

# island scene

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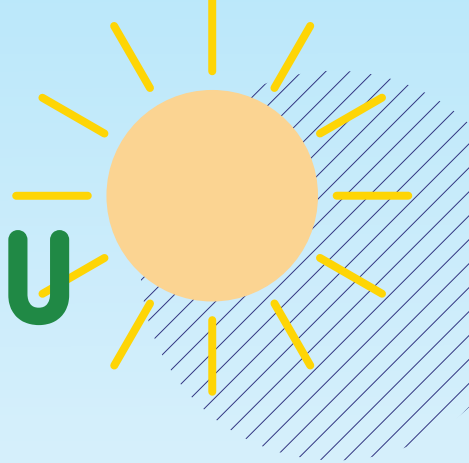
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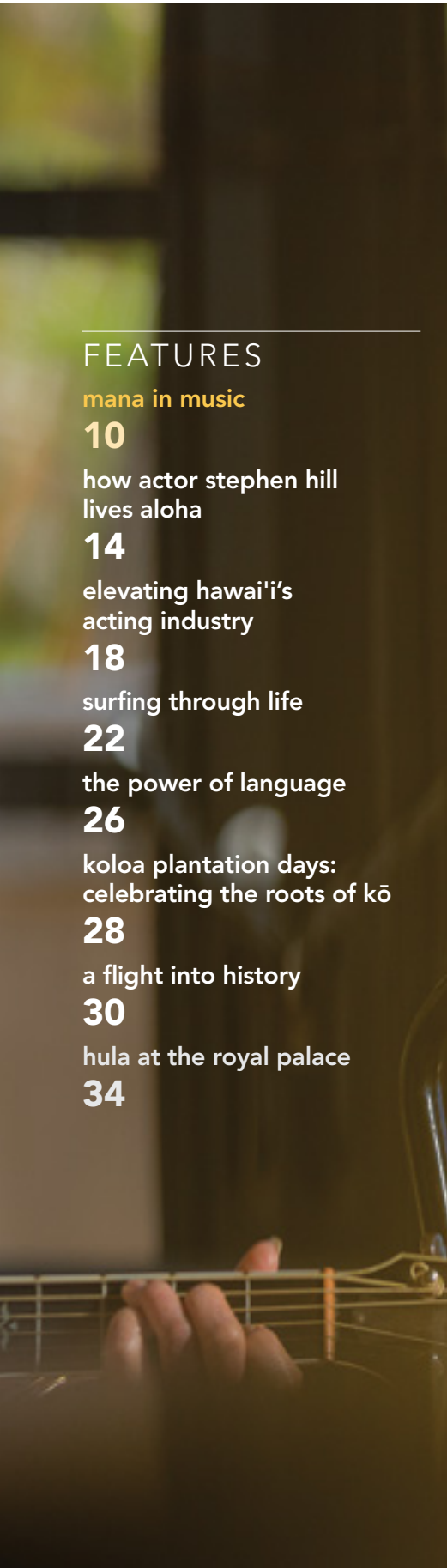






BRAD GODA





FEATURES

mana in music

10

how actor stephen hill  
lives aloha

14

elevating hawai'i's  
acting industry

18

surfing through life

22

the power of language

26

koloa plantation days:  
celebrating the roots of kō

28

a flight into history

30

hula at the royal palace

34

contents

IN EVERY ISSUE

up front

4

publisher's note

7

around the 808

8

LIVE BETTER

summer health

38

know the basics: diabetes

40

for real: canned goods

41

health matters

42

MEMBER INFO

new board member:  
hilo family doc rocks

44

provider perspective: statins

47

for your benefit

48

FAMILY MATTERS

next generation of lifeguards

50

by the book: reader  
recommendations

53

keiki corner

54

EAT WELL

thrill of the grill

56

burst of summer flavors

60

food column: mango

64

## aloha members,



A large part of the work that our leadership at HMSA must do is to balance the needs and desires of our various stakeholders: members, employers, providers, the government, the community, and our own employees. These needs and desires are often not the same.

Success at maintaining this balance requires a leadership team that is diverse in composition, expertise, and perspective so that there can be appropriate voice and weight given to all points of view. I try to be very intentional about who joins our HMSA leadership team to maintain this equilibrium.

That's why I am so excited for you to meet the three new senior executives who have joined our leadership team in 2024. Emily Oshima Lee became senior vice president, Corporate Strategy; Kenric Murayama, M.D., is the new executive vice president, chief health officer; and Jenny Smith joined us as executive vice president, chief financial officer, replacing Gina Marting, long-time and valued executive vice president, chief financial officer.



Emily Oshima Lee

Emily grew up in Hawai'i, graduated from Roosevelt High School, and left to go to college on the Mainland. After getting her health policy graduate degrees in Chicago, she worked in Washington, D.C., on national policy and then returned home to start her family. She took her first local job at HMSA as a business analyst. Hitting homerun after homerun in her varied roles, which included chief of staff and assistant vice president of Corporate Strategy, she quickly and deservedly rose to her current position as a senior vice president.



Kenric Murayama, M.D.

Kenric has a national reputation. An 'Iolani graduate, he had a storied academic career in medical schools on the Mainland before returning to Hawai'i, where he became chair of the Department of Surgery, John A. Burns School of Medicine; chief of Surgery at The Queen's Medical Center; and program director of the University of Hawai'i Surgical Residency Program. After retiring from his accomplished career at UH, he joins us now as our executive vice president, chief health officer.



Jenny Smith

Jenny Smith is not from Hawai'i, but we want her here. She's an accomplished financial and strategy executive. Jenny served as the chief financial officer for Kaiser Northwest Region (Oregon and Washington) and most recently chief financial officer at CareFirst, one of the largest Blue Cross and Blue Shield plans with 3.5 million members in Baltimore and Washington, D.C. We are lucky that her passion for community-based health care brought her to Hawai'i to be our new chief financial officer.



Of these new members of our leadership team, two are female, one is male. Two are from here, one is from the Mainland. A millennial, a Gen Xer, and a baby boomer. Experts in medicine (surgery), health policy, and finance. One developed professionally at HMSA, one in Hawai'i but not at HMSA, and one on the East and West coasts with an HMSA competitor and partner.

They will bring their diversity and join me and the rest of our senior team who are already diverse:

- Janna Nakagawa, executive vice president, chief administrative and strategy officer.
- Jenn Diesman, senior vice president, Government Policy and Advocacy.
- Rick Hopfer, senior vice president, chief information officer.
- Jenny Walker, senior vice president and general counsel.
- Mark Yamakawa, senior vice president, Health Plan Operations.

Quite the balance, for a balanced perspective.

Sincerely,



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



Janna Nakagawa



Jenn Diesman



Rick Hopfer



Jenny Walker



Mark Yamakawa

# island scene

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**COVER:** Story on the Kōloa Plantation Days festival by David Frickman on page 28. Photo courtesy of Kōloa Plantation Days.



# publisher's note

## dear friends,

We have two new faces for you to meet!

On the writing team, Keely Kalama-Lakey joined us in February. She has many years of communications and health care experience and previously worked at HMSA and with *Island Scene* in 2013. Keely describes herself as a free-spirited, analytical, soul searching writer and a rebel mom of three boys. We're so glad she's back.

Summer Nakaishi started in March. She worked with our associate editor, Kristen Nemoto Jay, at *Where Hawaii* and *The Hawai'i Herald*. "Summer is the most humble person I know," Kristen says, "yet she has so much talent in her writing abilities, and it shows in her beautiful copy and feature writing."

Keely and Summer join me and Kristen and the rest of our writing team – Craig DeSilva, David Frickman, Michelle Liu, and Courtney Takabayashi.

On the design team, we were sad to say aloha to designer Jocelyn Racoma who retired in April. Jocelyn is a talented designer and a bright light who is always positive, ready to burst into song, and first in the buffet line. We miss her!



Jocelyn Racoma



Summer Nakaishi (left) and Keely Kalama-Lakey

The rest of our design team is hard at work for you, with Art Director Lawrence Esperanza, Assistant Art Director Caryn Saito, and designers Tedra Hackett, Fannie Niiyama, Garry Ono, Megan Wakayama, and Brandon Young.

We're so lucky to have this team. Thank you, everybody!

I hope you enjoy our work. This is a strong issue, with lots of articles that celebrate summer and Hawaiian cultural topics.

Enjoy your summer, have fun, and remember your sunscreen!

A handwritten signature in black ink that reads "Lisa".

Lisa Maneki Baxa  
Publisher and Editor

# around the 808



## kaua'i

### Fishpond restoration for a sustainable future

Alakoko Fishpond is a window to Kaua'i's past and serves as a vision to its future of food sustainability.

Commonly called Menehune Fishpond, the more than 600-year-old structure is on the National Registry of Historic Places and was one of the finest examples of ancient Hawaiian aquaculture. Once a breadbasket that fed communities along Hulē'ia river near Līhu'e, the fishpond had fallen into decades of disrepair and neglect.

The nonprofit Mālama Hulē'ia has been organizing volunteer cleanups at Alakoko for five years and in November 2021 became the owner of the loko i'a (fishpond), putting it into protection and preservation in perpetuity for the community. Mālama Hulē'ia's efforts to restore the fishpond include rebuilding the 2,700-foot-long lava rock wall and restoring the area's ecosystem by ridding the watershed of mangrove and other invasive species. "It's the crown jewel of Hulē'ia and a special place where people can reconnect to the 'āina and the ancestry of the place," says Executive Director Sara Bowen.

The Menehune Fishpond nickname comes from an ancient Hawaiian legend that says menehunes built the fishpond overnight. Today, thousands of Scout troops, school students, Hawaiian practitioners, paddling clubs, and other community groups statewide have rallied around the restoration efforts. "It's a source of community pride," says

Bowen. "It's soul feeding when people put their hands in the mud and contribute to something that's so historically, culturally, and environmentally significant."

*If you'd like to get involved, visit [malamahuleia.org](https://malamahuleia.org). You can also email [info@malamahuleia.org](mailto:info@malamahuleia.org) or connect with Mālama Hulē'ia on Facebook and Instagram.*



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 (808) 948-6839.



# big island

## Fitness, friends, and fun

In 1992, a group of like-minded community members who were passionate about increasing physical activity and improving their health formed Friends For Fitness. This non-profit organization in Kailua-Kona works to create and promote a "healthy, livable, and physically active community."

For more than 24 years, volunteers, who are considered the heart and soul of the Maka'eo Walking and Jogging Path, have cared for the landscaping, maintenance, and development of the path in the Old Kona Airport State Recreation Area. In addition to offering the public a place to run, walk, and talk story, this 0.9 mile paved loop hosts family reunions, wedding photos, support group meetings, tai chi and yoga classes, and physical rehabilitation.

"I offered to pull weeds here in 2007 and made lifelong friends, solved family problems, and learned how to replace the water lines," Sue Costa, president of the nonprofit, says.



"Thanks to generous business and private donations, we've just cleared an area for the creative arts garden, which will showcase artistic works, native reforestation, and provide space for reflection and creation of new art."

To learn more about Friends For Fitness and volunteer opportunities, email [friendsforfitness@gmail.com](mailto:friendsforfitness@gmail.com) or visit [friendsforfitness.org](http://friendsforfitness.org).

# maui, moloka'i, and lāna'i

## Safe sanctuary for teens in need

Hale Pono is becoming the go-to spot for teenagers looking for a safe space. The short-term youth shelter opened in Wailuku on Maui last September. It's open to anyone between the ages of 12 and 17 who needs support and resources.



The shelter provides essential services like temporary housing, nutritious meals, and access to needed services for youth. Hale Pono also offers programs that include recreational activities and mentoring, which is open to the community, regardless of whether youth are residing in the shelter.

"These teens are developing life skills, building relationships, and learning how to navigate challenges," says David Litman, director of training and programs at Hale Pono. "We're equipping them with the tools they need to rebuild their lives and create a brighter future."

