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MATT HEIRAKUJI



FEATURES

- go holoholo
10
- neighbor island holoholo
14
- holoholo with barefoot adventures
18
- voluntourism: a more rewarding vacation
22
- the return of visitors
26
- travel to transform
30
- musical places
34
- heart smart
38

contents

IN EVERY ISSUE

- up front
5
- publisher's note
7
- around the 808
8

LIVE BETTER

- for real: travel myths
41
- a life-changing ride
42
- trending now: 12-3-30 workout
47
- health matters
48

MEMBER INFO

- be ready for the difficult talk
50
- for your benefit
52

FAMILY MATTERS

- by the book: holoholo at home
54
- keiki corner
56

EAT WELL

- savor world cuisines
58
- chicken facts
61
- go to the dark side
62

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COVER: Catherine Fuller paddles off Portlock. See story on page 10 by Craig DeSilva and Michelle Liu. Photo by Matt Heirakuji.

aloha members,



This year marks HMSA's 85th anniversary. From our humble beginnings in 1938 to the company we are today, HMSA continues to work to improve the lives of our members and the health of Hawai'i.

I'm extremely grateful that I've had the opportunity to lead this organization for the past three years, including through the COVID-19 pandemic. My roots as a physician and surgeon place caring for members and our community at the center of my focus with the goal of helping people prioritize their health and well-being. Being part of HMSA has allowed me to do this with greater impact and scale by expanding quality care to those in our communities.

HMSA cares for 780,000 people – including you and your family, friends, and neighbors. And in 2025, 200,000 more people in Hawai'i will count on us when we add active military and dependents covered by TRICARE. Our growth, longevity, and success are all due to the hard work and commitment of our HMSA employees.

Making better health possible requires the amazing people at HMSA who show up every day to serve members, partner with providers, work with employers, and serve our communities. We saw the way they bravely stood up during the pandemic and joined hands with our partners to provide critical care to pull us through the public health emergency, which finally ended in May.

In Hawai'i, our collective victory was largely because of our partnership with providers who take great care of their patients. Our partnership with employers who take care of their workers. Our partnership with the government to take care of local residents. Our partnership with communities to take care of those who are most vulnerable.

As a result of these coordinated efforts, *U.S. News & World Report* recently named Hawai'i the No. 1 state in the nation for health care in 2023, using criteria and targets that measured affordability and access, quality, and public health. This is an honor we can all be proud of and cherish.

At HMSA, our success every day and especially through the pandemic is possible because of our employees who work tirelessly and often without credit. Caring for our members and the people of Hawai'i is why we exist, and we will continue our efforts as our founding purpose. Help us celebrate 85 years of caring and allowing us to help people live healthier lives and fulfill their dreams.

Sincerely,

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

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



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dear friends,

Welcome to our holoholo issue. The Hawaiian translation of holoholo includes to go for a walk, ride, or sail; to go out for pleasure, stroll, promenade.

And local use takes a wider approach, such as cruising or to go out and about. To go riding someplace or maybe just to drive. Going someplace special or going out to do something fun. A drive or a short trip.

These holoholo memories from friends made me smile:

- My grandparents used to go holoholo every Sunday in their VW Bug!
- Throw everybody and everything in the car and go.
- “Don’t ask where, just get in the car!”
- Riding in the back of the truck to the beach, get shave ice, or go eat.



And David Cannella from 'Ewa Beach shared this:

When I was a kid, holoholo meant we were going someplace special. It meant me and my brothers would put on our “special” aloha shirts that were normally reserved for church. It meant that we were going to pick up or drop off a family member at the airport or going to a graduation. It usually required stringing crown flower or plumeria lei and storing them in the fridge, sprinkled with water in plastic bags.

On O'ahu, holoholo might have meant a special family dinner at McCully Chop Sui. On Moloka'i, it surely meant heading to a lū'au. It required a three-finger dip of pomade in my hair, side combed with the little wave in the front. It meant wearing my new slippah (not the ones with chew marks from the dogs). Might have even meant busting out the shiny black shoes that made the cool tapping sound when I walked. Holoholo was always an exciting time for us.

In this issue, we embrace many aspects of holoholo, from members who walk, ride, and paddle to can't-miss stops on the Neighbor Islands, place-names in Hawaiian music, and much more. Hope you enjoy it!

And wherever you holoholo, have fun and stay safe.

Lisa Maneki Baxa
Publisher and Editor

around the 808

maui, moloka'i, and lāna'i

Global cuisine in Kahului

The kitchens inside Pā'ina Market at the University of Hawai'i Maui College are quiet now, but during the school year, students create gourmet dishes for the community to enjoy.

The students are part of the school's award-winning culinary arts program. They're getting real-life restaurant experience by cooking and preparing cuisine from around the world, including French-inspired braised beef burgundy and Italian dishes like seared fish piccata and fresh pasta.

Chef instructors create the menu every week with the goal of exposing students to global cuisines with a wide range of ingredients. Most of the seafood and produce are locally sourced, including the herbs from an aeroponics tower next to the kitchen.

A chef instructor says the low prices are a big draw for the public since the gourmet lunches are restaurant quality and most cost less than \$14. The students cook up to 200 meals every day.

While the dining options inside Pā'ina Market are closed for the summer, students will return to the kitchens in late August, ready to cook for the community again.

Have a great story, place, or event that makes your Neighbor Island community special? Share it with us at feedback@islandscene.com or call (808) 948-6839.



kaua'i

Sew happy to quilt

For Jeni Hardy, quilting is more than a hobby. It's her daily medicine.

"You can't often control what happens in your life," says the retired Princeville postal worker. "But quilting gives me control over creating something beautiful and the direction I want my life to go."

Quilting has helped lower her blood pressure and calm both her mind and body. "It's changed me," she adds. "I'm more relaxed."

Hardy belongs to the Garden Isle Quilters, a nonprofit organization that promotes the art of quilting. Their quilts range in all sizes, fabrics, colors, and patterns – from bedspreads and throws to art pieces to frame and hang on the wall.

Although quilting can be a solitary activity, Hardy enjoys the camaraderie of learning and sharing ideas



From left, Lea Ingram, Lesley Morris, Jeni Hardy, and Toni Wass.

with a worldwide community of quilters from teenagers to retired adults.

The group often donates their quilts to good causes, such as Child & Family Service and Habitat for Humanity®. "It makes us happy to share and bring joy to others," she says. "It's uplifting for them and us."

Check out the Garden Isle Quilters show Aug. 18-24 at the Kaua'i Society of Artists gallery in Kukui Grove Shopping Center in Līhu'e. Learn more at gardenislequilters.com or on Facebook.

big island

Prestigious honor for Hawai'i's oldest restaurant

Stop by the Manago Hotel in Captain Cook, where you can take a step back in time and immerse yourself in the charm of old Hawai'i while enjoying an award-winning meal. The state's oldest restaurant was among the six winners of the 2023 America's Classics Award from the James Beard Foundation.

According to the foundation, the distinguished award is given to "locally owned restaurants that have timeless appeal and are beloved regionally for quality food that reflects the character of its community."

Manago Hotel was established in 1917 when Kinzo and Osame Manago started selling udon, bread, jam, and coffee out of their home, then added cots for travelers.

During World War II, the Army contracted the Manago Hotel to feed soldiers.

Today, the fourth generation of the Manago family runs the hotel. While the hotel and restaurant have expanded over the last century, its low-key style remains popular among visitors and locals. Families enjoy going out for dinner or a celebration at the restaurant, which is known for its legendary pork chops. The menu also includes local favorites like butterfish, teri chicken, and hamburger steak.

The hotel rooms are clean and simple with no air conditioning or television. Visitors enjoy the nostalgia of being transported back in time while taking in the beautiful views of Kealahou Bay and the ancient Hawaiian Place of Refuge in Hōnaunau.

go holoholo



MATT HEIRAKUJI

holoholo. To go for a walk, ride, or sail. To go out for pleasure, stroll, promenade.

: *Hawaiian Dictionary*, Mary Kawena Pukui and
Samuel H. Elbert

Here are three HMSA members who holoholo for good health and well-being.

Ocean-front view

Whether paddling a canoe or sailing on the *Hōkūle'a*, Catherine “Cat” Fuller continues to be awed by the wonders of the ocean. “There are moments of quiet reflection, but at the same time constant change,” says Fuller. “The water always intrigues me.”

Fuller started paddling with Hui Nalu Canoe Club in Maunaloa Bay about 30 years ago, competing in regatta and long-distance races with six-woman crews. Her current routine is going out with other paddlers in one-person canoes. “We do something we all love together,” she says. “And looking at the island when you’re out at sea gives you a greater appreciation for the place we live.”

