicken with vegetable oil and sear on grill until grill marks form. Transfer to rimmed baking sheet. Roast in preheated 350-degree oven for 25 minutes until internal temperature is 165 degrees.

In a small bowl, combine sauce ingredients and mix well. Cover and refrigerate overnight. Makes about 1¼ cups.

Serve chicken hot or cold. If serving cold, refrigerate chicken after cooking. Pour on sauce just before serving. Makes 8 servings.

Per serving (one chicken breast): Calories 310, protein 53 g, total fat 10 g, saturated fat 2 g, cholesterol 170 mg, sodium 110 mg

Per serving (2 tablespoons sauce): Calories 130, carbohydrates 2 g, total fat 14 g, saturated fat 1 g, sodium 250 mg, total sugar 1 g



From left: Andrei Olivia, Rachelle Anne Ramelb, Alex Cadiente, and Elaine Matsuo.  
Photographer: Kawika Pegram





## Panko-crusted Fried Tofu

14 oz. block extra-firm tofu

### Marinade

¼ cup sugar

¼ cup shoyu

Dash of olive oil

1 tsp. minced garlic

½ tsp. minced ginger

2 Tbsp. mirin

¼ of a star anise

Dash of white vinegar

Dash of red wine vinegar

Pinch of black pepper

Pinch of red pepper flakes

1 cup all-purpose flour

3 eggs, well beaten

1 cup fine panko

⅓ cup vegetable oil

Slice tofu into 2-inch by 3-inch by ½-inch pieces. Drain in colander for 20 minutes; pat dry with a paper towel.

Combine marinade ingredients and stir to dissolve sugar and salt. Place drained tofu in the marinade and soak one day. Turn tofu and soak for another day. Drain and pat dry.

Place flour, eggs, and panko in three shallow dishes. Dredge one side of each piece of tofu in flour, dip in egg, then press into the panko. Heat oil in a nonstick skillet over medium-high heat. Fry tofu crust-side down until golden brown. Turn to fry the other side. Makes 4 servings.

Per serving: Calories 530 , protein 18 g, carbohydrates 49 g, total fat 30 g, saturated fat 4 g, cholesterol 140 mg, sodium 180 mg, fiber 3 g, total sugar 16 g



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





# 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.


Call us at 948-6079 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands. To enroll online, go to [hmsa.com/pregnancysupport](https://hmsa.com/pregnancysupport).



# papa-yeah!

Living in Hawai'i gives us much to be thankful for. And one of the best things is the abundance of fresh, delicious fruit in grocery stores, at farmers markets, from generous neighbors, or even in your own back yard.

Papaya is always a popular choice, especially during the hot summer months. The sweet, creamy flesh of a beautifully ripe papaya nearly melts in your mouth. The health benefits—vitamin C, fiber, antioxidants—are a bonus.

Papaya is delightful with just a squeeze of lemon juice. If you're looking for new ways to enjoy this tropical treat, here are a few ideas. 

## mahi mahi with papaya salsa

½ papaya, seeds removed  
and flesh diced ¼-inch  
½ avocado, diced ¼-inch  
¼ cup chopped Chinese parsley  
½ small jalapeno pepper,  
seeded and thinly sliced  
Juice of ½ lime  
2 Tbsp. canola oil  
6 4-oz. mahi mahi filets  
Salt and pepper to taste

In a small bowl, combine papaya, avocado, parsley, jalapeno, and lime juice. Set aside. Heat oil in a medium skillet over medium heat. Season fish with salt and pepper. Cook 5 minutes on each side or until fish flakes easily with a fork. Top filets with salsa and serve. Makes 6 servings.

Per serving: Calories 170, protein 21 g, carbohydrates 4 g, total fat 7 g, saturated fat 1 g, cholesterol 80 mg, sodium 300 mg, fiber 1 g, total sugar 2 g

**words** Andrea Wright Agustin

**photos** Lew Harrington

**food styling** Marjie Beaton



## papaya seed dressing

- ½ cup papaya flesh, seeds reserved
- ⅓ cup rice vinegar
- 4 tsp. sugar
- ½ tsp. dry mustard
- ¼ tsp. salt
- ½ cup olive oil
- 1 Tbsp. papaya seeds

In a blender, combine papaya, vinegar, sugar, mustard, and salt. Blend until smooth while adding oil slowly. Add papaya seeds and pulse until seeds resemble coarsely ground pepper. Serve immediately or refrigerate up to three days. Makes about 1 ½ cups.

Per serving (2 tablespoons): Calories 90, carbohydrates 2 g, total fat 9 g, saturated fat 1 g, sodium 50 mg, total sugar 2 g



## papaya lassi

- 2 medium papayas, seeds removed
- 2 cups plain nonfat Greek yogurt
- 2 Tbsp. honey
- ¼ tsp. ground cardamom
- 10 ice cubes

Pulse all ingredients in a blender until smooth. Makes 4 servings.

Per serving: Calories 180, protein 15 g, carbohydrates 30 g, cholesterol 5 mg, sodium 50 mg, fiber 3 g, total sugar 25 g



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

# the many sides of vinegar

Whether it's apple cider, rice, balsamic, or the plain distilled white variety, vinegar has long been a staple in Island kitchens. Chicken adobo, vinha d'alhos, pickled onions, sushi rice, and more.