While most stay about 30 days, the shelter treats each case individually. "We want to provide a safe haven for these youth, but our ultimate goal is to reunite them with their families," says Litman.

Hale Pono: (808) 866-0833, [info@teranjy.org](mailto:info@teranjy.org), [halepono.org](http://halepono.org)







Ku'uipo Kumukahi is president of the Hawaiian Music Perpetuation Society.

# mana in music

**words** Craig DeSilva

**photos** Brad Goda

Ku'uipo Kumukahi, who grew up near Hilo, remembers hearing stories about how her father, a Native Hawaiian speaker, was banned in school from using the language that he was raised speaking.

As a Hawaiian musician, Kumukahi is proud to keep Hawai'i's language, history, and culture alive through music. "Kanakanā maoli tell their mo'olelo (stories) through mele (songs and poetry)," she says. "They speak of our winds, rains, and places. We must preserve these wahi pana (storied places)."

The multi-Nā Hōkū Hanohano award-winning singer, songwriter, and musician loves performing mele Hawai'i and sharing her 'ike (knowledge) of Hawaiian culture. That paused during the COVID-19 pandemic shutdown in 2020 when people weren't allowed to gather in public due to health and safety concerns.

But that didn't stop Kumukahi from spreading the joy of music. She and other musicians took their music to the streets in what they called "Mele on the Move" concerts. They performed in the back of a pickup truck every Sunday as it drove through the Hawaiian Homesteads of Waimānalo, Wai'anāe, Nānākuli, Kapolei, and Papakōlea. They livestreamed their experience on their Facebook page @HMPShawaii.

"Kūpuna would come out and sing with us and some would dance the hula," she says. "It was such a chicken-skin moment."

“Music connects people and communities. And when we do that, we understand each other better,”

: Ku'uipo Kumukahi

### Power of music

Those moments prompted Kumukahi to create the Hawaiian Music Perpetuation Society (HMPS), a nonprofit organization dedicated to preserve, promote, and perpetuate mele Hawai'i. “Mele is more than just something beautiful to listen to. Music connects people and communities. And when we do that, we understand each other better,” she says.

The society organizes concerts that showcase Hawaiian musicians past and present. Mali'o, a musical extravaganza held at the iconic Hawaii Theatre Center, featured women singing mele Hawai'i while playing an instrument. Nā Kūpuna Nights concerts celebrated legendary musicians from Hawai'i's golden age of music when Waikīkī was filled with live Hawaiian music in packed showrooms. He Lei No Emalani, a musical tribute to our beloved Queen Emma, was held at Hānaiakamalama in Nu'uanu.

### Music as medicine

Last year, HMPS received a grant from the Hawai'i Department of Health's Maternal and Child Health Branch to host a three-day conference entitled Kūlia i ka Nu'u. The focus was on Native Hawaiian women's health. Presenters included historians, practitioners, artists, educators, and health care providers. All gathered to share resources available to the community and spotlight how mele Hawai'i heals.



Ku'uipo Kumukahi (top photo, in the middle) playing music in Waikīkī.

“Music has the power to mend connections and heal spirits,” says Jenine Heleloa, the society's executive director. “If you don't have good health, you don't have anything.”

Kumukahi is looking forward to creating more opportunities with HMPS so that Hawaiian music can continue to live in the hearts and minds of Hawai'i's people.

“When we connect through music, we watch out for one another and take care of each other,” she says. “Hawaiian music is about our communities, people, and land. And passing it to the next generation.”

*To learn more about the work Ku'uipo Kumukahi does with the Hawaiian Music Perpetuation Society, visit [HMPShawaii.com](http://HMPShawaii.com) or call (808) 348-3322.*





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# how actor stephen hill is living aloha

**words** Michelle Liu

**Photo** Rae Huo

Stephen Hill had just two days to settle into Hawai'i before starting work on *Magnum P.I.* The actor had never been to Honolulu before and ended up rooming with co-stars Jay Hernandez and Zachary Knighton for a few weeks. Hill's *Magnum* 'ohana became the first members of his growing community in Hawai'i.

"We'd go from set to Kaka'ako and Ward Village, just ziplining from apartment to apartment," says Hill, who now lives in Waikiki. "We grew close and got to know each other."

Hill portrayed Theodore "T.C." Calvin, a helicopter pilot, on the show. Hill describes Calvin as a hero – he fosters a homeless teen, coaches youth football and baseball teams, and he's there whenever *Magnum* needs a favor that requires an eye in the sky.

As it turns out, Hill isn't that different from his character. He took a young fan under his wing after learning the teen's dad was on his 16th tour in Afghanistan and the teen was failing in school.

"It started with a promise: If you get your grades up – I'll get you cast as an extra on *Magnum*. I started mentoring him, making sure I was available for a phone call, going to the movies," says Hill. "He went from straight F's to straight A's. And he ended up being an extra. It's one of my proudest moments of giving back."

Since moving to Hawai'i, Hill has made it his mission to volunteer around O'ahu. He's participated in toy drives, handed out food on Thanksgiving, and marched in parades.

"We don't know how long we have to live on this earth, so why wait?" says Hill. "If Hawai'i is the last place I'm ever going to be, I'd like to be remembered as someone who always volunteered and got involved."



Stephen Hill's first time meeting Cody, a young fan who became his mentee. Hill was with him at Schofield Base to welcome his father back home from Afghanistan.



Stephen Hill during the holidays volunteering at a toy drive with his fraternity, Kappa Alpha Psi, during the holiday season.

When he's not volunteering, Hill is supporting members of the community in different ways. He took up tennis when he moved to Honolulu and sought out lessons from Rusty Komori, who coached Punahou School's boys varsity tennis team to 22 consecutive state championships. They became close friends and Hill wrote an excerpt for Komori's latest book, *Superior*.

Hill is also a big fan of the University of Hawai'i men's basketball team – mostly because he relates to them. "At the beginning, I think those guys were like, 'why is this guy so supportive of us?'" Hill says with a laugh.

*"If Hawai'i is the last place I'm ever going to be, I'd like to be remembered as someone who always volunteered and got involved."*



Stephen Hill participated in Reading Across America with his fraternity, and read several books to elementary school students.



Stephen Hill with his tennis coach and good friend, Rusty Komori.

"I have a kindred spirit to those players. There's no guarantee that they're going to the NBA, but they're on a stage where they're getting recognized by doing what they love. It's similar to where I'm in my life right now; there's just no guarantee."

In the meantime, Hill is focusing on different forms of art other than acting. He's known for taking photos around O'ahu and took part in an art show at the Downtown Art Center in Chinatown this past February.

"When you're an actor, the attention is often on you," says Hill. "I love that photos make you see other things and make you get outside of yourself."

Hill posts his photography on his social media accounts, which are also filled with posts about his volunteer work, pictures from set, and people in the community. He hopes his photos will inspire the public, but especially other actors and artists.

"The power we have in this business is our kindness to each other, how we choose to support and highlight each other," says Hill. "A lot of us don't have the power to greenlight a project; we don't have millions of dollars to put a film together. But we can use our platforms to elevate others and show each other love."





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[hmsadental.com/byte](https://hmsadental.com/byte).



# lights, camera, action: elevating Hawai'i's acting industry

**words** Michelle Liu

**photos** International Culture Arts Network

Hawai'i is taking a page out of New Zealand's movie script. New Zealand is known for its world-class level of indigenous cinema, telling the stories of Polynesian people and Māori culture. Three industry veterans from O'ahu are on a mission to bring that same attention to Native Hawaiians and Pacific Islanders.

Angela Laprete, Brian Keaulana, and Robert Suka co-founded International Cultural Arts Network (ICAN) after experiencing the outcome on Jason Momoa's upcoming mini-series *Chief of War*. It was forced to leave Hawai'i for New Zealand.

"It's the biggest representation of Native Hawaiians about Hawaiian history, but we couldn't cast as many locals in Hawaiian roles because of lack of experience/credits and the project maxed out on the tax incentive and shot the majority of the series in New Zealand," says Laprete.

"We were frustrated. We knew Hawai'i had to move the needle, so we looked at New Zealand, which has a similar mindset of sustainability and culture," says Keaulana, who's the son of legendary surfing pioneer Buffalo Keaulana. "We're not divided by land, but connected by water, and we're combining our strengths to develop our community here to share the stories of indigenous people."

ICAN's goal is three-fold: empower local Native Hawaiian and Pacific Islander talent to bring indigenous storytelling to the forefront, advance Hawai'i's filming industry to create more opportunities in workforce development, and elevate the talent so they get the visibility and access to the global stage.

The nonprofit organization held its first acting intensive late last year. New Zealand native and NCIS: Hawai'i actor Alex Tarrant and his wife, actress Lucinda Hare, were among the coaches.

"We've gone through the growing pains in New Zealand, but we're now able to create stories that aren't just about the hurt of our people," says Tarrant. "We need to get Hawai'i to that point, where they can be creative as opposed to constantly explaining the pain they've gone through. And there's an abundance of talent here. We can help unlock that potential, teach them to trust their instincts, and gain confidence."

Left, from top: Mana I Ka Mana Phase 1 Culmination Day. ICAN students - Hub Hawaii/Entrepreneur's Sandbox. Casting directors Michelle Wade Byrd, Rachel Whitley, and Katie Doyle talk with ICAN students. Culmination Day, Hawaiian blessing. Behind the camera - Shooting scenes with a student and actor-coach.

Right, from top: NCIS Hawai'i Actor and Coach Alex Tarrant. ICAN with students and actor-coaches. ICAN Co-founders Brian Keaulana, Angela Laprete, and Robert Suka. Māori Actor Cliff Curtis coaches students.




"It's important to empower them to know they're enough and there's nobody in the world like them," adds Hare. "Being your most authentic self is your greatest superpower."

While the multi-month program included self-taping, partner work in scenes, and script breakdown, what made these lessons unique was the professional mentors who brought their expertise and personal journeys for students to learn from first-hand. The free classes also focused on the students' Native Hawaiian and Polynesian heritage and experiences. During the first class, students shared who they descended from.

"It was such a beautiful way to begin and ground our class in the knowledge that we carry our ancestors and that kuleana (responsibility) with us where we go as actors and in life," says 'O'oe Carr, an actor from Wai'anae and a student in the inaugural intensive. "As a Hawaiian, it's so important we share our history and culture to show the reality of Hawai'i. It's not just a tourist destination. Hopefully, people will see that and have just a little bit more respect."

ICAN's focus is on actors and writers right now, but this is just the beginning. Programs will soon expand to stunt people and crew members.

"We're trying to give everybody an opportunity and guide them so they're prepared for the movie industry," says Suka. "We want to help the new generation of Native Hawaiian and Pacific Islanders and get them recognized on a global stage."

"We're elevating the 808 and will continue to amplify Pacific Islanders in the film industry," says Laprete. "Like New Zealand, we have a lot of untapped talent and stories here. We won't stop; it's our mission to bring new voices to the forefront." 

*Learn more about ICAN at [icanintl.org](http://icanintl.org) or on Instagram @icanintl.*

From top: Phase 1 students at Hub Hawaii/Entrepreneur's Sandbox. 'O'oe Carr, ICAN graduate. Milo Magno, ICAN graduate. Actors Alex O'Loughlin and Alex Tarrant. It's a wrap! ICAN Culmination Day.



# HMSA's Online Care Celebrates 15 Years!

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## Milestones

- 2009: HMSA's Online Care® launches in Hawaii.
- 2013: Behavioral health services offered.
- 2014: 24/7 medical care available.
- 2016: Mobile app launches.
- 2020: COVID-19 pandemic leads to visits increasing by 488%.
- 2024: More than 10,000 monthly visits.

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Top: Megan Abubo surfing Pūpūkea. Bottom: Connecting with the ocean by riding the waves at home.