As a 10-year-old, she remembers being impressed by *Hōkūle'a's* 1976 voyage. She started volunteering with

the Polynesian Voyaging Society in 1993 and made her first voyage in 1995. She’s been on five voyages throughout the Pacific and up the U.S. east coast, including the worldwide voyage in 2019. “The greatest gift is the opportunity to go to places in the Pacific to meet our Polynesian family,” she says. “As Pacific Islanders, paddling and sailing are in our DNA.”

Fuller, a sixth-grade social studies teacher at 'Iolani School and former paddling coach, hopes a new generation will carry on the legacy of ocean travel for a healthier Hawai'i. “Being in a canoe is like living on an island,” she says. “It teaches us how to treat each other with compassion, cooperation, and respect while being in a small space.”



words Craig DeSilva
and Michelle Liu

Opposite: Catherine Fuller on a morning paddle off Portlock
Above: Fuller sailing into Tonga on the *Hikianalia* in 2014

A way to exercise and connect

Garret Zakahi began walking for exercise eight years ago after he stopped coaching youth baseball. The principal of Jefferson Elementary School knew he needed a way to get some exercise.

"I prefer walking along the Ala Wai Canal after school," Zakahi says. "There's traffic on the way home, so I figured I'd avoid rush-hour traffic and get in my steps, and I also get to watch aquatic life."

He also enjoys walking around his neighborhood in 'Aiea and stopping by the baseball field. His son, Dennison, plays on the 'Aiea High School varsity baseball team. "I like to see what the players are learning and stay after practice to talk story with the coaches," he says.

That connection is especially important coming out of the pandemic. Zakahi took long walks during the height of COVID-19, but those were solo and with a mask. "The pandemic brought a lot of additional stressors as a school principal, so I used the time to organize my thoughts and create safety plans for our school," he says.

Zakahi explores off-island, too. He visits his daughter in Arizona, where she attends college, and often stops in Los Angeles for a Dodgers game. "I enjoy walking around the stadium to take pictures of all the memorabilia," Zakahi says.

But Hawai'i will always be his favorite place to walk and explore. "It's really the best of both worlds," Zakahi says. "I get in some exercise and I get to observe what's going on in my school and home community."

Garret Zakahi (center) with Wes Yoshida, head 'Aiea High School baseball coach (left) and Greg Ishikawa, assistant coach



MATT HEIRAKUJI



COURTESY GARRET ZAKAH



She likes bikes

At age 7, Julia Parsons rode her yellow Schwinn bicycle with white handlebar tassels, exploring her neighborhood in Virginia with a pack of friends. Parsons now enjoys that same free-spirit sense of adventure in Hawai'i.

When she moved to Hawai'i two years ago, she quickly discovered that biking provided a good opportunity to make like-minded friends and see parts of the island she may not see otherwise. She belongs to the Sleep-in Beauties, a group of about a dozen women who bike about 12 miles on late Sunday mornings around neighborhoods in Honolulu. "It's great exercise that doesn't feel like exercise because we're busy socializing and exploring," says Parsons about their leisurely rides from the Ala Wai Canal to Kāhala, Kaka'ako, and Mānoa.


Parsons participated in the Honolulu and Hale'iwa Metric Century races and volunteers for the Honolulu Bicycling League to advocate for bike safety. She encourages others to be seen by making eye contact with drivers before putting yourself in their path. One of her favorite places to ride is



Julia Parsons (center) with fellow Sleep-in Beauties bikers Daphne Manago (left) and Teri Wong

around historic Ford Island where there's little traffic. "I like the flexibility of getting around by bike. You can go when you want, where you want, at the pace you want," she says. "And you don't have to worry about parking and gas."

Instead of renting a car on Neighbor Island getaways, she tries to stay at Airbnbs that include a bike that she can use for sightseeing. Her goal is to bike on every island. Four down – two to go.

"You never get lost on a bike," she says. "You just discover new paths and places." 



Hanalei Pier

neighbor island holoholo

“We go holoholo!”

When folks in Hawai'i feel the need to stretch out and go holoholo – to go cruising or head out simply for the fun of it – they typically hit their favorite “no can miss” spots.

If you're looking to holoholo to the Neighbor Islands, *Island Scene* has compiled a short guide of places to visit thanks to HMSA associates on the Big Island, Kaua'i, and Maui.

words Marvin Buenconsejo

Beautiful Kaua'i

True to the classic Don Ho song, "Beautiful Kaua'i" lives up to its name. There are many enchanting places to enjoy. HMSA Kaua'i associate Bernie Daguio loves 'Anini Beach on Kaua'i's north shore. "I like to go to the beach and just chill, hang out, do nothing, take little sandwiches," Daguio shares wistfully. "'Anini has nice calm water, especially for the kids," adds fellow associate Jaime Nakamura, who's the mother of three children.

The Kaua'i team mentions other noteworthy places such as Hanalei Pier and Kalapakī and 'Aliomanu beaches. And after a day out on the ocean and in the sun, it's time to eat. The team doesn't take long to name the restaurant that's top of mind.

"If we're talking about dinner, I go straight to Kintaro," says Nakamura. "I always get the 'Dinner A,' which pretty much has everything. And then I can't leave without eating the green tea mud pie."

"It's the most local hot spot," continues Daguio. "When I go, I usually get sushi and fish. Dessert is a must, like Jaime says."

Another Kaua'i favorite is a steak and seafood restaurant in Kapa'a called Bull Shed. "I usually eat the prime rib when I go there and add a salad and baked potato," says Daguio. And the prime rib-lobster combination is a must.



'Anini beach



Jaime Nakamura (left) and Bernie Daguio enjoying Kintaro Japanese Restaurant



Kintaro's signature green tea mud pie



COURTESY BROOKE-ALYSON KEKAUALUA

Brooke-Alyson Kekaulua taking in the Kilauea Lodge gazebo

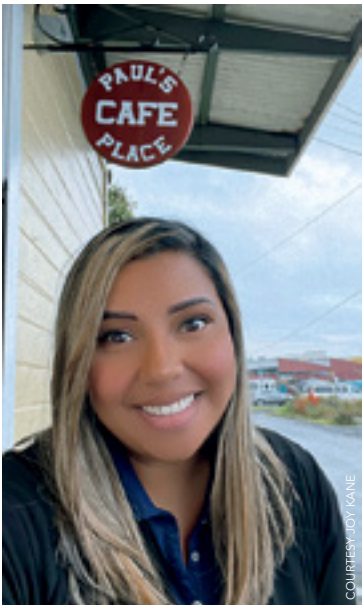


COURTESY BROOKE-ALYSON KEKAUALUA

Kilauea Lodge and Restaurant



Lili'uokalani park



COURTESY JOY KANE

Joy Kane at Paul's Place Cafe

Big Island, big relaxation

At the HMSA Center @ Hilo, associate Joy Kane offers her culinary favorites. "I love Sunlight Cafe, which is a little hole-in-the-wall at Hilo Shopping Center, and Paul's Place Cafe in downtown Hilo, which is very small. It seats up to six people, you have this intimate meal, and you have the chef right there to talk story. "Since it's small, it's hard to get reservations," Kane cautions, "but worth it."

Napua Catcho, another associate at the center, says her favorite eating place is at the foot of Kilauea. "I like Kilauea Lodge for breakfast and lunch. It's such a beautiful place. They have a fireplace and it's old and misty. The food is always really good." Assistant Manager Brooke-Alyson Kekaulua adds, "The drive is beautiful and the atmosphere is gorgeous, even outside where you eat. There's a gazebo where you can share space and time."

"If you're looking for a quick place to go, drive, sit down, get some space, for me it's Lili'uokalani Park," says Jaylin Grace, Hilo neighborhood center manager. "It's pretty. It has an Asian touch with bridges that go over the waterways," Grace says. "It's a nice walk with a view of the ocean," says associate Tammy Lynn. "And in the other direction, you have a perfect view of Mauna Kea."

Across the island on the Kona coast, "If you really want to see some beautiful sunsets, which we have a lot of, go to the Old Kona Airport runway," says Annette Rodrigues. "People go there to sunbathe and chillax. There are some baby ponds out there where families go. Nice sunsets and good surfing, too."



'Iao needle



From left, Dionne Gannon, Kristin Kepani, and Kim Hera cruising Lahaina's Baby Beach



Star Noodle restaurant

Maui no ka 'oi

Whether you're Upcountry, at the beach, or anywhere in between, Maui is stunningly beautiful. There's so much to see and savor.

"I like to drive up to 'Iao Valley and walk in the garden. It means getting away and it's so quiet," says Nita Lau, an associate at the Kahului neighborhood center. "It's so beautiful. They have a Chinese garden and a Portuguese garden."

Neighborhood center manager Kim Hera takes us closer to shore. "I like Baby Beach in Lahaina. That's our 'go to' every Sunday," Hera says. "It's really close to the water; you can leave your stuff and not worry about anybody taking it. But I also like that no matter where you go in the water, it's no more than waist deep and you can go far out."