There are more than a hundred ways that people use vinegar for cooking, cleaning, and even to improve their health. Here are some vinegar fixes that actually work.



## Go home cook rice

Add a teaspoon of vinegar to rice before cooking for fluffy, less-starchy grains.



## Clean Mr. Coffee

Fill the water reservoir of your coffee maker with distilled white vinegar and run it through one or more brewing cycles to dissolve minerals and oily buildup.



## Crush soap scum

Mix equal amounts of vinegar and dishwashing liquid in a spray bottle. Spray it on the scum then scrub and rinse. For tough buildups, allow the solution to sit overnight. Don't use this on natural stone like marble or granite.



## Soothe a sore throat

Drink 1 cup warm water mixed with a tablespoon each of apple cider vinegar and honey. Vinegar's antibacterial properties can relieve some soreness.



## Expel wet towel smell

Add 1 cup vinegar when washing towels or active wear. Vinegar is a mild acid that can kill most molds.



## Roll back blood sugar

Stir 2 tablespoons vinegar into a small glass of water and drink it before a meal or at bedtime to lower blood glucose and insulin responses.



## #myislandscene



**There are some lessons we never forget.** They can come from a teacher, a family member, a friend, or even a stranger. Mahalo for sharing your favorite #lifelesson 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 fall issue.

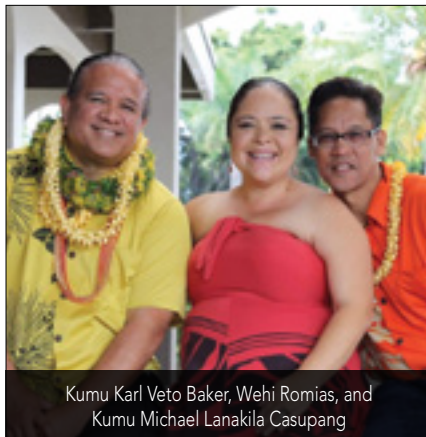
Find us on askhmsa or myhmsa.

### TOP

### RECENT



Geraldine and John Lyman taught their daughter the importance of hard work, forgiveness, and taking care of family by their example.



Kumu Karl Veto Baker, Wehi Romias, and Kumu Michael Lanakila Casupang

When hālau first began, nā kumu asked me to explain something to them in front of an audience of family and friends:

"Ua hana 'ia a pono a pololei Ua ha'ina 'ia aku nā iā 'oe."

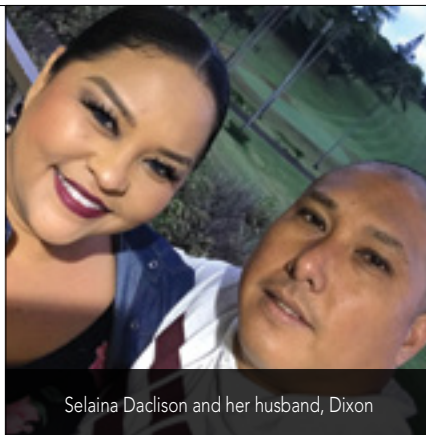
I answered them: "It means to be truthful. if you are going to do something, do it right. Everything I say I say in truth. Everything I do, I do with responsibility."

That moment is forever embedded in all that I do.

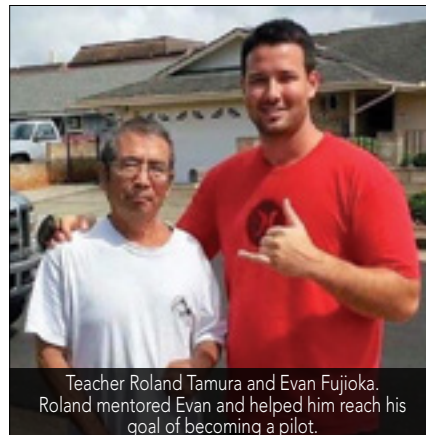
– Wehi Romias

Dixon has taught me that life is too short to stay mad at one another. Always tell each other thank you and that you appreciate everything they do for you. Not just once in a while, but daily.

– Selaina Daclison about her husband, Dixon



Selaina Daclison and her husband, Dixon



Teacher Roland Tamura and Evan Fujioaka. Roland mentored Evan and helped him reach his goal of becoming a pilot.



Frank Nomura taught the importance of family.



Elissa Johnson and Francis Chun

Make sure to take care of the things that are important to you. Everything else is just a grain of sand. No matter how stressful life gets, it is crucial to remember the people and things that are the most important to me.

– Elissa Johnson and her father, Francis Chun





"Keep looking up...  
that's the secret  
of life."

: Charles M. Schulz

# HMSA's 2018 Annual Report

Now online.



At HMSA, healthy communities are our foundation. Here are some ways we showed our communities some love last year:

- We celebrated **80 years** with a statewide day of service on September 8.
- The HMSA Kaimana Awards & Scholarship Program awarded more than **\$140,000** to high school students, their schools, and the Hawaii High School Athletic Association.
- We partnered with **14** community-based health care centers to provide services in areas that don't have enough doctors.

For the full report, claims data, and HMSA's financial report, visit [hmsa.com](http://hmsa.com).

80 years  
\$140,000  
14 health centers



An Independent Licensee of the Blue Cross and Blue Shield Association