# surfing through life

**words** David Frickman

**photos** courtesy of Megan Abubo





Zak Noyle

**Surfing around the world.** Working in movies. Isn't that the kind of life many kids dream of?

For Megan Abubo, a sales account manager at HMSA, it's more than a dream. It's a reality. This one-time professional surfer has led a life that she hopes will be an inspiration to young women throughout Hawai'i.

### Beach beginnings

Abubo grew up in Waikiki before moving to O'ahu's North Shore. "I had an instant connection with the ocean since I was a baby," she says. "We lived only a block from the beach."

Abubo has fond memories of growing up in Waikiki. "Everybody knows Waikiki is synonymous with beach boys and beach girls and the ocean lifestyle," she says. "I was fortunate to move out to the North Shore in the eighth or ninth grade." That's when her surfing career really took off. "It's the best place in the world for waves."

### Riding the waves

Once she started winning national titles as a junior in the 1990s and traveling the world to compete, Abubo knew she wanted to make surfing her career. "I didn't really know that there was professional women's surfing. I knew there were professional female surfers, but I didn't know that you could travel the world, make a living, and see everything and meet so many wonderful people."

Abubo has had a storied surfing career. Competing for the world title, she placed second in 2000 and fourth in 2005. Her major victories include the Women's World Championship Tour (WCT) Roxy pro in Fiji in 2001, the WCT Figueira Pro in Portugal in 2002, and the WCT Rip Curl Malibu Pro in 2004.

A career highlight came in 2007 when she won the Vans Triple Crown of Surfing in Hawai'i after coming back from a rib injury. "That was one of the most special days in my life," she says. "There's something about waking up in your own bed and putting on a jersey and going out to your home break. There's nothing like surfing at home and being surrounded by friends and family. It was really special."





Top: Standing in front of her Roxy ad in the South of France. Bottom: On the set of the Sunset Beach Pro Event last year with the World Surf League commentary team and producers.

With female professional surfing starting to gain popularity at that time, “a bunch of my friends and I were fortunate to capitalize not only for the betterment of our own lives, but financially,” Abubo says. “We were a part of a huge movement that went from being the only girls in the lineup to women picking up surfboards around the world. It gave me 16 wonderful years of traveling to nearly every continent in the world and fostering relationships.”

### Surfing on the silver screen

Abubo’s surfing success opened a door to another career path – the movies. She was a stunt double in the groundbreaking 2002 surfing film *Blue Crush*, set on the North Shore, which also helped usher in the female surfing renaissance.

“It involved me walking up the beach to do a lot of stunt doubling for Michelle Rodriguez, one of the *Blue Crush* stars,” she says. “I learned a lot about behind-the-scenes movie production and what it’s like to work on a movie set. And I got put in places that I never thought I would be, like a big avalanche surf break outside of Hollywood, flipping jet skis and swimming in big waves and towing in my best friend, and 20- to 25-foot surf, which wasn’t really common for women to do back then. It was really fun work.”

Following *Blue Crush*, Abubo did stunt work in commercials and movies, including *Soul Surfer*, which is based on the life of professional surfer Bethany Hamilton of Kaua’i. Abubo continues to work in television as a commentator for World Surf League competitions.

“I like being able to be myself and talk about surfing and express my passion for the sport,” she says. “I enjoy the commentary aspect of television as opposed to acting.”

### Empowering others

Along with her surfing and related careers, Abubo puts a lot of effort in supporting important causes. She supports a number of nonprofit organizations, including the Moore Aloha Foundation founded by Olympic gold medalist and five-time world surfing champion Carissa Moore, which helps young women gain confidence and empowerment through surfing.

Abubo is also a spokesperson for the Keep A Breast Foundation, which focuses on breast cancer prevention. "I lost my sister to breast cancer when she was very young," Abubo says. "She was diagnosed in her 20s. I didn't even realize you could get breast cancer in your 20s."


Keep A Breast is a nonprofit that centers on young people and encourages early screening, self-checks, and taking care of yourself. "You don't realize how important it is when you're young to look for those signs or to take care of yourself," Abubo says. "It's never too early to create awareness."



Showing her support for the Keep A Breast Foundation while shaping a surfboard with friend Matt Wilkerson in Mākaha.

## Lessons learned

Abubo has taken her wealth of professional experience into her latest career at HMSA, where she's worked since July 2023. What's the biggest lesson she's learned up to now?

"Work-life balance," she says. "One of the biggest takeaways from my previous careers is that you put 100% into your job, but at the same time, you need to replenish yourself to help others, since we're in the business of servicing others. And that's something that I believe everyone on our team and everyone I'm involved with at HMSA seems to do quite well. We have work-life balance. That's really important." 



## Carissa Moore: Going for gold again

It's time to defend her title and then take a well-deserved break.

Olympic Gold Medalist Carissa Moore, who won the inaugural women's short board surfing title at the 2020 Tokyo Summer Olympics, will try to make it two in a row this summer at the 2024 Paris Olympics. The Punahou grad topped South Africa's Bianca Buitendag to win the gold in Tokyo.

The competition this year will be held thousands of miles from the Paris site, on the challenging waves of Teahupo'o in Tahiti.

Moore announced on social media last winter that once the Olympics have concluded, she's taking a break from competitive surfing. In an Instagram video, Moore says, "A swell has been building on the horizon now" and that she feels compelled "to step away from the tour and to see who we are outside of the jersey."



Read about Carissa Moore's surfing career and her work outside of surfing at [islandscene.com/more](https://islandscene.com/more).





# the power of language

**words** Michelle Liu

**art** Garry Ono

Hawai'i is a melting pot of races, ethnicities, and cultures that's reflected in our cuisine, traditions, and languages. At least 130 languages are spoken in Hawai'i. Being bilingual or multilingual helps bridge the communication gap and emphasizes the human connection with people from different countries.



Theres Grüter, Ph.D.

"It means you can talk to more people, learn about their world view, and do business more easily," says Theres Grüter, Ph.D., professor and graduate chair of the Department of Second Language Studies at the University of Hawai'i at Mānoa. "While modern technology makes it easy to translate text, it's hard to imagine that technology will ever allow you to talk story with someone if you don't share their language."

## Multicultural and multilingual

Living in Hawai'i provides a unique, diverse experience. About 25% of residents speak a language other than English at home.

"And that's not counting Pidgin, or what linguists call Hawai'i Creole English, which is considered a language in its own right," says Grüter. "So, if you can switch back and forth between Pidgin and English, you have every right to call yourself bilingual."

The Hawai'i Department of Education encourages high school students to learn other languages through its Seal of Biliteracy program. The award is given to graduating seniors proficient in the state's two official languages, English and Hawaiian, or one of the official languages and one additional language.

"This includes not just languages that are typically taught in high school like Spanish, Latin, or Mandarin Chinese, but also all the languages that many families in Hawai'i speak at home, such as Tagalog, Vietnamese, Cantonese, and Chuukese," says Grüter.

The goal is to help students and families recognize that being able to speak and write in more than one language is an asset. Once students pass proficiency tests, a Seal of Biliteracy will appear on their high school transcript.

"It showcases skills that are attractive to future employers and college admissions offices," she says.

## Learning a new language

It's never too late to learn a new language. If you're interested, consider your motivation for learning. Whether you enjoy watching TV shows from a particular country or plan to travel, Grüter says the more you narrow in on your motivation to learn a new language, "the more energy you'll find to persist, enjoy the journey, and find success."


She also reminds us that learning a language takes time, effort, practice, and patience. And being bilingual or multilingual doesn't necessarily mean being fluent. It's about being able to communicate effectively.

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**"If you can make peace with the idea that it's OK to have an accent and make the occasional mistake, you'll start to enjoy the benefits of living a multilingual life."**

**: Theres Grüter, Ph.D.**

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"We often make the mistake of measuring ourselves against people who are native speakers of a language. The key to successful language learning is not to set unrealistic goals," says Grüter. "If you can make peace with the idea that it's OK to have an accent and make the occasional mistake, you'll start to enjoy the benefits of living a multilingual life." 

 Find out how learning a foreign language can help your brain health. Visit [islandscene.com/more](https://islandscene.com/more).



# celebrating the roots of kō

**words** David Frickman

**photos** Courtesy of Kōloa  
Plantation Days





## It's a modern-day glimpse of Old Hawai'i.

In the area on Kaua'i's south shore where Hawai'i's first commercial sugar plantation began operations in 1835, a 10-day celebration is held each summer. Residents of Kōloa and Po'ipu – many of whom are descendants of sugar plantation workers – gather for the Kōloa Plantation Days festival to enjoy food, music, games, and competition. And they get a chance to look back at the history that began nearly 200 years ago.

"My family has been in Kōloa since the early 1900s. I'm the fourth generation to grow up there," says Arryl Kaneshiro, president of the Kōloa Plantation Days festival. "This event draws a lot of people and is a tradition in our community."



Arryl Kaneshiro

A wide variety of family events are in store during this year's festival. Everything from a backyard barbecue and rodeo to begin the festival, to keiki events like fishing and mini golf, to historic tours, cultural exhibits, a Polynesian dance review, and a fun run. The festival's final days feature a parade through the streets of Kōloa and a large celebration in Anne Knudsen (Kōloa) Park.

One of the highlights for those who are able to go (reservations required) is a tour of the site of the last Kōloa Mill, built in 1913, where sugar cane (kō) was milled and grew to what became known as Hawai'i's largest industry. The earlier mill built in 1841 in the heart of Kōloa town is no longer there, but remnants of the building remain. The site was designated a National Historic Landmark by the U.S. government in 1962.

The annual Kōloa Plantation Days festival grew from just a single event. In 1985, a lū'au was held to mark the 150th anniversary of the sugar industry. Phyllis Kunimura, a community leader, heard around town that the event was such a success that she and her husband, Kaua'i Mayor Tony Kunimura, asked the event organizers if they would do it again. And they did.




Some of the activities from past festivals.

The event has been held every year since and only took a break during the COVID-19 pandemic, but Kaneshiro says it's come back stronger than ever in the last couple of years.

"Attendance was huge last year and it was a good mix of both residents and visitors," he says. "It's a tradition that keeps growing."

A couple of weeks before the event begins, Kaneshiro says volunteers work with the county to clean the "tunnel of trees" on Maluhia Road

that leads into Kōloa. "Once you see that the road is closed and the cleanup is happening, you know that the Kōloa Plantation Days celebration is going to be starting up real soon."

This year, Kōloa Plantation Days will be held July 19-28. The theme of this year's celebration is "Our Home Town." Admission is free for almost everything, but capacity may be limited for some events. A complete schedule of events can be found at [koloaplantationdays.com](http://koloaplantationdays.com). 

A photograph showing the wing of a modern airplane in the upper right corner, flying over a dense urban area with mountains in the background under a cloudy sky.

# a flight into history

**words** Michelle Liu

When you're flying from Hawai'i to the Mainland, there's nothing but sky, ocean, and plane as you travel more than 2,500 nautical miles. Pilots may be used to carrying passengers over the Pacific, but it wasn't always this way.

## Historic feat

In 1910, more than 3,000 people paid to watch aviator Bud Mars pilot the first flight over Hawai'i. He flew 500 feet at 35 miles per hour before landing safely.

"Technology was at its infancy, so for most people, the flying itself was miraculous and a novelty," says William Spicola, the senior manager of education programs at Pearl Harbor Aviation Museum. Four years later, World War I brought more innovation. Aircraft became more stable and could fly at higher speeds.



Bud Mars flies over Hawai'i for the first time in 1910.





## The roaring '20s

The United States Postal Service helped improve commercial aviation by expanding air mail across the continental U.S. By the 1920s, routes were well-established, but flying over the Pacific was still unexplored territory.

Navy Commander John Rodgers tried to fly from San Francisco to Honolulu in 1925, but the aircraft ran out of fuel due to unexpected headwinds and landed in the ocean several hundred miles from Kaua'i. The crew converted their plane into a lifeboat and sailed the rest of their way to Hawai'i.