Associate Kristen Kepani says her favorite beach is Kama'ole Beach Park in Kihei. "We take the kids and bring tables. Our family meets us there and we all just relax and listen to music and the ocean. It's very soothing and good for the soul."

And, of course, there's food. "I love Star Noodle! Just the ambiance is nice," says Kepani. "It's right there on the beach. They have these little lights hanging. Their food is fabulous. Different types of fish depending on the day, barbecue meats, it's all different family dishes."

"My favorite is Cafe Saigon in Wailuku," says Lau. "It's Vietnamese food. They have this really good beef spring roll that you wrap yourself and a very good curried eggplant. They have good margaritas, too!" Lau adds with a laugh.

.....

This is just a fraction of the fantastic places to holoholo. But these HMSA teammates explain they don't want to give away all of their islands' secrets.

You'll just have to discover those on your own. 

holoholo with barefoot adventures



A couple adventuring at a favorite fishing spot

words Courtney Takabayashi

photos Keith Uehara



Uehara conducting shave ice research



Fresh fish for tour goers

During the pandemic, many companies were impacted by the decrease in visitors to Hawai'i, including Keith Uehara. His photography business was hit hard since he primarily focused on weddings. However, always one to find the positive in challenging situations, Uehara decided that for the first time in 25 years, he was going to relax. He spent his days going to the beach, fishing, and diving.

"Maybe I was having too much fun," Uehara says. "And I thought, what if I could holoholo professionally?" And that's how Barefoot Adventures was born.

Promise to be pono

More than a tour guide, Uehara takes his role as a cultural ambassador seriously. "At the beginning of each tour, I talk about safety and respect," he says. "Don't endanger yourself or others. Respect Hawai'i, the people, the culture, and the 'āina." Each person on the tour makes a promise to be pono. "It's a good reminder to be respectful," Uehara says. "And if footprints are the only thing they leave in Hawai'i, I've done my job."

Photographer turned tour guide

Uehara has always been the go-to person for locals and visitors in search of the best of Hawai'i. "As a fisherman, diver, and photographer, I know the islands well," he says. "I'll take you to an uncrowded beach to watch the most beautiful sunset while eating an incredible meal from a hole-in-the-wall restaurant."

"The last thing visitors want is to be crammed into a crowded bus going to touristy places you'd find in a Hawai'i guide book"

: Keith Uehara



Visitors from Tokyo enjoying their honeymoon




Romantic adventure at Eternity Beach

Plus, as a seasoned photographer, Uehara can take pictures while his clients relax and have fun. “They don’t have to worry about capturing everything,” he says. “That’s my job. Their job is to enjoy the adventure.” And once they part ways, the tour lives on. “I create a website with professional-quality photos and a video recap of their tour,” Uehara says. “Their experience is forever memorialized.”

A variety of destinations

Uehara’s favorite type of tour is the holoholo tour. “We meet up in the morning and we don’t know what the day has in store for us,” he says. “It depends on the weather, what my clients feel like eating, or if there’s a special event.” This spontaneity separates Barefoot Adventures from other tour companies. “If you want to fish, I’ll take you to my favorite spots,” he says. “If you want to surf, I’ll hop on a surfboard and take photos of your set.”

His clients appreciate this customized approach. “The last thing visitors want is to be crammed into a crowded bus going to touristy places you’d find in a Ha-wai’i guide book,” Uehara says. Plus, locals looking to do something different are never disappointed. “They have fun seeing a side of their home they don’t usually get to experience.” 

For more information on Barefoot Adventures, call (808) 256-3397 or visit barefootadventureshi.com.

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1010-717570



voluntourism: a more-rewarding vacation

words Allison Valdez

photos courtesy of Waimea Valley and
Surfrider Foundation Kaua'i



Volunteers participating in the Mālama Hawai'i program help restore native habitats in Waimea Valley.

Deep in Waimea Valley on O'ahu's north shore, sweaty volunteers are busy removing invasive plants from the lush tropical rainforest that spans the sacred 1,800-acre conservation area. They pull weeds, plant saplings, and lay mulch to help restore the natural habitat.

It's hard but rewarding work for the participants of the state's post-pandemic Mālama Hawai'i voluntourism program in which visitors are encouraged to connect with our island community in a regenerative and culturally authentic way. The Hawai'i Tourism Authority believes the best type of trip is one that makes meaningful memories through enriching experiences, like the volunteer opportunities to mālama – give back – offered by Waimea Valley and Hawai'i Tourism Authority's other nonprofit partners.

"The idea is to leave the place better than when you got here and to respect Hawaiian culture," says Richard Pezzulo, executive director of Waimea Valley. "We have limited resources in Hawai'i and lots of visitors. If we don't practice sustainable tourism, there's not much for future generations of locals and visitors to enjoy."

As part of its new carbon offset program, Waimea Valley accepts \$30 donations toward planting one new tree. Pezzulo says over time, planting five trees is enough to offset one person's domestic flight to and from Hawai'i.

Mindful travel

On Kaua'i, the Surfrider Foundation welcomes visitors to help protect the ocean, beaches, reefs, and marine life. Barbara Levin manages their Ocean Friendly Visitors Program that invites volunteers to join their beach cleanups. The program spreads ocean-friendly advice through social media and hotel partners that provide educational flyers and cleanup kits.

"There are reefs, beaches, and trails around the islands that have been loved to death," Levin says. "People need to stop looking at Hawai'i as if it were Disneyland and instead look at it as a fragile set of ecosystems that everyone needs to take care of."

Levin adds that the mindful tourist that Mālama Hawai'i aims to attract has seen a positive response. Eager volunteers remove an average 5,000 pounds of marine debris each month and visitors who want to participate continually reach out to her.

Ultimately, education is a crucial part of transforming visitors into stewards and imparting the Hawaiian values of kuleana (right, privilege, concern, responsibility) and pono (moral, fitting, proper, righteous). "It may be a visitor's first time seeing the ocean and they don't know that some types of sunscreens kill the reef or that you're not supposed to walk on the coral," Levin says. "People want to come here to experience the unique beauty and nature of Hawai'i and it's up to all of us to protect it."

Hopefully, those who visit with purpose will walk away understanding what it means to mālama our earth, each other, and ourselves. ¹⁵



Top: A Surfrider Foundation Kaua'i volunteer collects abandoned fishing nets and other debris during a beach cleanup.

Bottom: Ocean Friendly Visitors Program volunteers help remove an average of 5,000 pounds of marine debris from shores every month.



Keep Calm and Telehealth On

Much has changed in the past two years. One thing you can still count on is the telehealth benefits of your HMSA plan.

Telehealth is a convenient way to get quality health care from just about anywhere. Ask your doctor if your next appointment can be a video visit on your smartphone, tablet, or computer.



Or use HMSA's Online Care® to get care on demand 24/7. Download the app, visit hmsaonlinecare.com, or scan the QR code.



You must be in Hawaii to use Online Care. Depending on your health plan, you may be charged a copayment.

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



LARRY RACOWA

Visitors once again populating the streets of Waikiki

the return of visitors

words Michelle Liu

Hawai'i is once again packed with visitors swimming, shopping, and taking in the sights, but it was a much different scene three years ago.

The state shut down for months in 2020 to help prevent the spread of COVID-19 and keep everyone safe. Roads, beaches, and parks sat empty; businesses deemed non-essential were forced to close their doors; a 14-day quarantine for travelers deterred many from visiting the Islands.

As a result of the shutdown, the Hawai'i Tourism Authority reports fewer than 3 million people visited the Hawaiian Islands in 2020 compared with more than 10 million visitors in 2019. It was a major blow to the state's economy that supports hundreds of thousands of jobs and many local businesses.

"It wasn't just a matter of tourists not showing up, but even locals weren't able to shop or walk around," says Michael Tam, CEO of Martin & MacArthur.



A sign of the times

"...even locals weren't able to shop or walk around."

: Michael Tam
Martin & MacArthur



Martin & MacArthur CEO Michael Tam

Martin & MacArthur is known for its hand-crafted koa furniture, art, and gift items. Their brick-and-mortar stores across O'ahu and Maui are all in visitor-friendly areas that locals also patronize.


"We worked with HMSA to understand what we could do together to support our craftsmen and employees. This is an 'ohana, so when times are tough, we rally around each other," Tam says. To support the company and many other small businesses, HMSA deferred premiums and created a year-long payment plan.

Ilihia Gionson, the public affairs officer at the Hawai'i Tourism Authority, says that the spirit of 'ohana is helping the state recover from the economic blow.

"Tourism is a delicate ecosystem of businesses and organizations and it's the kama'āina who show up to work every day who bring that ecosystem to life," Gionson says. "The pandemic shutdown and reopening reminded us that the people who make up tourism's workforce can't be taken for granted."