"You'd think it was a failed mission since they didn't make landfall," says Spincola. "But they were so ingenious turning their plane into a boat, it actually went a long way to prove that aviation can achieve these goals and become safer."

The Army completed the first flight from the Mainland to Hawai'i two years later.

## Connecting the Islands

Until 1929, people traveled between the Hawaiian Islands by steamboat, schooner, or outrigger canoe. But seas could be rough, and the trip took days. A steamship company introduced interisland flying and created Inter-Island Airways (now Hawaiian Airlines).

When flights began, planes could carry just 13 passengers. After the airline secured an airmail contract in the 1930s, it purchased larger planes with improved safety features to carry both mail and people.

"But passengers were paying a premium since they were taking up valuable space for mail," says Spincola.



The seaplane that flew and then sailed to Hawai'i





Clockwise from top left: Inter-Island Airways plane hangar in the 1930s. Pan Am's inaugural commercial flight to Hawai'i arrives at Pearl Harbor. Pan Am planes at Honolulu International Airport in 1966.



## Transpacific flight

The aviation industry's focus in the 1930s was to fly mail from the U.S. to Asia. Pan American Airways pioneered the first transpacific flight in 1937. The plane took off from California and made refueling stops at islands in the Pacific, including Hawai'i, before reaching its destination of Hong Kong.

"Airplanes didn't have the range like they do today to fly over the ocean nonstop. They had to island hop," says Spicola.

Once the route was established, Pan Am started carrying passengers as well. By then, navigation technology also improved.

"Pan Am set up radio navigation beacons in Hawai'i and along its entire route to the Orient," says Spicola. "Hawai'i ended up becoming a critical hub for transpacific crossings. And Pan Am paved the way for long-range overwater travel. It was safe and efficient; it could fly cargo, mail, and passengers safely and comfortably."

## The jet age and today

The aviation industry boomed in the 1950s because of World War II and the invention of jet engines for the military.

"Airplanes could fly farther, faster, and safer," says Spicola. "After the war, everyone in our country got comfortable with flying. It was no longer the scary, exotic, daredevil thing people paid money to see."

Jet engines allowed manufacturers to build larger aircrafts to carry more people, which resulted in lower fares.

"There was a big cost savings for the airlines because jet airplanes are less expensive to operate than piston engines," says Spicola. "So the price of seats come way down and the middle class is now starting to fly."

"For the first time, families could take a vacation in Hawai'i and it's no longer an elite thing to do. But it took a lot of work and a lot of effort from heroic people back in the 1920s and '30s to make it what it is today." **15**

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# hula at the royal palace



Kumu Nālani Keale volunteers teaching hula to the community at Queen Emma Summer Palace.



Keale's haumana (students) review their mele to prepare for class.

Kumu Nālani Keale says he didn't choose hula. Hula chose him.

Hawaiian music and hula are in his koko (blood). His dad, Wilfred Nalani ("Moe") Keale, was a longtime Hawaiian entertainer who sang with Eddie Kamae and the Sons of Hawai'i. His mom, Patricia Andrade, was a kumu who first taught Keale how to dance.

Growing up in Pālolo Valley during the Hawaiian renaissance in the 1970s, Keale remembers backyard parties where family, friends, and neighbors gathered to play Hawaiian music late into the night, including his cousin, Israel Kamakawiwo'ole.

"Hawaiian music and dance are my vessel," he says. "They always bring me back home to my center. It's who I am."

In addition to starting Hālau Kaulakahi, Keale also volunteers to teach hula as a way of giving back to the community where he lives. When he lived in Kaimukī, he volunteered at the Waikīkī Community Center. He moved to Nu'uano in 2019 and now volunteers at the Queen Emma Summer Palace, just a block away from his home.

"I feel completely at peace when I'm here," he says. "There's a feeling of reverence for the queen and her contributions for the Hawaiian people."

The hula classes attract visitors and locals from the neighborhood and other parts of the island. Participants have different levels of experience and range from keiki to kūpuna, including his regulars at the head of the class known as the "front-row aunties."

**words** Craig DeSilva  
**photos** Romeo Collado



Keale lives his Hawaiian culture through mele and hula. Live music helps his haumana better connect to the meaning of their dance.

He starts classes with students learning basic hula movements, such as hand and feet placements, before moving on to teaching an 'auana (modern hula) while singing and strumming his 'uku-lele. He explains the background of the mele (song), the meaning behind the lyrics, and how the motions match the music.

"Live music is such a great vibe to uplift and bring out the dancer in them," he says. "I make sure they get a good dose of Hawaiian culture. Hopefully, what inspires me will inspire them to connect to the music and hopefully leave happy."

One of his regular students is playwright Lee Cataluna, who hadn't danced hula since she was in college. "Taking the classes is one of the best things I've done for myself," she says. "It reconnects me to my Hawaiian heritage and the joy I felt dancing when I was younger."

Cataluna is writing a play about Queen Emma, making it even more meaningful to dance hula at the palace. She enjoys the physical and mental aspects of learning new dances and the personal bonds formed with other dancers and Keale. "He's very inclusive and takes his culture and heritage seriously. But he still makes it fun and commands the class in a gentle way so it's OK for us to laugh at our mistakes," she says.

For Keale, hula is his way of spreading aloha.

"I practice my Hawaiian culture wholeheartedly. I do my best to live and spread aloha vibe," he says. <sup>15</sup>



Keale's haumana range from keiki to kūpuna and beginners to experienced.



“The spirit of aloha comes  
before everything else.”

: Kumu Hula Nālani Keale



## A glimpse into Hawai'i's royal past

Tucked away in Nu'uuanu valley, Queen Emma Summer Palace was the retreat for King Kamehameha IV and his queen consort, Emma Rooke, and their son Prince Albert Edward from 1857 until her death in 1885.

Built in 1848, it's older than 'Iolani Palace in Downtown Honolulu. In 1915, the nonprofit Daughters of Hawai'i acquired the palace to prevent it from being demolished for a baseball field. They now operate the palace as a museum. Called Hānaiakamalama, the palace is listed on the State and National Register of Historic Places and houses a collection of Queen Emma's belongings, antiques, furnishings, and royal regalia.

In addition to hula classes, the palace offers classes in Hawaiian quilting, 'ukulele, lei making, healing through yoga, and more. There are monthly talk story sessions about various Hawaiian topics featuring guest speakers.

For more information about the museum and classes, visit [daughtersofhawaii.org](http://daughtersofhawaii.org) or call (808) 595-3167.







# summer health

**words** Courtney Takabayashi and  
Kristen Nemoto Jay

## Ways to reset this summer

We're halfway into 2024, so this is a great time to check in or re-commit to our new year goals! Check out our tips for having a healthier summer and perhaps find inspiration to help you throughout the year.

### Back to basics

The U.S. Department of Agriculture (USDA) offers guidelines for smart and mindful eating. If you're not sure how much you're eating in a day and you'd like to keep track, try starting a food journal or food tracking app. If you're not sure where to start, you can call an HMSA health coach at 1 (855) 329-5461 or talk to your doctor.

### Start small

To create a healthier lifestyle you can maintain, researchers suggest starting small. Smaller goals such as eating fruit for breakfast or doing five push-ups a day can build confidence and create a foundation to build on.

### Get more sleep

Not getting the recommended seven to nine hours of sleep for adults can affect memory, weaken the immune system, and increase perception of pain.

### Take time to unwind

Whether you use a meditation app on your phone to calm your nerves or carve out some time during the week to work out at the gym, find ways to reconnect with yourself so that you can feel refreshed and more capable when tackling errands or work-related tasks.



## Protect your skin

According to the U.S. Department of Health and Human Services, Hawai'i has the highest melanoma rate in the nation. But if caught early, there's a 98% chance of the cancer being cured. Here are five things you should know about protecting your skin this summer.

### 1. Pick a sunscreen that has an SPF 30 or higher.

The American Academy of Dermatology recommends a broad spectrum sunscreen that protects our skin from cancer-causing UVA and UVB rays.

### 2. Reapply sunscreen as needed.

Most sunscreens provide protection for up to 40 or 80 minutes, so be sure to reapply accordingly.

### 3. Apply 1 ounce of sunscreen.

Be sure to apply the recommended 1 ounce – one shot glass full – of sunscreen to any sun-exposed areas on your body.

### 4. Opt for a moisturizer with SPF.

Swap out your day cream for a moisturizer with SPF. If you wear makeup, use a foundation with SPF.

### 5. Cover up.

Consider wearing light layers like a pareo or a wide-brimmed hat while running errands or relaxing outside on your lānai.

## Protect your eyes

Picking out the right pair of sunglasses may not be a priority, but it's summer and the sun is out in full force. Check out these tips to help keep your eyes healthy all summer long.

### Good habits

Carol Yee has been wearing sunglasses since age 18. Throughout the years, she's had clip-on lenses, prescription sunglasses, and even surf goggles to protect her eyes. Her secret to consistently wearing sunglasses? "It's a habit I've had forever: I always keep them in my purse. I wear them anytime I'm in the sun. It's not a pain at all."

### The more coverage, the better

Optometrist Stuart K. Machida, O.D., at Windward Vision Center, says that "sunglasses should be labeled to say they block UVA and UVB (98% or more). And if you forget your sunglasses, wear a hat, as that can help block out UV light from penetrating through the top portion of your eyes, or try to stay out of the sun during peak hours when it's high overhead."

### Damage you can see

If our eyes aren't protected from UV light, Dr. Machida says that early stages of cataracts may form or age-related macular degeneration may progress over time. With improved technology and research, there are some options

people can do to help protect their eyes. "There are now contact lenses that can block out UV light. That's a great option for those who are in the water all the time," he says.

### A cautionary tale

Yee's son, Nat, didn't really care about protecting his eyes until he was diagnosed with pterygium as a teen. "He sailed and surfed from the age of 10 and crossed the Moloka'i Channel for the first time when he was 14 years old," says Yee. "He was really lousy about wearing anything to protect his eyes." But after his pterygium diagnosis, Yee observed, "He has become more consistent in wearing his sunglasses. Finally!"

### Glasses that fit

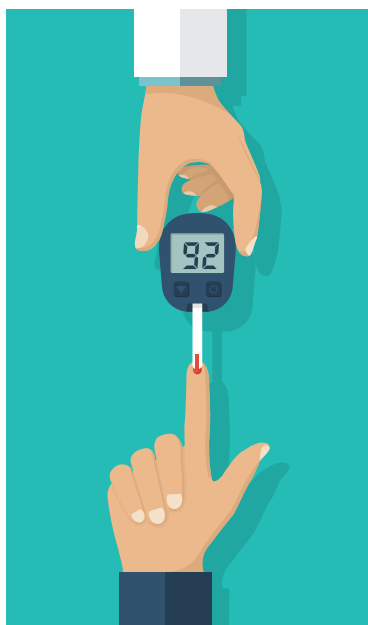
When you're shopping for sunglasses, Dr. Machida recommends finding a pair that fits your face so only a minimum amount of light goes around the lenses and into the eyes. He notes that sunglasses don't have to be expensive in order to get the job done. What matters most is that they block out UVA and UVB rays, name brand and style should come second. **is**





## diabetes

**words** David Percy, D.O.



**d**iabetes is a chronic disease that occurs when the pancreas does not produce insulin or when the body cannot effectively use the insulin it produces. This results in too much blood sugar in your blood stream, which, over time, may increase your risk of heart disease, stroke, kidney failure, and many other serious complications.

There are three main types of diabetes: type 1, type 2, and gestational diabetes (while pregnant). Type 1 diabetes can start at any age but is most common to develop during childhood or teen years. There is currently no cure and it requires daily insulin shots or an insulin pump.

Type 2 diabetes is more common in people older than 40 but there has been an increase of cases in children. With diet and exercise, type 2 diabetes may be prevented or delayed, or reversed in prediabetes.

The following information mainly refers to people with type 2 diabetes since it is much more common. However, there is an overlap in symptoms and risk factors.



Dr. David Percy

### Risk factors


- Family history: Parent or sibling with diabetes.
- Ethnicity: African American, Hispanic or Latino, American Indian, or Alaska Native person. Some Pacific Islanders and Asian American people are also at a higher risk.
- Obesity.
- Sedentary lifestyle.

### Symptoms

- Increased urination
- Increased thirst
- Unexplained weight loss
- Blurry vision

### Prevention or risk reduction

- Weight loss: A diet high in fruits, vegetables, whole grains, nuts, fish, and olive oil is recommended, which is similar to the Mediterranean diet.
- Exercise: Thirty to 60 minutes of moderate intensity aerobic activity on most days of the week.
- Stop smoking.

If you have questions about diabetes, please talk to your primary care provider. 

*Dr. David Percy is an HMSA medical director.*



For diabetes statistics and resources, go to [islandscene.com/more](http://islandscene.com/more).

# for real?



## if can, can

**words** Courtney Takabayashi

during hurricane season, which runs from June to November, it's important to have your emergency kit ready. Canned goods are one of the best choices for emergency food because they don't require refrigeration until opened and can help to ensure adequate nutrition. Here are some myths you may have heard about these trusty pantry and emergency stash staples.

### **Myth or reality? Canned foods aren't as nutritious as fresh foods.**

**Myth.** Research by the U.S. Department of Agriculture (USDA) found that frozen, canned, and dried fruits and vegetables can provide as much nutrition as their fresh counterparts. So, during an emergency, when fresh isn't available, canned food is a good and healthy option. According to the Institute of Food Technologists, food processing is vital for preserving food and it even has the ability to enhance certain nutritional aspects.

### **True or false? Canned foods are high in sodium and preservatives.**

**False.** When you're shopping for your emergency food supply, check the nutrition labels. Foods like vegetables and soups sometimes have sodium-free and low-sodium options. Those can help decrease the need for drinking water, which may be in short supply.

### **Yes or no? The food inside dented cans is usually safe to consume.**

**Yes.** For the most part. The USDA says that if the can has a small dent

but is otherwise in good shape, food should be safe to eat. However, cans with deep dents should be thrown away. If the can has a dent in the seam, bacteria can enter the can and cause illness. When in doubt, throw it out.

### **Fact or fiction? Canned foods shouldn't be eaten after the date stamped on the can.**

**Fiction.** It depends on several factors. Maui Foodbank notes that there are different types of dates:

- **Sell-by date:** Lets the store know how long to display the products for sale.
- **Best if used by (or before) date:** Recommended for best flavor and quality.
- **Use-by date:** The last date recommended to use the products while at peak quality determined by the manufacturer.
- **Closed or coded dates:** Numbers used by the manufacturer to track products. This lets manufacturers rotate their stock and locate products if there's a recall.

While dates on cans can help determine how long a product will be at peak quality, the USDA says canned goods will last for years, as long as the cans are in good condition without dents, rust, or swelling. Regardless, be sure to handle, store, and prepare food safely to prevent foodborne illness.

And when storing canned goods for your emergency kit, remember to pack a can opener! **15**

### **Food safety resources**

Learn about food safety during disasters and tips for preparing an emergency kit at [foodsafety.gov](https://www.foodsafety.gov).

The U.S., Food and Drug Administration has information about food safety during emergencies at [fda.gov](https://www.fda.gov).



# health matters

Late summer months mean back to school for many keiki, but there's always an opportunity for learning at any age. Here are some upcoming awareness months to look forward to and learn more about.

## National Breastfeeding Month (August)



According to the Centers for Disease Control and Prevention, chest/breastfeeding has many health benefits for infants, children, and mothers and “is a key strategy to improve public health.” The CDC’s Breastfeeding Report Card for 2022 shared, however, that a significant barrier to chest/breastfeeding was due to a lack of paid leave, especially for employed mothers with lower incomes, and those who experience racial and ethnic disparities.

Every August since 2011, National Breastfeeding Month aims to raise awareness of racial disparities in chest/breastfeeding numbers and work toward reducing them by providing education and resources to communities that face more challenges. To learn more, go to [usbreastfeeding.org/national-breastfeeding-month](https://usbreastfeeding.org/national-breastfeeding-month).

## National Immunization Awareness Month (August)

This annual observance highlights the importance of getting recommended vaccines throughout your life.

From learning why it’s important to stick to routine vaccinations to talking out your options or learning more from your doctor, nurse, or other health care provider, the month of August is observed as a reminder to maintain vigilance in the fight against the spread of preventable diseases.

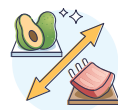


For recommended immunizations, talk to your doctor or visit [cdc.gov/vaccines/schedules/](https://cdc.gov/vaccines/schedules/).

## Food Safety Education Month (September)

The federal government estimates that 48 million Americans will contract a foodborne illness every year. Take an active role in preventing foodborne illness, also known as food poisoning, by following these simple food safety tips:

- **Clean:** Wash hands, produce, and surfaces often. Remember to wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
- **Separate:** Separate raw meat, poultry, seafood, and eggs from other foods in your shopping cart, grocery bags, and refrigerator, and use a cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- **Cook:** Though most of us are used to checking the color and texture as indicators to whether our foods are thoroughly cooked, a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods.
- **Chill:** Refrigerate or freeze foods promptly, within two hours of cooking or purchasing. Never thaw food at room temperature such as on the counter or in the sink. Defrost food by either placing it in the refrigerator or in cold water, or defrosting it in the microwave.



## National Childhood Obesity Awareness Month (September)

National Childhood Obesity Awareness Month is supported by the CDC's Division of Nutrition, Physical Activity, and Obesity, which has published five recommendations parents and caregivers can implement at home to help aid against childhood obesity:

- 1) **Eat the rainbow:** Help children eat healthy by first filling half of their plates with fruits and vegetables.
- 2) **Move more:** Sixty minutes of physical activity every day is optimal.
- 3) **Less sugar:** Avoid sugary drinks such as soda, juice, and flavored milk.
- 4) **Reduce screen time:** This has been linked to sleep issues, weight gain, and poor mental health. Remember, this includes TV time, computer time for homework, and phone or tablet use.
- 5) **Sleep well:** Inadequate sleep can lead children to eat more and move less. Stick to a consistent sleep schedule that encourages physical activity during the day and removes screens from their bedroom at night.

Remember that your kids are watching the example you set. Try to make these changes as a family unit to help support one another.





# hilo family doc rocks

**words** Craig DeSilva

**photo** Rae Huo

Kevin Kurohara, M.D., is deeply rooted in Hilo, where he's been caring for generations of families for more than 35 years.

"They're not just my patients," says Dr. Kurohara. "They're a part of my family."

Born and raised in Hilo, he graduated from the University of Hawai'i's John A. Burns School of Medicine and went to California for his postgraduate training. He worked in various hospitals and clinics and considered becoming a surgeon. But he eventually decided to return to Hilo in 1987 to practice family medicine.

"I prefer having ongoing face-to-face relationships with patients to help prevent chronic conditions, instead of just treating them when something goes wrong," he says. "I feel blessed that families have trusted me to care for their children and now their children's children."

Dr. Kurohara was one of the first physicians to lead the way for HMSA to adopt a value-based care system, known as Payment Transformation. The system helps improve patient care and contain rising health care costs by rewarding doctors for the quality of care they provide instead of the number of office visits they provide and procedures they perform. The program has served as a national model since it was started eight years ago.


As HMSA's newest Board member, Dr. Kurohara is eager to tackle more issues to help improve health and well-being in Hawai'i. This includes stream-

lining administrative responsibilities so doctors can spend more time with patients and less on paperwork. He's also helping to close the gap in the state's physician shortage by encouraging young local family doctors to practice in rural Neighbor Island communities.

At age 67, Dr. Kurohara has no plans to retire anytime soon. "Although my wife keeps urging me to slow down," he laughs.

Despite long hours at the clinic, he makes time to pick up his grandchildren from school and take them to judo lessons. He also serves as a model of good health to his patients. After work, he and his wife, Diane, who helps manage the clinic, attend

fitness classes, doing burpees and wall balls with others half their age. On the weekends, he plays drums for his church band at New Hope.

"My faith gives me strength and purpose of why I'm here to help care for my patients," he says. 





# More choices. More care.

Meet HMSA's  
newest providers —  
additional options  
to meet your needs.



## Hawaii Island

Jill M. Akuna  
Linda E. Anaya  
Coral L. Barrilleaux  
Melissa N. Bartholomew  
Junelynn Belvis  
Noel M. Chia  
Clarence A. Church III  
Hannah L. Dann  
Orlando M. Davis  
Jennifer L. De Costa  
Kayla R. Eisenbarth-Ennett  
Kuulei K. Galloway  
Susan M. Graff  
Taylor L. Hills  
Kurtys A. Kasten  
Chaynee K. Kuamo'o  
Kevin D. Larkin  
Brendan D. Lauria  
Oscar Lillo  
Syntha A. Lorenz  
Nanami L. Matsui  
Rebekah L. Mraz  
Joshua D. Newman  
Catherine A. Okumura  
Sandra L. Osborne  
Faith R. Payne  
Tara M. Reed  
Victoria M. Sims  
Anuheonamailaulii F.  
St Laurent  
Rachel K. Tai  
Robert R. Tapley  
Christopher E. H. West  
Timothy W. Wheeler  
Mark G. White  
Regina E. Williams  
Patrick C. Yeakey  
Damien S. Young

## Kauai

Noah C. Brantley  
John M. Darnall

## Lanai

Lisa A.C. Mundon

## Maui

Junelynn Belvis  
Shantika S. Bernard  
Tina A. Boteilho  
Ariana A. Buxman

Mark T. Cady  
George L. Carlson  
Nicole M. Edwards  
Djamila Fielding  
Layin M. Freeman  
Benjamin Griffin  
Robin A. Herr  
Anthea Iuorno  
Mary Kampas  
Lauren M.M. Kelly  
Joanne King  
Timothy J.S. Lindsey  
Patricia L. Lynn  
Nancy A. Morgan  
Vincent E. Nubla  
Riitta M. Ojala  
Audra-Shawn

Palazzotto-McDonnell  
Bronwen S. Peterzell  
Ursula Platte  
Lisa B. Ponichtera  
Jennifer G. Shaw  
Kassel T. Taeza-Vincent  
Crystal Thomas  
Andrea N. Van Patten  
Brent M. Yamashiro

## Molokai

Charity L. Dudoit  
Aaron W. Mitchell  
Lisa A.C. Mundon  
Ruth E. Roe

## Oahu

Dylan M. Altfeld  
Erik D. Anderson  
Maurice D. Andrea  
Jerome F. Asuncion II  
Amanda-Sue  
Asuncion-Mahuka  
Gary C. Augustin  
Jazlyn Barlahan  
Lisa M. Barr  
Junelynn Belvis  
Austin Blanchon  
Katherina Y. Bui  
Kaleigh G. Bull  
James R.I.T. Bunda  
Glen M. Carner  
Christopher L. Carter  
Ian H. Carter  
Lisa Casados

Raquel A. Chang  
Timothy J. Chang  
Yasmine Cheang  
Mindie K. Ching  
Gina M. Christopher  
Tia Claypool  
Kacie K. Cohen  
Ann Y.H. Collins  
Kristine J. Cooley  
Mina T. Couture  
Hannah L. Dann  
Crystal A. Dimaya  
Kelsey T. Domingo  
Lee H. Dressler  
Kayla R.

Eisenbarth-Ennett  
Bradley A. Esteban  
Lori M. Ferreira  
Annalise K.M.L.  
Ferreira-Locklear

Kirstyn E. Flint  
Roy L. Foliente  
Michelle C. Foor  
Sheena O. Galutira  
Holly V.A. George  
Tau'Mee J. Graskoski  
Libby K. Guilnet  
Mary L.Y. Gutierrez  
Monique M. Haas  
Rebecca L. Hartman  
Marilyn W. Hashisaka  
Kelly H. Hayday  
Stefianne A.