Today, visitors are returning to the Islands to enjoy our beautiful beaches, soak up the warm weather, explore lush rainforests, and learn about our unique culture. Data from the state Department of Business, Economic Development, and Tourism show 9.2 million visitors arrived in 2022, which represents an 89% recovery from pre-pandemic 2019. Overall spending is up – visitors spent \$19.29 billion last year, up 8.9% from \$17.72 billion in 2019.

While Hawai'i Tourism Authority wants visitors to enjoy everything the state offers, Gionson notes it's important to balance tourism's economic benefits with its impact on natural resources, culture, and community

"We're educating visitors about the unique aspects of Hawai'i – swim at beaches with lifeguards, give marine animals their space, and hike only on marked trails," says Gionson. "Hawai'i isn't just a vacation destination. It's our home." 

"Hawai'i isn't just a vacation destination. It's our home."

: Ilihia Gionson
Hawai'i Tourism Authority



Enjoying the beach



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OUR 'OHANA

In Hawai'i,

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reconnecting away and within

words Marlene Nakamoto

art Garry Ono

Danielle “Dani” Douglass has had three episodes of depression in her 43 years. When the pandemic began, however, its impact on everyday life collided with personal issues she’d been struggling with. The result was devastating. Says Douglass, “The isolation and loneliness from the lockdown took me to the deepest, darkest depression of my entire life.”

She knew what she needed. When the world somewhat reopened in 2021, she embarked on a three-week trip she called “soul renewal 2021.” Douglass traveled to Oregon, Washington, Tennessee, and California to connect with longtime friends. Her last stop was Arizona, where a personalized program at a wellness retreat capped off her journey.

There’s eco-travel, voluntourism, long-term travel, and more. Under the umbrella of experiential travel is something called transformative travel. This is travel for personal betterment whether you want to identify your life’s purpose, overcome grief, find out what your body is physically capable of, or learn to be self-aware.

For Douglass, transformation came in the form of healing.





What the soul needs

Douglass speaks of her friends with affection and tenderness.

Tara Naylor in Portland is younger than Douglass, yet embodies wisdom and maturity. "I craved to be around her positivity, adventurous spirit, and kind and supportive heart."

They took a road trip to Leavenworth, Washington, to stay with a college friend, Rose Robison. "She's one of the strongest women I know, physically and mentally," says Douglass, "and also nurturing." They share a love of nature, yoga, and healthy living.

In Nashville, she met up with Sabrina Hall and her toddler, Hazel. "It's comfortable being with Sabrina because she knows me so well," says Douglass. "And Hazel's enthusiasm for everything reminded me how special and amazing life is. Children have a way of lighting up the world."

Adriana Herrera's "colorful, bright, and big, upbeat personality and style" immediately drew Douglass to her when they worked together in Honolulu. "I'd always admired how brave she is," she says. "She's a natural, resilient leader who has her own company." Because she lives alone, Douglass relished her time with Herrera and her mom, Beatriz, in San Diego.

Last stop for new beginnings

Her last stop was Sedona, Arizona, which she describes as a "spiritual, magical, beautiful, amazing place that attracts healers of all types." She says, "I wanted to immerse myself in all that."

And yet, "I didn't really know what a profound effect it would have on me."

Through the wellness retreat, Douglass experienced Native American practices such as working with a shaman and meditating to sound vibrations at a musical concert to purge and release emotional issues. "I felt super light, refreshed, and revived."

She stayed open-minded and allowed herself to be pampered and receive – massages, a meeting with a psychic, crystal healing, and the first time in a sensory deprivation tank. Of the latter, Douglass says, "I'm a believer in its benefits now."

Not one to sit still, going to a different environment forced Douglass to self-reflect in a way that was truthful, honest, and raw. "I learned to be OK with being alone," she says. "I reconnected with who I am and my intentions, and rediscovered things I love about life and people. The whole trip was the beginning of my self-love journey."

"I went through a really tough time," says Douglass. "I realized that I didn't have to be 100% recovered right away and to be kind to myself. I now know that everything passes and a calm mind is always within reach." **15**



COURTESY DANI DOUGLASS

Staying on track

To keep the peace she found in Sedona, Douglass continues activities such as yoga and meditation. She loves taking classes with Yoga Under the Palms, a premium selection from Active&Fit Direct™, which is a benefit of her HMSA plan. Douglass also continues virtual meetings with her therapist.

You can take care of yourself without leaving Hawai'i, too. HMSA members can get discounts on self-care and holistic well-being services with HMSA365. Visit hmsa.com/hmsa365 or call 1 (855) 329-5461 to learn more.

Active&Fit Direct is a trademark of American Specialty Health. The Active&Fit program is provided by American Specialty Health Fitness Inc., a subsidiary of American Specialty Health. ASH is an independent specialty health organization offering musculoskeletal health provider networks and programs, fitness center networks and programs, and well-being solutions on behalf of health plans, employers, and other clients waiting for approval to change to HMSA.

A photograph of a woman and a young girl riding bicycles outdoors. The girl is in the foreground, wearing a yellow floral shirt and dark shorts, smiling at the camera. The woman is behind her, also smiling. They are on a grassy area with a white fence and colorful foliage in the background.

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Regular dental checkups can help you maintain a healthy mouth – and body. Getting a toothache while on vacation is no one's idea of fun.

Your dentist can find dental and other health issues early before they become painful or expensive. Scheduling a dental checkup and cleaning now can help you stay healthy all summer.



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musical places

words Craig DeSilva

For centuries, Native Hawaiians have been telling mo'olelo (stories) of their homeland in song and dance. Using place-names in mele (song) and hula are steeped in Hawaiian culture and tradition.

"People born and raised in Hawai'i identify each other based on where we come from," says Larry Kimura, Ph.D., associate professor of Hawaiian language and studies at the University of Hawai'i at Hilo. "It gives you a lot of information about a person and stresses a sense of belonging to a place or community. That sense of well-being makes you feel secure, grounded, and proud of where you come."

Hawaiian songs can also reflect the characteristics of a place. For example, "Waikapū" by James Kahele talks about the nā wai 'ehā – the four water sources on Maui: Waikapū, Wailuku, Waiehu, and Waihe'e.

"Those old names indicate good water sources where people would tend to live," says kumu hula Manu Boyd. A songwriter, Boyd composed "Maunalua He Inoa," which talks about where he grew up in East Honolulu.

"These songs reflect aloha 'aina (love and respect for the land) and a sense of kule'ana to care for these places. In Hawaiian style, if you take care of the land, the land will take care of you. It's part of good health and well-being," he says.

Many composers write songs to describe their experiences in a place. "It preserves the history and stories of places they love," says Paige Okamura, host of the Hawaiian music show *Hawai'i Kulāiwi* on Hawai'i Public Radio. "But it's also a love letter to thank the people of that place for taking care of them. So it's important that we preserve those stories through music."

Knowing the language can help bring greater meaning to both the song and place. You can learn more about Hawaiians songs in *He Mele Aloha: A Hawaiian Songbook*. Or visit huapala.org.

Here are three Hawaiian songs that take us on a musical journey of places you may know and love. "These songs are fascinating vessels that preserve basic 'ike 'aina – the knowledge of land," says Boyd. "Songs that generations will remember."



"Hanohano Waiehu" by David Alawa

This song talks about the rain in Waiehu on Maui that pelts your skin.

"But the rain is also a metaphor for the hurt and pains of being in love," says Okamura. "Carrying this heavy burden of love through this rain. You don't know how that feels until you experience the Waiehu rain or have the life experience of love and heartbreak."



Kauwe, who was from Kona, wrote this song about his return trip from Honolulu to Hawai'i Island on the steamship Maunaloa.

He starts at Māmala Bay off Honolulu Harbor. Along the journey, he stops at other ports, including Lahaina, where he talks about the 'ulu (breadfruit) grove and "ever blazing torch unextinguished by the Kaua'ula rain."

"Although he doesn't mention the school, that everlasting torch refers to Lahainaluna," says Kimura. "So there are veiled meanings behind some of the poetry."

"He Aloha No'o Honolulu" by Lot Kauwe



"Hanalei Moon" by Bob Nelson

Hanalei on Kaua'i's north shore is a sight to behold. Its blue water surrounded by green mountains makes it one of the most desirable places on the Garden Isle.

If you're lucky to be there at night with a full moon, you'll enjoy an even more dreamy setting. One of Hawai'i's most popular hapa-haole songs, "Hanalei Moon" was written primarily in English by Maui native Bob Nelson, who's also known for composing "Maui Waltz." The mele is a favorite among singers and hula dancers.





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At an HMSA Neighborhood Center, we're happy to help with your plan needs such as:

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Go to hmsa.com/contact for locations and hours or scan the QR code.

We're here with you.



EARL YOSHII

Gene Corpuz feels lucky after a close call.

heart smart

words Craig DeSilva

Gene Corpuz practices what he preaches. As an HMSA health coach, he teaches members about the benefits of leading a healthy lifestyle. He's an avid runner, works out with weights, and is a competitive line dancer. He's completed the Honolulu Marathon seven times and the Great Aloha Run more than 31 times. Corpuz doesn't have high blood pressure or high cholesterol.

So when he started having chest pains last year, he thought it was indigestion or acid reflux. The pain eventually went away after lying down. At an annual routine checkup, he mentioned the incident to his doctor, who ordered some tests.

Corpuz underwent an echocardiogram and stress tests and felt good enough to run a 5K race without any problems. But a month later, an angiogram showed blockage in his arteries. He was diagnosed with coronary artery disease. The cardiologist implanted five stents to open the blockage and help prevent a heart attack.

"It saved my life," says Corpuz, 65. "I was a ticking time bomb. Luckily, it was caught early."

Warning signs

Corpuz says no matter how healthy you think you are, you should listen to your body and see a doctor if you have symptoms.

"Common symptoms include tightness or pain in the chest with exertion but also when you're at rest," says Honolulu cardiologist Zia Khan, M.D., board president of the American Heart Association Hawaii Division. "Sometimes the pain radiates to the jaw or left arm, or you experience shortness of breath."

Risk factors include diabetes, high blood pressure, high cholesterol, lack of exercise, smoking tobacco, and a family history of heart disease.



Gene Corpuz at the 2022 Honolulu Pride Run

"I was a ticking time bomb."

: Gene Corpuz



COURTESY AMERICAN HEART ASSOCIATION HAWAII DIVISION

Dr. Zia Khan



Have a heart

Dr. Khan suggests following the American Heart Association's Life's Essential 8 guidelines for lifelong good health.

- Eat better
- Be more active
- Quit tobacco
- Get quality sleep
- Manage weight
- Control cholesterol
- Manage blood sugar
- Manage blood pressure

In addition to your physical health, Dr. Khan stresses the importance of caring for your mental health and well-being. "Do activities that work for you – whether hiking, journaling, yoga, or just going for a walk. If you work on those things, you'll be ahead of the game for good heart health." ¹⁵

To learn more about Life's Essential 8 and ways to help prevent heart disease, visit the American Heart Association website at heart.org.



For more information on heart disease and a video of Gene Corpuz exercising and talking about staying healthy, visit islandscene.com/more.



EARL YOSHII



EARL YOSHII

Gene Corpuz keeps fit and feels good about his health.

travel myths

words Michelle Liu



Planning your summer getaway can be complicated and misinformation can make it more stressful. April Cheng, a travel adviser and owner of TravelChic World, breaks down some common travel myths.

True or False? Travel is too expensive.

False. This depends on what type of traveler you are. If you're on a tight budget, you'll generally need to do more research and planning. If your budget is more flexible, hire a travel adviser to research and plan for you. Everyone can travel; you just need to consider the destination and your overall budget.

Can or no can? It's safe to travel alone.

Can, but be careful. Solo travel can be safe if you research your destination thoroughly before you go. Familiarize yourself with the areas you plan to visit and know which ones to stay out of. Blogs are great for this type of research. You can also look for tours that solo travelers can join with the bonus of meeting other people.

Fact or fiction? You should only travel before you have children.

Fiction. You'll have to do more planning and research, but that doesn't mean you shouldn't travel with children. Work with a travel adviser to create a family-friendly itinerary. Some areas of the world are more challenging to navigate with children, so planning is key.

Yes or no? For the best deal, book your vacation months in advance.

Maybe. "Best deal" depends on your budget. Planning trips six months or more in advance, especially international and family trips, will usually give you more options.



For travel tips, visit
[islandscene.com/more](https://www.islandscene.com/more).





a life-changing ride

words David Frickman

photos Rae Huo

They're large and majestic and, up close, sometimes intimidating. Some people ride horses for work or for fun, but others find that horses are a source of therapy that changes lives.

That's the experience of many who are associated with Therapeutic Horsemanship of Hawaii in Waimānalo. Its executive director, Dana Vennen, says the facility provides therapeutic riding (also known as adaptive riding) to anyone who's willing and who would not be harmed by riding (people with certain spinal conditions, for example).

"We're trained to put individuals who have different needs on a horse and then teach them how to ride," she says.

Riding lessons? Yes, but so much more.

There was a young boy with developmental issues named Kaipo who started riding with them, Vennen says. "When he started, he was essentially lying on the horse. After about six months, he was able to sit up straight. His mom says she saw a lot of indications of improvement with his development, like his ability to roll over."

Vennen says nearly 70% of participants have never ridden a horse. "We mostly work with kids, but we have adult riders as well," she says. "We do one-hour and half-hour lessons with five minutes of grooming and then we mount up." The program teaches basic English riding and provides different levels of support depending on the rider's needs.

Natalie Stahl shows her love for an animal that loves her back.

Therapeutic riding can help with three aspects of a person's development:

Physical: Grooming, saddling, and riding a horse can help a person build strength, balance, flexibility, and coordination. It also has surprising benefits for those who have difficulty walking.

"When a human is sitting on a horse and the horse is walking, the horse's body actually moves the human body through a normal walking gait," Vennen says. "So someone who's never walked can have the sensation of walking, but with the horse's legs, not their own."

She says studies show that a person with an impaired gait can see improvement in how they walk after just 20 minutes of riding a horse.


Cognitive: Horses can be used to help teach school curriculum, providing a breakthrough for students who otherwise have difficulty learning.

"There's a field called equine-facilitated learning where we're using a horse as a partner," Vennen says. "The whole curriculum is based on it. Instead of a schoolbook, you're using the horse to teach and suddenly the rider is highly motivated to learn."

"For example, you can use horses to teach math – I give you five carrots and you give three to the horse, so how many are left for the pony? It's pretty cool."

Self-confidence: The most powerful aspect, Vennen says, is watching people's self-esteem improve as they learn to ride. "It really improves people's emotional well-being," she says. "Horses make most people happy."

Even the volunteers at the facility report that their own mental health has improved through spending time and working with the horses. "That's definitely the most powerful thing I've seen here," says Vennen.

And, as their website points out, horses provide "unconditional love that only animals can provide." 

To learn more about the services of Therapeutic Horsemanship of Hawaii, call (808) 342-9036 or email dana@thhwaimanalo.org. Therapeutic riding is not a benefit of HMSA plans.



For information on other types of medical therapy, visit islandscene.com/more.



"Riding really improves people's emotional well-being. Horses make most people happy." - Dana Vennen



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These providers joined HMSA's network between Dec. 21, 2022, and March 30, 2023.

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

Federal law requires HMSA to provide you with this notice

HMSA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. HMSA does not exclude people or treat them differently because of things like race, color, national origin, age, disability, or sex.

Services that HMSA provides

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

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

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

- Qualified interpreters
- Information written in other languages

If you need these services, please call 1 (800) 776-4672; TTY 711.

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If you believe that we've failed to provide these services or discriminated against you in some way, you can file a grievance in any of the following ways:

- Phone: 1 (800) 776-4672
- TTY: 711
- Email: Compliance_Ethics@hmsa.com
- Fax: (808) 948-6414
- Mail: 818 Keeaumoku St., Honolulu, HI 96814

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

- Online: ocrportal.hhs.gov
- Phone: 1 (800) 368-1019; TDD users, call 1 (800) 537-7697

H3832_1000_361601_1557_R_C

- Mail: U.S. Department of Health and Human Services, 200 Independence Ave. S.W., Room 509F, HHH Building, Washington, DC 20201

For complaint forms, please go to hhs.gov/ocr/office/file/index.html

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

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

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

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

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

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

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

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

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

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



12-3-30 workout

words Michelle Liu



The treadmill is often referred to as the “dreadmill,” but a workout that’s gone viral on social media may be changing that. It’s known as “12-3-30”—walking on a treadmill at a 12% incline at a 3-mile-per-hour pace for 30 minutes.

A quick scroll through TikTok shows hundreds of users praising the workout. But is it effective? Jordan Ng, a certified personal trainer and HMSA community well-being analyst, shares some tips if you’re looking to get started.

It’s not quite for beginners

Ng says this workout suits those who are active for at least two days a week and feel comfortable using the treadmill.

If you’re a beginner, take your time to get comfortable with the equipment. If 12-3-30 is too intense, ease into it and try a lesser incline, slower speed, or shorter duration. “Slow and steady will go a long way, especially when it comes to your health,” Ng says.

Impact on the body

One of the benefits of this workout is its overall low impact on the joints, connective tissue, and

muscular system. Ng says 12-3-30 is a simple protocol and has many positive physiological effects, including improved cardiovascular health, increased body muscle activation, and weight management.

Just like any new workout, there’s always risk involved. Muscle or joint injuries, severe hypertension, and other illnesses could occur. Always check with your doctor before trying something new.