Hernandez-Landry  
Florideliza M.A. Herring  
Stephen A. Hill  
Diana B. Honeker  
Yun Suk Hong  
Joseph L. Hurtado  
Lauren A. Ing  
Rachel T. Inouye  
Kumailani K. Kahalepuna  
Charles K.L. Kamai  
Shaun J. Kastelic  
Norma A. Kawata  
Lisa A. Kelleher  
Ria D. Kim  
Teri L. Kim  
Shaye A. Kimura  
Alexis S. Kishimoto  
Dale A. Komoda  
Michael K.M.  
Kukahiwa-Haruno

Madoka R. Kumagai  
Brandi L. Lawrence  
Chong C. Lee  
Lisa A. Lee  
Wei T. Li  
Oscar Lillo  
Christina S. Lippert  
Gregory T. Lippert  
Robert A. Locklear  
Alyssa Los  
Amanda E.E. Maehara  
Kana Maeji  
Vanessa A. Mamhot  
Joy N.D. Marinas  
Katrina C. Marume  
Kira M. Mau  
Gregory W. May  
Thomas H. Miyashiro  
Shonacee S. Montero  
Jon H. Motohiro  
Jana-Macy H. Moya  
Marcia A. Myers  
Todd K. Nakagawa  
Jessica J. Nakayama  
Melissa T. Natividad  
Kate M. Newman  
Tanja Nikolic  
Harold D.B. Nilsson  
Kylie R. Nishisak  
Edmund A. Nourrie Jr  
Vincent E. Nubla  
Julie A.L. Oliveira-Payton  
Mia Onorato  
Kendyl Y. Oshiro  
Mary Elizabeth U. Pacheco  
Kimberly L. Paez  
Bo Pang  
Anamarie L. Piloton  
Lindsay N. Pipes  
Leandra Poole  
Kristina Poulos  
Shanelle C. Purdy  
Pal S. Randhawa  
Sheree D.R. Revilla  
Makana M. Richards  
Brooke N.H. Rickard  
Caroline R.K. Ritson  
Jeffrey Roh  
Daniel Ruseborn

Stacey A. Schrager  
Mary A. Scott  
Kyle M. Scozzafava  
Julie S. Segawa  
Robert A. Sepulveda  
Lauren G.M. Serkis  
Kelli N.Y. Shintani  
Jolene D. Shull  
Julie Y.I. Silva  
Kiri Ann H. Siu  
Chantel M.T.S. Soriano  
Jason A. Spiker  
Meighan A. Stinton  
Carson Tabiolo  
Jodi A. Taira  
David Tateyama  
Casey L. Tau'a  
Vichele A. Tavares  
Chet A. Tharpe  
Annelise Y. Thompson  
Madonna T. Tinorua  
Jessica K. Torralva  
Sissi L. Tran  
Maryann R. Valdes  
Aja J. Wallace  
Forrest A.K. Wells  
Christopher E.H. West  
Lisa M. Westly  
Timothy W. Wheeler  
Mark G. White  
Cory R. Wilson  
Lucia Y. Xiong  
Teruo Yamauchi  
Jeanette A. Zarr  
Peter Zhu

**These providers  
joined HMSA's  
network between  
Dec. 21, 2023 and  
March 30, 2024.**

**For a complete list of  
HMSA participating  
providers, contact  
information, and  
plans accepted, visit  
Find a Doctor on  
[hmsa.com](https://hmsa.com).**



## statin reminder

**words** Jeff Tom, M.D.



Dr. Jeff Tom

Heart disease is one of the leading causes of death in the U.S. Every year in Hawai'i, three out of every 10 deaths result from heart disease. That means about 3,000 people die of heart disease every year, according to the Hawai'i Department of Health.

If your doctor prescribed you a statin, it's important to take it as directed to reduce your risk of a heart attack or stroke. But many people on a statin don't always take it as recommended by their doctor.

The American Medical Association says about half of patients don't take their medications as recommended by their doctor. For statins, it's about a third of patients who don't take it as prescribed. But when taken properly, statins are one of the most effective ways to help lower your bad cholesterol, or LDL.

There are several reasons people don't take their statin. Some people forget to take it, while others don't think it's important to stay on a daily medication schedule. Also, people may be hesitant because of possible side effects, such as muscle pain and liver damage.

But those side effects are rare. If you experience side effects, it's important to talk to your doctor, who can adjust your dose or switch you to another statin that works better for you because the benefits can outweigh the risks.

If you have any questions about your statin or other medications, don't hesitate to talk to your doctor. Having open, honest conversations about your health can help you and your doctor develop an action plan that works for you.

### Medication reminder tips:

- Take your medications the same time every day as part of your daily routine.
- Post a reminder note in an area you frequent.
- Use a pill organizer.
- Set an alarm or download a reminder app on your smartphone.
- Get automatic refills and mail order.

*Dr. Jeff Tom is HMSA's clinical systems director.*



# for your benefit

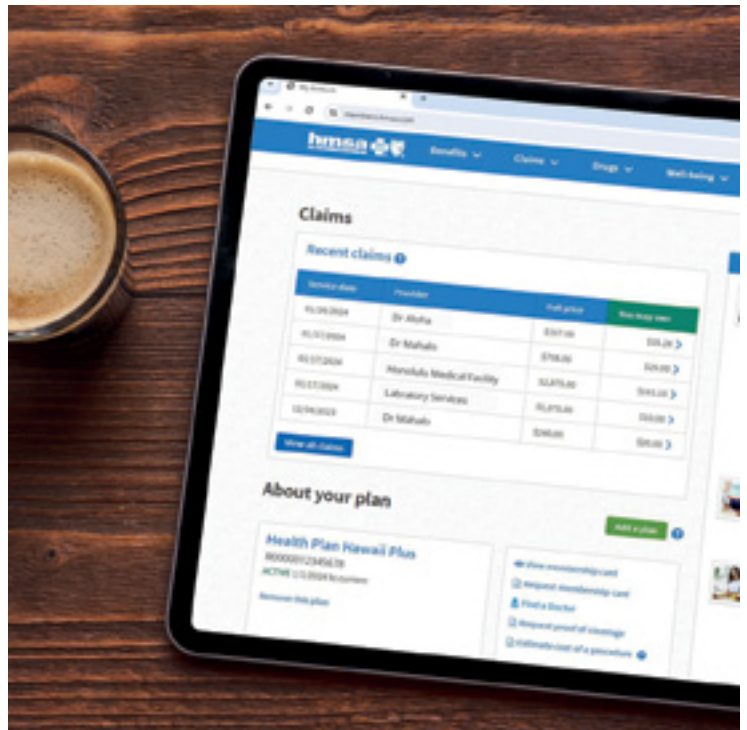
## Find your info fast

HMSA has a simple and convenient way to access information, benefits, and resources unique to you. It's called My Account.

Through My Account, you can:

- View claims history for medical, drug, dental, and vision services.
- Get information about your medical plan's annual deductible, annual copayment maximum, and lifetime maximum.
- View your HMSA membership card or request a copy.
- Get access to special member discounts.
- And much, much more.

Access My Account by going to [hmsa.com](https://hmsa.com). To register, simply click the My Account Login button and then click Create an Account and follow the instructions. You'll need an email address and your subscriber ID number from your HMSA membership card to register.



**Find a Doctor**

Name, location, specialty or ailment

Select your plans (required)

☐ Select all plans

**Medical**

- ☐ Preferred Provider Plan (PPO)
- ☐ Health Plan Hawaii (HMO)
- ☐ CompMED
- ☐ Federal Plan ST (includes drug coverage)
- ☐ Online Care

**Drug**

- ☐ Drug (PPO)
- ☐ Drug (HMO)
- ☐ Drug 90-Day at Retail
- ☐ Medical Pharmacy

**Medicare**

- ☐ HMSA Akaamai Advantage (PPO and PPO SNP)
- ☐ (includes drug coverage)
- ☐ HMSA Akaamai Advantage Dental
- ☐ Silver&Fit

**QUEST Integration**

- ☐ QUEST Integration
- ☐ QUEST Integration LTSS

**Dental**

- ☐ Dental (PPO)
- ☐ Dental (HMO)

**Other**

- ☐ Active&Fit
- ☐ Complementary Care Rider

**Looking for an Eye Doctor?**

Use our find an eye doctor tool for routine vision services.

- Individual and employer-sponsored plans
- Medicare

## Best way to find a doctor

It's always best to have a primary care provider (PCP), the doctor at the center of your health care team. You can see your PCP for general and preventive care needs, including health concerns and questions.

If you have a PCP you know, trust, and rely on in times of need, you're doing great!

If you need to choose a PCP, use Find a Doctor at [hmsa.com](https://hmsa.com) to search for a doctor by name, location, specialty, or the specific ailment you need treated. You can also find out if the provider you choose accepts your HMSA plan and if they're taking new patients.



## Visit an HMSA Center

HMSA is proud to be the only health insurer in the state with convenient neighborhood centers. Whether you're trying to understand your health plan benefits, looking for a dental plan, in need of help with choosing a health plan for retirement, wanting to attend a well-being workshop, or checking your blood pressure at the self-service health station (available at most locations), an HMSA Center is the place to visit.

HMSA Centers are conveniently located in Honolulu, Pearl City, Kahului, Hilo, and Līhu'e. Friendly, knowledgeable employees are there to serve you, and most centers are open six days a week. For center addresses and hours of operation, visit [hmsa.com/Centers](https://hmsa.com/Centers).







COURTESY HONOLULU OCEAN SAFETY



COURTESY KIRALEE KURAOKA



COURTESY HONOLULU OCEAN SAFETY

## next generation of lifeguards

**words** Courtney Takabayashi

In Hawai'i, it's our duty to serve as ocean stewards. This includes understanding ocean safety. That's why the City and County of Honolulu periodically offers a junior lifeguard program for keiki ages 11-17. We talked to 21-year-old Kiralee Kuraoka, a graduate of the program, to find out what she learned and why the experience was so valuable.

Top: Instructors and junior lifeguards in the making.  
Left: (l-r) Mahina Okimoto, Aislen Bacalso, Jennifer Hong,  
Kiralee Kuraoka. Right: Practicing rescue drills.



COURTESY HONOLULU OCEAN SAFETY

Training in ocean safety can save lives. Junior lifeguards learn from seasoned instructors.

## Rare opportunity

Though Kuraoka surfs and played water polo in high school, participating in junior lifeguard training when she was 15 was challenging. "Each day kicked off at 8 a.m. with a run-swim-run warmup: a 500-meter run in the sand, followed by a swim to a buoy and back, and another 500-meter run," she says. "Next, we practiced rescue drills and CPR." Then, at the end of the day, there was free time for water activities. "I felt lucky that we trained on the North Shore," Kuraoka says. "The thrill of having Pipeline all to ourselves highlighted the adventurous spirit of the program."

She says that the most important skill she learned was how to rescue someone while being aware of possible spinal injuries. "Unlike normal rescues," Kuraoka says, "you need to take care to hold their head steady, using your forearms as a brace, to prevent further injury."

The program also taught her to how handle herself in the ocean. "When you're stuck in a current or in the whitewash, it can be instinctual to try to push against the flow of water," Kuraoka says. "Thanks to the program, I learned to let the current take me out instead of fighting it. That way you can spend your energy efficiently and swim back through calmer waters."

## Personal improvement

Even though the exercises were intense and timed, the atmosphere didn't feel competitive. "Everyone's focus was on personal improvement," Kuraoka says. "Yet the sense of unity and shared passion for water safety created lasting memories."

Since the life-saving skills Kuraoka learned are so helpful, she hopes others take advantage of the free program. "All kids and teens living in Hawai'i could benefit

from the program, especially if they frequent dangerous beaches, like Pipeline or Sandy's," she says. "Being able to go in the water knowing that you have the ability not only to handle yourself, but also to help others, is an invaluable asset."