Don’t get discouraged

Some advice from Ng when starting any workout:

- Set attainable goals and slowly build on them.
- Schedule your workouts to help keep you accountable.
- If you’re having a hard time, don’t get discouraged. If you keep at it consistently, you’ll see improvements and your motivation will skyrocket.
- Have fun with your workouts!

health matters

Seeing clearly

Did you know that many eye diseases don't have warning signs? That means you could have an eye problem and not know it.

According to the National Eye Institute, getting a routine dilated eye exam is painless and it's the best way to check for diseases early. And it's the only accurate way to find out if your eyes are healthy.



HMSA offers vision plan members an annual vision exam with no copayment through EyeMed Vision Care providers.

Rat lungworm disease



Rat lungworm disease is a serious health concern in Hawai'i. The Hawai'i Department of Health reports about 100 residents have been infected since 2007.

The parasite originates in a rat's lungs and are passed as larvae in its feces. Snails, slugs, and frogs consume the feces and become infected. A recent study from the University of Hawai'i at Mānoa shows that prawns, shrimp, crabs, and lizards could be carriers as well. Humans and pets can become infected if they consume infected hosts, most often concealed in leafy greens. Water that's contaminated with feces can also cause the disease.

Rat lungworm disease affects the central nervous system and can cause a rare, sometimes deadly type of meningitis. To prevent infection, thoroughly inspect and wash fresh fruits and vegetables under clean, running water. Proper cooking will also destroy the parasite. And make sure to supervise pets outdoors.



Diabetic diseases

Having diabetes can damage your eyes over time and potentially cause blindness. The Centers for Disease Control and Prevention says about one in three adults with diabetes has diabetic retinopathy, which is caused when high blood sugar damages blood vessels in the retina. Diabetes also makes people more likely to develop conditions such as cataracts and glaucoma.

Routine eye exams and managing diabetes can help prevent or delay vision loss.



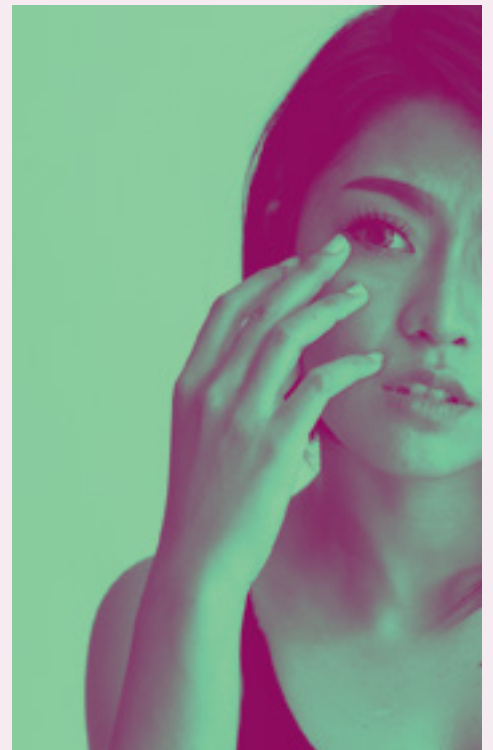
5 things you can do to protect your vision

1. Find an eye doctor you trust.
2. Ask your eye doctor how often you need a dilated eye exam.
3. Talk to family members about their eye health history.
4. Eat eye-healthy foods, such as spinach, kale, salmon, and tuna.
5. Wear sunglasses even on cloudy days.

Eye can't control it

If you've ever experienced random eye twitching, you're not alone. An eye twitch is an eye muscle or eyelid spasm that's most often the result of fatigue, stress, or caffeine. It could also happen if your eye is irritated.

If the twitch doesn't go away after more than a week, your eyelid closes completely, or if the spasm involves other muscles in your face, talk to your provider.





be ready for the difficult talk

Like it or not, there are topics that Medicare members need to talk about with their doctor every year.

Your doctor must do an assessment on each of these topics with you anyway, so it's best that you're prepared to answer their questions. And you should come prepared with questions of your own.

Here are a couple of those touchy topics and how to prepare to talk about them.

Bladder control

This can be embarrassing to talk about with your loved ones or even more so with your doctor. "No one wants to talk about having loss of control of their bladder," says Trisha Loo, director of the HMSA Medicare Stars Program. Loo's responsibilities include working with doctors to ensure member concerns are addressed. For Medicare members, Loo says that discussing bladder control issues is an important part of the doctor's routine assessment.

"If you notice that over the last six months you peed a little every time you laughed or sneezed, remember to bring it up with your loved ones and doctor. Having this discussion could significantly improve your quality of life."

As a part of that discussion, ask questions such as:

- Can this condition be treated?
- Are my medications causing me to urinate often?
- Are there exercises that I can do?
- Should I make any lifestyle changes?
- Is there a test I should take to learn more?


Risk of falling

There are many issues that lead to an increased risk of falling. During the assessment, Loo says the doctor may ask questions such as, "Have you fallen recently? Do you have uneven flooring or steps in your home that could be a tripping hazard? The doctor can also determine whether certain medications or the time you take them can contribute to a higher risk of falling."

The Centers for Disease Control and Prevention recommends other topics to discuss with your doctor during the assessment, such as:

- How poor vision can increase your risk of falling.
- Foot pain or poor footwear.
- How to make your bathroom safer.
- Exercises to improve strength and balance.

Health Outcomes Survey

Whether your doctor discusses these and other topics with you is assessed as part of a Health Outcomes Survey given annually to randomly selected Medicare members. Loo says the results provide insight on how HMSA can be the best possible health plan for Medicare members in Hawai'i. 

words David Frickman
illustration Garry Ono

for your benefit



The benefits of home when you're away

When you travel, HMSA travels with you. With HMSA, you have access to more than 1.7 million doctors nationwide and in 170 countries and territories worldwide.

Always carry your HMSA membership card when you travel. If you need health services, your HMSA membership card:

- Tells participating providers which independent Blue plan you belong to.
- Includes information the provider needs to properly file a claim.

To find a Blue Cross and Blue Shield provider at your destination, call 1 (800) 810-BLUE (2583).

Preventive care

Preventive care is the best way to stay healthy. Many preventive care services are available at no cost to HMSA members. In one of our workshops this summer, we look at the benefits of preventive care measures such as health screenings and how certain behaviors can help keep us healthy.

HMSA offers a Preventive Care workshop and other workshops in person or online at no cost. These 60-minute workshops are a fun way to learn about fitness, nutrition, and other aspects of health and well-being that can impact your physical, emotional, and social health. Members and nonmembers are welcome to attend.

To see a list of upcoming workshops and to register, go to hmsa.com/HealthEducation or call 1 (855) 329-5461.



Gender affirming support

HMSA has a new Sexual and Gender Minority Navigator program to support members in their gender affirming process.

Navigators work closely with members and their doctors to help coordinate care, including treatment, medication, and other services. They also help members find and connect with services or resources in the community or in the health care system, and can answer questions about their HMSA benefits.

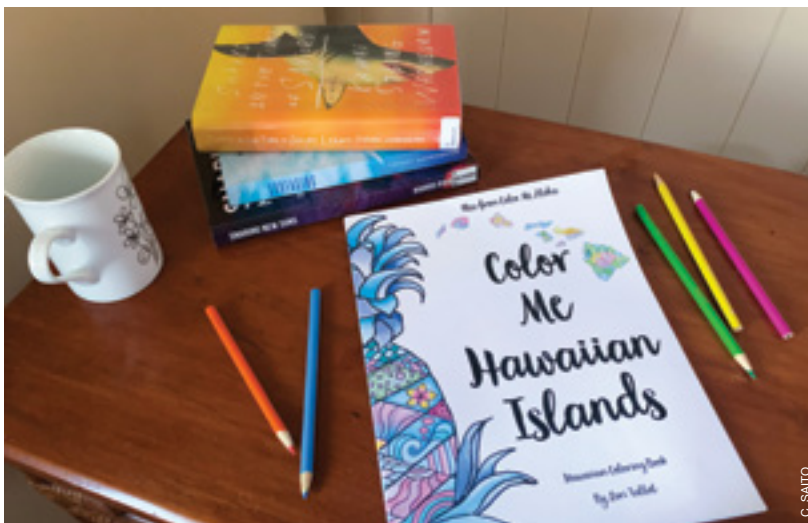
For more information, visit hmsa.com/help-center/gender-identity-services/ and sign up for the program or call HMSA Health and Well-being Support at 1 (855) 329-5461.

holoholo at home

words Courtney Takabayashi

It's always nice to take a break from our daily routine. But if we can't get outside, we can grab a book to take us somewhere new.

Check out these books that will transport you to places near and far, familiar and unknown.



Surfacing: A Magical Journey Out Of The Darkness And Into The Light, In Surfing And In Life
By Tiffany Manchester

This novel centers on a professional surfer on Maui whose internal struggles and dissatisfaction with life leads her on a physical and emotional journey. She decides to travel and commit to improving her health and well-being by making positive changes and leaving her past behind. With the help of the people she meets along the way, Zoe Smith learns that listening to her inner voice and taking care of her mind and body can help pull her out of the rut she's in.