## Enrichment beyond the sea

Before the junior lifeguard program, Kuraoka admits she rarely ventured out of her comfort zone. "I'm an introvert and I'm from 'Aiea. I was concerned about fitting in with the tight-knit North Shore community," she says. However, thanks to the program and its participants, Kuraoka felt a sense of belonging. "The program provided a supportive environment that allowed me to develop my self-confidence, both in and out of the water," she says. "Stepping into the unknown led to self-discovery, newfound confidence, and connections that go beyond the boundaries of the program."

Each county in Hawai'i has their own junior lifeguard training program. For more information, contact:

- **County of Hawai'i:** Call (808) 756-2827 or visit [alexanddukederegofoundation.com/jr-lifeguard/](http://alexanddukederegofoundation.com/jr-lifeguard/).
- **County of Kaua'i:** Visit [kauai.gov/Government/Departments-Agencies/Fire-Department/Ocean-Safety-Bureau/Junior-Lifeguard-Programs](http://kauai.gov/Government/Departments-Agencies/Fire-Department/Ocean-Safety-Bureau/Junior-Lifeguard-Programs).
- **County of Maui:** Call (808) 757-4318, email [jr.lifeguard@co.maui.hi.us](mailto:jr.lifeguard@co.maui.hi.us), or visit [mauicounty.gov/1565/Ocean-Junior-Lifeguard-Program](http://mauicounty.gov/1565/Ocean-Junior-Lifeguard-Program).
- **City and County of Honolulu:** Call (808) 723-7800, email [juniortalifeguards@honolulu.gov](mailto:juniortalifeguards@honolulu.gov), or visit [emergencyservices.honolulu.gov/ocean-safety-lifeguard-services/junior-lifeguards/](http://emergencyservices.honolulu.gov/ocean-safety-lifeguard-services/junior-lifeguards/).



# What you need to know

## about breast reconstruction benefits

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

This includes:

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

These benefits will be provided in consultation with the patient and the patient's attending physician and will be subject to the same annual deductible, coinsurance, and/or copayment provisions otherwise applicable under the plan.

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

**(808) 948-6079 or 1 (800) 776-4672**



1010-972850



## We can see you on Saturdays!

Make the most of your Saturday errands. Whether you need help finding a Medicare plan, understanding your HMSA health plan benefits, or have a question for our customer service team, get in-person assistance at our HMSA Centers in Honolulu, Pearl City, Kahului, and Hilo, open on Saturdays from 9 a.m. to 2 p.m.

You can also stop by the centers, including our HMSA Center in Lihue, from Monday through Friday, during normal business hours.

Scan the QR code for quick access to our hours and locations:



We look forward to welcoming you at an HMSA Center near you!



1010-972452



## readers' reads

**words** Courtney Takabayashi

Deciding what to read next can be a challenge. Sure, we can refer to online reviews, but nothing beats a word-of-mouth endorsement.

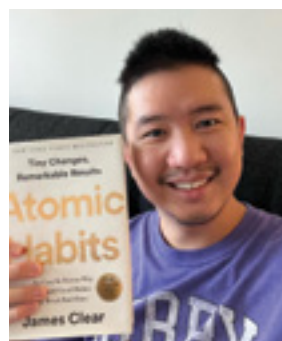
Here are some suggestions from our readers we hope you'll enjoy.



### ***Alice's Adventures in Wonderland***

By Lewis Carroll  
(submitted by @d.lotto)

If you haven't read this classic since you were a child, it might be fun to revisit Alice's journey through the strange and fantastical world of Wonderland. If you've never read it, you may be surprised to find that this children's book is filled with deep symbolism and tackles themes such as the loss of childhood innocence and the importance of imagination.



### ***Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones***

By James Clear  
(submitted by @xuulander28)

Whether you want to build good habits or break bad ones, this book can help. *Atomic Habits* explains the science behind habits and provides a step-by-step guide to creating lasting behavior change. As a result, you can increase productivity, better overcome obstacles, and improve well-being.



### ***Exhalation: Stories***

By Ted Chiang  
(submitted by @hawaii)

This collection of short stories examines issues such as free will, the nature of humanity, and uses of artificial intelligence. Fans of science fiction who ponder the meaning of life will find these stories satisfying and moving.



### ***The Four Agreements: A Practical Guide to Personal Freedom***

By Don Miguel Ruiz  
(submitted by @christinehirasa)

Centering around the idea that our lives are determined by the Four Agreements, this book aims to eliminate self-limiting beliefs that cause needless suffering. The agreements include: 1) Be impeccable with your word, 2) Don't take anything personally, 3) Don't make assumptions, and 4) Always do your best. Through the agreements, we can reflect about how we can strive for a balanced life.

## keiki corner

### Shoe match

After a family potluck, everyone's shoes got mixed up! Use the clues to figure out who owns which pair of shoes.



\_\_\_\_\_

Kawika came from Kāne'ohe, where it was raining.



\_\_\_\_\_

Stephen practices line dancing every day, including the day of the potluck.



\_\_\_\_\_

Gabby is a lawyer and had to go into the office in the morning.



\_\_\_\_\_

Darryl came straight from the beach.



\_\_\_\_\_

Alice got in a few pickleball games before the potluck.



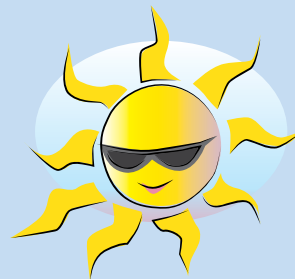
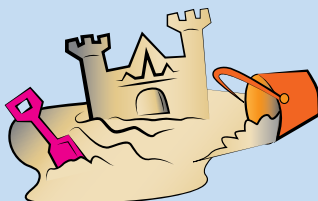
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Seth went to a wedding before the potluck.

# Code breaker

Use the key code to decode the secret message!

1 = A	7 = O
2 = B	8 = R
3 = C	9 = S
4 = E	10 = T
5 = M	11 = U
6 = N	12 = W



8 4 5 4 5 2 4 8

10 7 12 4 1 8

9 11 6 9 3 8 4 4 6 !



# Travel snack hack

Having snacks can help make long car or airplane rides go by faster! Here's a fun way to bring a variety of snacks and keep organized at the same time.

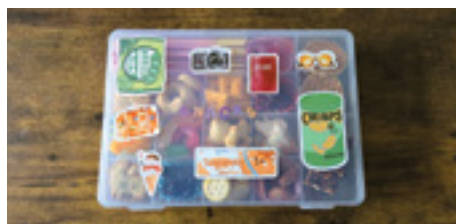
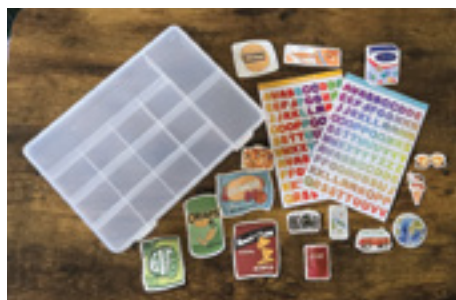
You'll need:

- Food-safe divided box
- Stickers for decorating
- Snacks

## Instructions

Decorate your box with stickers. Add snacks to your box and enjoy!

Note: Some plastic containers specify that they're food safe. If it doesn't say or you're not sure, it's best to use cupcake liners or keep snacks in their packages.



Answers: Shoe match: Kawika; D, Stephen; E, Gabby; F, Darryl; A, Alice; B, Seth; C. Secret message: Remember to wear sunscreen!







# thrill of the grill

**words** Craig DeSilva

**photos** Rae Huo

**food stylist** Marjie Beaton

Summertime means grilling time. Take your kitchen outdoors – either in your backyard or at a beach park. Whether you're a gas griller or strictly use charcoal, the char lines and smoky flavor make food taste better.

When you heat it to eat it, put your food on skewers. It can cut down the cooking time and prevent food from falling in between the grills. If you don't have metal skewers, use disposable bamboo sticks. Soak the bamboo in water first for at least 30 minutes to prevent them from burning.

So, go ahead. Get grillin' with these three recipes.



## Beef Shawarma Kebabs

Meat these days has gotten pricey. But using less-expensive boneless chuck steak can save you money when you're craving meat without the beefed-up price.

- 1 cup whole milk Greek yogurt
- 1 cup low-fat mayonnaise
- 4 garlic cloves, minced
- Zest and juice of 1 lemon
- 1 tsp. salt
- 2 Tbsp. tomato paste
- 1 Tbsp. ground coriander
- 1 tsp. cumin
- 1 tsp. ground turmeric
- ¼ tsp. red pepper flakes
- 2 lbs. chuck steak (also sold as boneless beef short ribs)

Whisk yogurt, mayonnaise, garlic, lemon zest and juice, and salt in a large bowl. Reserve ½ cup marinade in a small bowl, cover, and refrigerate until ready to serve kebabs.

In the large bowl with yogurt sauce, whisk in remaining ingredients, except for steak.

Cut steak into ½-inch cubes and mix in sauce. Cover and chill for at least 1 hour or up to 12 hours, mixing occasionally.

Thread meat on skewers, leaving some space in between for better cooking. Discard marinade.

Grill kebabs for about 10 minutes, turning a few times until browned. Serve with reserved sauce.

Approximate nutrient analysis per serving (based on 8 servings): 320 calories, 22 g fat, 9 g saturated fat, 85 mg cholesterol, 700 mg sodium, 8 g carbohydrate, 0 g fiber, 1 g sugar, 24 g protein



For three sauces to go with these grilling recipes, visit [islandscene.com/more](http://islandscene.com/more).

## Grilled Vegetables

Being a vegetarian can be tough at a carnivore cookout. Here's a recipe that makes vegetables the main event.

### Vegetables

- 1 large onion
- 1 red bell pepper
- 1 yellow squash
- 1 zucchini
- 8 oz. (½ lb.) baby bella or cremini mushrooms
- 8 oz. (½ lb.) grape tomatoes

### Marinade

- ½ cup olive oil
- ¼ cup white wine (optional)
- 4 cloves garlic, minced
- Juice of 1 lemon
- ¼ tsp. each dried parsley, oregano, basil, and thyme
- ½ tsp. salt
- ¼ tsp. pepper



Cut vegetables into bite-sized pieces, except for mushrooms and tomatoes.

In a bowl, whisk marinade ingredients. Place vegetables in marinade and toss. Marinate vegetables for at least an hour, tossing occasionally.

Thread vegetables on skewers. Grill about 10 minutes, brushing with marinade and turning as needed.

Approximate nutrient analysis per serving (based on 8 servings): 150 calories, 12 g fat, 1.5 g saturated fat, 0 mg cholesterol, 160 mg sodium, 9 g carbohydrate, 2 g fiber, 3 g sugar, 2 g protein

## Grilled Pineapple

How sweet it is to eat fresh pineapple in Hawai'i during the summer. But if you can't find fresh, canned works, too. Just dab the pineapple with a paper towel to remove syrup for better grill marks.

- 1 pineapple peeled, cored, and cut into bite-sized pieces
- ¼ cup butter, melted
- ¼ cup light brown sugar
- ¼ tsp. cinnamon
- Chopped mint for garnish (optional)

Thread pineapple on skewers and place in a shallow baking dish.

In a small bowl, whisk together butter, sugar, and cinnamon. Pour the mixture over pineapple skewers and let it sit for 30 minutes, turning occasionally.

Grill pineapple skewers 2 to 3 minutes per side or until golden brown. Optional: Garnish with chopped mint.

Approximate nutrient analysis per serving (based on 8 servings): 150 calories, 6 g fat, 3.5 g saturated fat, 15 mg cholesterol, 50 mg sodium, 27 g carbohydrate, 6 g fiber, 17 g sugar, 1 g protein







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Learn how you can help at **HAWAIIFOODBANK.ORG.**



# burst of summer flavors

Get a taste of some of Hawai'i's freshest produce this summer. From sweet mango to a cool cucumber treat, enjoy the burst of flavors with local fruits and vegetables.