Sharks in the Time of Saviors
By Kawai Strong Washburn

Mixing magical realism with legends of Hawai'i, *Sharks in the Time of Saviors* explores themes of family, identity, culture, survival, and more. After 7-year-old Nainoa Flores falls into the ocean during a vacation, he's miraculously saved by sharks. What follows is an exploration of family bonds, expectations, and cursed blessings.

Snaring New Suns
Edited by Tom Gammarino, Bryan Kamaoli Kuwada, D. Keali'i MacKenzie, and Lyz Soto

Published by Bamboo Ridge Press, this collection of speculative fiction features genre-bending stories from writers with Hawai'i and Pacific connections. This unique anthology includes fiction, nonfiction, poetry, art, and more.

Guest editor and HMSA community integration analyst, D. Keali'i MacKenzie, describes *Snaring New Suns* as "stories, poetry, and comics that take you across the islands, the Pacific, the galaxy, space, and time."

Color Me Hawaiian Islands
By Lori Talbot

Coloring isn't just for kids. The Mayo Clinic reports that adult coloring is a healthy way to relieve stress. In *Color Me Hawaiian Islands*, you'll embark on a journey throughout the state and learn more about what makes each island special. Whether you enjoy coloring sea life, sweeping landscapes, or local flora and fauna, this coloring book has it all.

HMSA Health Education Workshops

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



Preventive Care: An Introduction to Health Screenings and Proper Self-care Practices

In this workshop, we'll review the benefits of health screenings and diseases that affect us all. We'll also discuss how certain behaviors can help keep us healthy.

Aug. 5, 10–11 a.m., HMSA Center @ Hilo

Aug. 21, 10–11 a.m., HMSA Center @ Honolulu

Sept. 23, 10–11 a.m., HMSA Center @ Pearl City

Sept. 28, noon–1 p.m., online at hmsa.com

Sept. 30, 10–11 a.m., HMSA Center @ Kahului

Under the Sun

Get sun and water safety tips to protect you and your family during outdoor activities. You'll also learn in this workshop how to prevent skin cancer, heat illnesses, and more.

July 31, 10–11 a.m., HMSA Center @ Honolulu

Aug. 5, 1–2 p.m., HMSA Center @ Hilo

Aug. 15, 10–11 a.m., HMSA Center @ Pearl City

Aug. 18, noon–1 p.m., online at hmsa.com

Sept. 30, 1–2 p.m., HMSA Center @ Kahului

To register or to learn more, visit hmsa.com/HealthEducation or call 1 (855) 329-5461.

Workshop dates and times are subject to change.

keiki corner

Spot the Difference

Can you spot all 12?



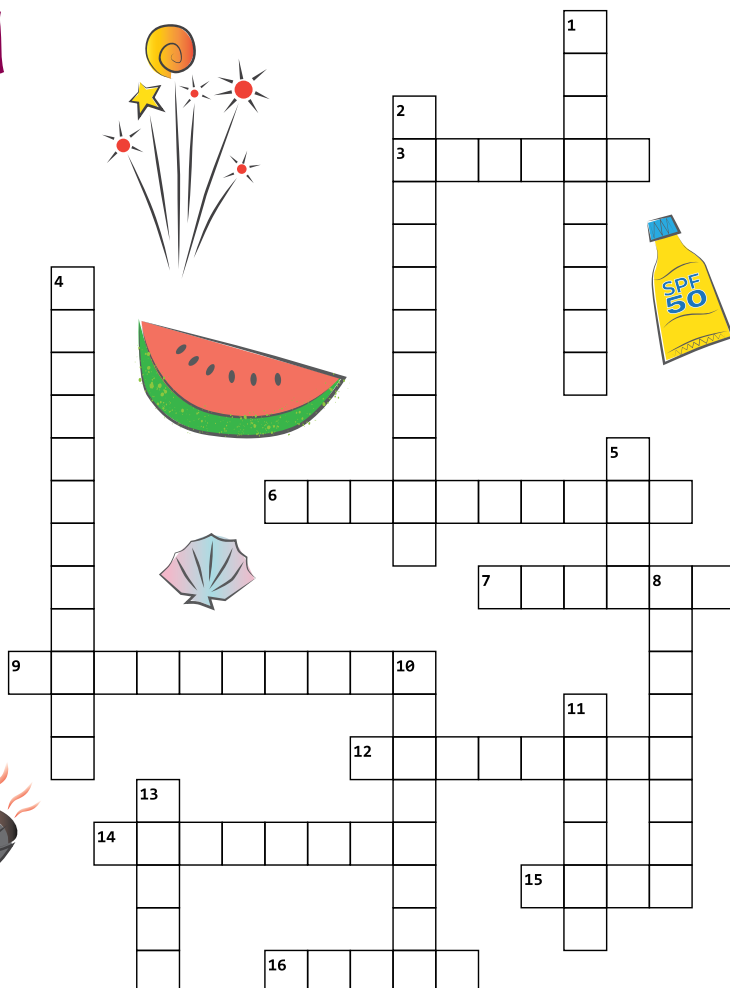
Summer crossword

Down

1. Slather this on your skin to help protect you from the sun.
2. You build these at the beach.
4. Independence Day is also known as the _____.
5. Another place besides the beach to go swimming.
8. Refreshing beverage made with a sour yellow fruit.
10. Eat this cool treat in different flavors.
11. Pack up some food and enjoy a _____ outside.
13. This sweet fruit is in season in the summer.

Across

3. The last month of summer.
6. A reddish-pink fruit with black seeds.
7. Collect these on the seashore.
9. Wear these to protect your eyes.
12. Time off from school.
14. A gathering where people eat hamburgers and hot dogs.
15. A scenic walk outdoors for fun or exercise.
16. Use this to dry off after swimming.



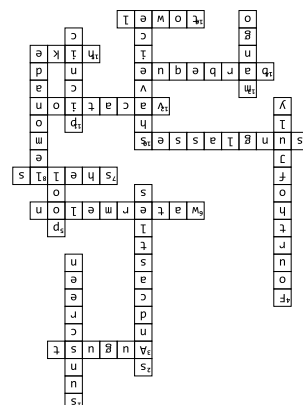
Hop Aboard the Veggie Train

You won't get in trouble for playing with your food this time! Grab your favorite vegetables, dips, and adult to help you assemble this train. Next stop, your mouth!

You need:

- Large bell peppers (one for each train compartment you want to make)
- Cucumbers
- Assorted vegetables (carrots, cauliflower, celery, broccoli, cherry or grape tomatoes, snap peas)
- Toothpicks
- Your favorite dips (ranch dressing, hummus, spinach dip)

Have an adult cut off one side of each bell pepper. Scoop out the insides so it's hollow. Slice cucumbers and attach them to the peppers with toothpicks to make wheels. Slice your favorite veggies so they fit into the bell peppers. Add anything else you want like tomatoes, broccoli, cauliflower, and a variety of dips. Enjoy!

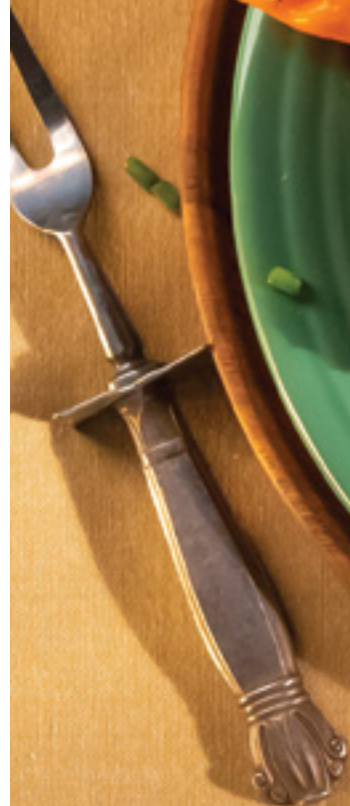


savor world cuisines

words Marlene Nakamoto

photos Rae Huo

food styling Marjie Beaton



Experiencing the cuisines of the world is one of the joys of traveling. That's why recreating a dish you've had in a faraway place can awaken memories of a special vacation, study or work abroad, or mission of aloha.

Whether or not you've traveled to India, Jamaica, or Brazil, preparing one of these international dishes can transport you away from your daily routine.

Bon voyage!

Top left: Jerk chicken, right: Pao de Queijo



Jerk Chicken

Jerk is a cooking method often associated with Jamaica. A spicy paste is used to marinate poultry or meat, which is grilled or oven-roasted.