## Mango Farro Salad

- 1 cup pearled farro, rinsed
- 2 medium limes
- ¼ cup olive oil
- 1 Tbsp. honey
- ½ tsp. sea salt
- ¼ tsp. ground cumin
- ¼ tsp. freshly ground pepper
- ½ cup red bell pepper, chopped
- ½ cup green bell pepper, chopped
- ¼ cup red onion, chopped
- 1 medium mango, peeled and chopped

Bring medium pot of salted water to a boil. Add farro, reduce heat, and simmer until tender, about 20 minutes. Remove from heat and drain.

In a small bowl, zest limes to measure 1 teaspoon. Cut limes in half and squeeze juice into bowl. Add olive oil, honey, salt, cumin, and pepper to lime zest and juice. Whisk until blended.

In a large bowl, combine farro, peppers, onion, and mango. Add dressing and toss to coat. Makes 6 servings.

Approximate nutrient analysis per serving: 230 calories, 10 g fat, 1.5 g saturated fat, 0 mg cholesterol, 150 mg sodium, 32 g carbohydrate, 4 g fiber, 8 g sugar, 4 g protein

## Burst Tomato Pasta

- ¼ cup olive oil
- 6 garlic cloves, minced
- ½ tsp. dried basil
- 3 cups cherry or grape tomatoes
- Pinch of sea salt and fresh ground pepper
- ½ pound pasta
- ¼ cup chopped fresh basil
- 8 oz. burrata cheese
- Parmesan cheese

Heat olive oil in a large pan over medium-low heat. Add garlic and dried basil; cook 1-2 minutes. Add tomatoes with a pinch of salt and pepper and toss in oil. Cook tomatoes 20-25 minutes or until they begin to burst.

While cooking tomatoes, cook pasta according to instructions. Drain pasta and add to pan. Toss to coat noodles. Turn off heat and add fresh basil and burrata, then top with Parmesan. Makes 4 servings.

Approximate nutrient analysis per serving (not including Parmesan cheese): 530 calories, 27 g fat, 10 g saturated fat, 40 mg cholesterol, 150 mg sodium, 51 g carbohydrate, 4 g fiber, 6 g sugar, 19 g protein

**words** Michelle Liu

**photos** Rae Huo

**food styling** Cedric Fujita







## Stuffed Cucumber Boats

- 1/2 cup quinoa
- 3 large Japanese cucumbers
- 1 15.5-oz. can chickpeas (rinsed and drained)
- 1 cup cherry tomatoes
- 1/4 cup lemon juice
- 3 Tbsp. honey
- 2 Tbsp. olive oil
- 2 garlic cloves, minced
- 1/4 tsp. pepper
- 1 10-oz. carton roasted garlic hummus
- 1 4-oz. package crumbled tomato and basil feta cheese

Cook quinoa according to package instructions. Transfer to a large bowl and let cool slightly.

Cut each cucumber in half and then lengthwise. Scoop out seeds and surrounding pulp, leaving a 1/4-inch shell.

Add chickpeas and tomatoes to quinoa. Mix lemon juice, honey, olive oil, garlic, and pepper in a small bowl and pour over quinoa mixture.

Spread 2 tablespoons of hummus inside each cucumber shell. Top with quinoa mixture and sprinkle with feta cheese. Makes 6 servings.

Approximate nutrient analysis per serving: 360 calories, 19 g fat, 5 g saturated fat, 15 mg cholesterol, 550 mg sodium, 41 g carbohydrate, 6 g fiber, 12 g sugar, 12 g protein



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# Akamai Living Fair

Presented by HMSA and the County of Hawaii.  
Join us **in person** for the first time since 2019 for:

- Flu shots.\*
- Health information and other resources.
- Door prizes.
- And more!

For more information, call the Kamana Senior Center  
at (808) 961-8710.

**Mahalo to the event partners for their support:**



\*Ages 3 and older. Minors must be accompanied by a parent or guardian.

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**Thursday,  
Oct. 24  
9:30 a.m.–12:30 p.m.  
Edith Kanaka'ole  
Multi-Purpose  
Stadium**

## HMSA Health Education Workshops

Check out these free  
health education  
workshops we're  
offering this summer.

There's no cost to attend  
workshops. Workshop dates and  
times are subject to change. Visit  
[hmsa.com/HealthEducation](https://hmsa.com/HealthEducation) or  
call 1 (855) 329-5461 to register.



### FIT: To be Tried

In this session, we'll review how to  
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frequency, intensity, and time, or FIT.  
We'll also show you how cardio,  
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can be incorporated into your  
daily routine.

#### HMSA Center in Kahului

July 27, 10:30–11:30 a.m.

#### HMSA Center in Honolulu

July 29, 10–11 a.m.

#### HMSA Center in Pearl City

July 30, 10–11 a.m.

#### HMSA Center in Hilo

Sept. 21, 10:30–11:30 a.m.

#### Online at [hmsa.com](https://hmsa.com)

Sept. 24, noon–1 p.m.

### Make a Muscle

If you don't use your muscles, you  
could lose them. Learn how muscles  
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importance of recovery after exercise.

#### HMSA Center in Kahului

July 27, 11:30 a.m.–12:30 p.m.

#### HMSA Center in Pearl City

Sept. 14, 10–11 a.m.

#### HMSA Center in Hilo

Sept. 21, 11:30 a.m.–12:30 p.m.

#### HMSA Center in Honolulu

Sept. 23, 10–11 a.m.

#### Online at [hmsa.com](https://hmsa.com)

Sept. 27, noon–1 p.m.





# mango season

Hawai'i's nearly year-round tropical weather makes the change in seasons difficult to tell apart. The uptick in mangoes hanging in neighborhood yards, however, gives clear indication that summer has officially begun.

Here are some fun facts about mangoes that will give you more reasons to become friendlier (if you're not already) with your neighbor with the fruitful mango tree.

## The beginning

Mango seeds are believed to have first reached Hawai'i's shores in the early 19th century by Spanish horticulturist Don Francisco de Paul Marin.

## Packed up

Mangoes provide good sources of beta-carotene, vitamin C, and folate, which can help meet essential nutrient needs.

## Anti-cancer

Mangoes contain antioxidant compounds that can help prevent oxidative damage from harming healthy cells in the body.

## Small but mighty

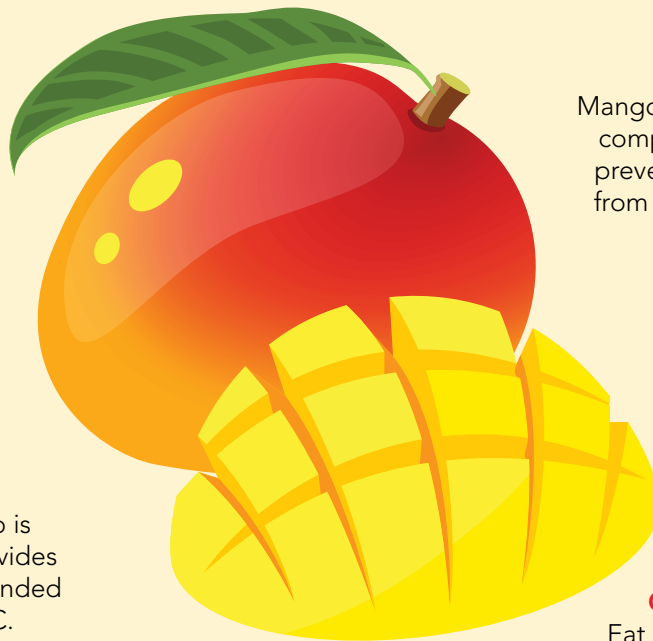
One cup of sliced mango is about 100 calories and provides nearly 70% of the recommended daily intake of vitamin C.

## But be careful

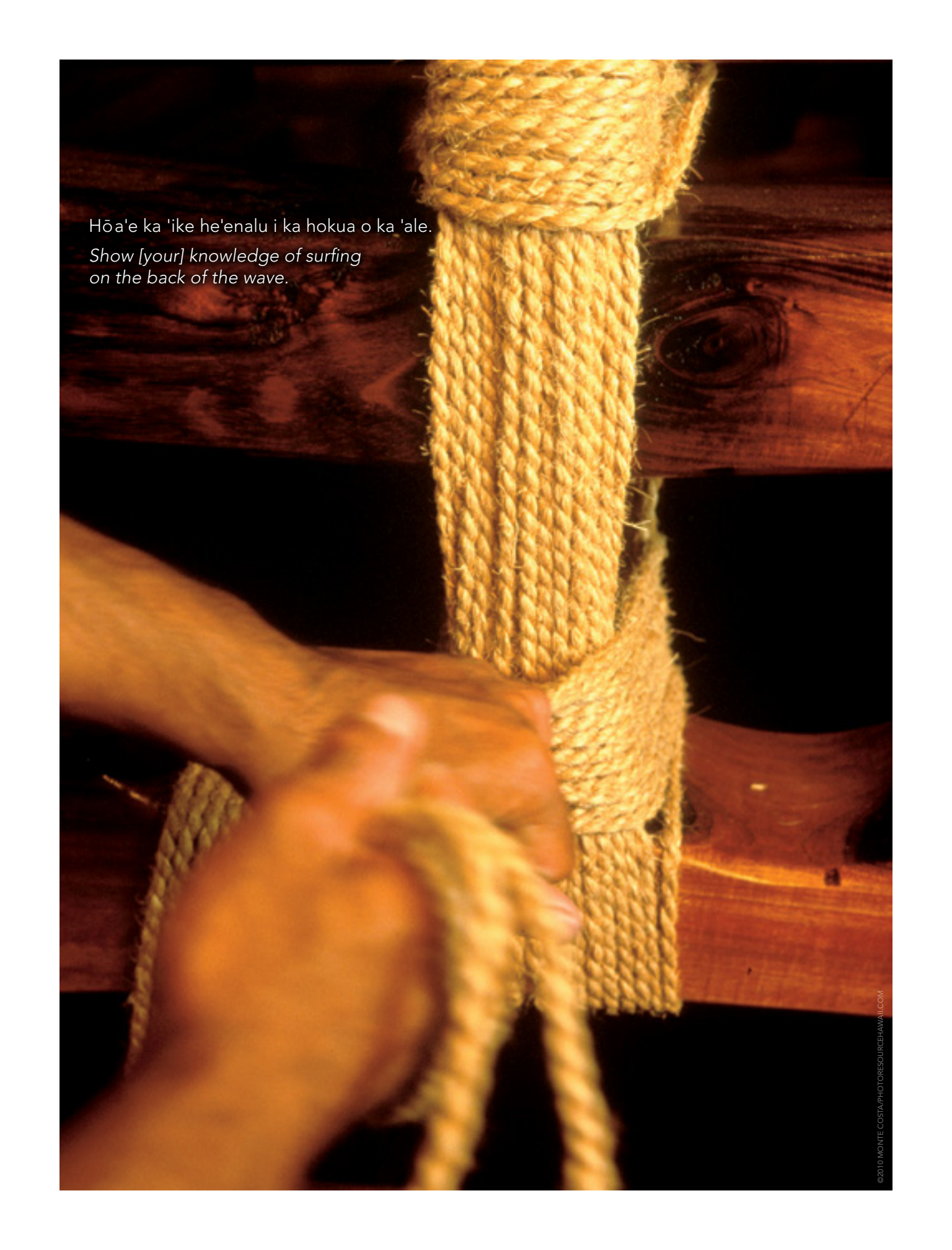
Mangoes contain an oil called urushiol, which can cause skin rashes for some people. Be especially wary of the sap from the fruit and wear gloves when handling if you're not sure if you're allergic to mangoes or not.

## Options abound

Eat it pickled, ripe, or as an ingredient (like in mango bread or salsa!). Mangoes are a versatile fruit for your palate.



**words** Kristen Nemoto Jay



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- Cindy Garcia, mom, HMSA member,  
and Hanapepe resident.

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