- ½ cup malt or white vinegar
- 2 Tbsp. dark rum
- 2 Scotch bonnet or habanero peppers
- 1 red onion, chopped
- ¼ cup chopped green onion
- 1 Tbsp. dried thyme
- 2 Tbsp. extra virgin olive oil
- 2 tsp. Hawaiian salt
- 2 tsp. freshly ground black pepper
- 4 tsp. ground allspice
- 4 tsp. ground cinnamon
- 4 tsp. ground nutmeg
- 4 tsp. ground ginger
- 2 tsp. molasses
- 3 lbs. chicken thighs, drumsticks, and wings
- ½ cup fresh lime juice

Place ingredients – vinegar through molasses – in a blender and process until smooth. Arrange chicken in a single layer in a nonreactive baking dish. Pour lime juice over the chicken and coat well. Wearing gloves, rub the jerk paste onto the chicken. Cover with plastic wrap and refrigerate overnight.

Preheat oven to 350 F. Remove chicken from marinade and place in a rimmed baking sheet, skin side up. Roast about 45 minutes or until internal temperature reaches 165 F. Makes 6 servings.

Approximate nutrient analysis per serving (based on 1 pound each of bone-in thigh, drumsticks, and wings and not including Hawaiian salt to taste or optional ingredients): 420 calories, 26 g fat, 7 g saturated fat, 155 mg cholesterol, 950 mg sodium, 16 g carbohydrate, 3 g fiber, 7 g sugar, 28 g protein

Pao de Queijo

Brazilian cheese bread doesn't have the texture of a fluffy dinner roll, but nevertheless, they're a delicious snack or addition to a light breakfast.

- 2 cups tapioca flour*
- 1 tsp. salt
- ¼ cup olive oil
- ½ cup water
- ⅓ cup reduced fat (2%) milk
- 2 eggs, beaten
- 1 cup freshly grated Parmesan or shredded mozzarella

Preheat oven to 375 F. In a medium bowl, stir together flour and salt. Set aside. In a small saucepan, combine olive oil, water, and milk. Bring to a boil. Remove immediately from heat and add to dry ingredients. Mix well. Add eggs and stir to incorporate thoroughly (dough will be stiff). Add cheese and knead it into the dough. Divide dough into 12 balls and place on an ungreased baking sheet. Bake 20 minutes or until the tops are golden brown. Makes 12 servings.

*Available at health food stores. Tapioca flour is made from the cassava root's starchy pulp; cassava flour is made from the whole root. They're not always interchangeable.

Approximate nutrient analysis per serving: 160 calories, 7 g fat, 2 g saturated fat, 35 mg cholesterol, 350 mg sodium, 20 g carbohydrate, 0 g fiber, 0 g sugar, 3 g protein





Vegetable Korma

Korma is a yogurt- or cream-based curry from India that's often made with chicken or lamb. Here's a vegetarian version.

- 1 Tbsp. ghee
- 1 bay leaf
- 1-inch cinnamon stick
- 3 green cardamom pods
- 7 whole cloves
- 1 tsp. black peppercorns
- ¼ cup raw cashew pieces
- 1½ tsp. ground cumin
- 1 Tbsp. ground coriander
- 1 tsp. red chile powder
- ½ tsp. ground turmeric
- 2 Tbsp. garlic paste
- 2 Tbsp. ginger paste
- 1 large onion, finely chopped
- 2 tsp. salt
- 1 serrano or jalapeno chile, minced
- 2 tomatoes, diced
- 1 cup peeled and diced carrot
- 2 cups cauliflower florets
- 2 medium potatoes, peeled and cubed
- 1 cup frozen green peas
- 1 cup frozen cut green beans
- 1½–2 cups water
- ½ cup half-and-half or evaporated milk
- ½ cup plain nonfat yogurt
- ½ cup chopped cilantro

Heat ghee in a large saucepan over medium heat. Add bay leaf, cinnamon stick, cardamom, cloves, peppercorns, and cashews. Stir frequently until cashews are golden brown. Add cumin, coriander, chile powder, turmeric, and garlic and ginger pastes; sauté briefly. Stir in onion and salt; cook and stir until onion is tender, about 5 minutes. Add serrano chile, tomatoes, carrot, cauliflower, potatoes, peas, green beans, and water. Bring to a boil. Reduce heat, cover, and simmer 25 minutes or until vegetables are tender, stirring occasionally. Turn off heat and stir in half-and-half, yogurt, and cilantro. Remove bay leaf. Makes 8 servings.

Approximate nutrient analysis per serving: 200 calories, 8 g fat, 2.5 g saturated fat, 10 mg cholesterol, 850 mg sodium, 29 g carbohydrate, 5 g fiber, 6 g sugar, 6 g protein

chicken facts

Skinless chicken breast and thigh are good protein sources. You may be surprised to know that they're similar in nutrient composition (i.e., fat and protein). So if you're watching your caloric intake, focus on how chicken is prepared and not white meat versus dark meat.

Lower fat and calories

- Skinless
- Roasted, grilled, broiled
- Braised
- Unsauced

Higher fat and calories

- With skin
- Fried
- Breaded (i.e., katsu, nuggets)
- Sauced

Chicken safety

Cook to internal temperature of 165 F

Good source of minerals

Minerals for immune system such as zinc and iron.



In the skin

Most calories and fat are in the chicken skin.

Which is where?

- White: breast
- Pink: wings
- Dark: thighs and drumsticks

\$\$\$\$

Buying boneless, skinless chicken makes more sense than paying for bones and skin that you'll discard.

words Joannie Dobbs, C.N.S., and Marlene Nakamoto



words Marlene Nakamoto
photos Lew Harrington
food styling Cedric Fujita



go to the dark side

Chicken breasts are the go-to protein for quick-cooking dishes. But chicken thighs have a leg up on flavor, texture, and cost. Boneless, skinless thighs usually cost less than breasts and are more forgiving if cooked too long.

Our recipes call for chicken thighs three ways: boneless-skinless, skinless with bone, and skin and bones intact.

Don't be afraid of the dark. It's delicious.

Chicken Shawarma

Juice of 2 lemons
1/3 cup olive oil
6 garlic cloves, minced
1 tsp. Hawaiian salt
2 tsp. pepper
2 tsp. cumin
1/2 tsp. turmeric
1/4 tsp. red pepper flakes
2 lbs. boneless, skinless chicken thighs
Cooking spray
1 red onion, peeled and quartered
2 Tbsp. chopped cilantro

In a medium mixing bowl, whisk together lemon juice, olive oil, garlic, salt, pepper, cumin, turmeric, and pepper flakes. Add chicken and toss to coat well. Cover and refrigerate at least 1 hour or up to 12 hours.

Preheat oven to 425 F. Prepare a rimmed baking sheet with cooking spray. Remove chicken from marinade and place on baking sheet. Toss onion with remaining marinade and place on baking sheet with chicken. Discard unused marinade. Roast chicken about 25 minutes until cooked through. Remove from oven and let rest a few minutes. Slice chicken against the grain. Transfer chicken to serving platter with the roasted red onion. Garnish with cilantro. Makes 5 servings.

Per serving (approximate): 380 calories, 25 g fat, 5 g saturated fat, 165 mg cholesterol, 600 mg sodium, 6 g carbohydrate, 1 g fiber, 2 g sugar, 32 g protein

Chicken Taro Stew

2 lbs. skinless bone-in chicken thighs
1 tsp. salt
1 tsp. pepper
All-purpose flour
2 Tbsp. vegetable oil
14-oz. can diced tomatoes with juice
2 Tbsp. tomato paste
14-oz. can reduced-sodium chicken broth
1 onion, peeled and cut into chunks
2 stalks celery, diced
2 carrots, peeled and cut into chunks
2 garlic cloves, minced
1 tsp. sugar
12 oz. cooked taro cut into chunks

Wash chicken thighs and remove excess fat. Pat dry. Season with salt and pepper, then dredge in flour. Heat oil in a nonstick skillet over medium-high heat and brown chicken about 5 minutes on each side. Transfer chicken to a Dutch oven. Add tomatoes, tomato paste, broth, onion, celery, carrots, garlic, and sugar. Bring to a boil, then reduce heat. Cover and simmer 45 minutes or until chicken is cooked, stirring occasionally. Add taro and simmer an additional 15 minutes. Makes 8 servings.

Per serving (approximate): 250 calories, 6 g fat, 1 g saturated fat, 65 mg cholesterol, 700 mg sodium, 26 g carbohydrate, 4 g fiber, 5 g sugar, 22 g protein



Crispy Oven-baked Chicken

8 chicken thighs
1 Tbsp. aluminum-free baking powder*
2 tsp. Hawaiian salt
2 tsp. smoked paprika
1 tsp. pepper
Cooking spray
Buffalo, barbecue, or ranch sauce (optional)

Preheat oven to 425 F. Wash chicken thighs and dry thoroughly with paper towels. Place chicken in a large bowl and sprinkle with baking powder, salt, paprika, and pepper. Mix well with your hands to help ensure even coverage.

Line a rimmed baking sheet with foil and top with a cooling rack prepared with cooking spray. Arrange chicken on the cooling rack in a single layer with at least 1 inch between pieces.

Roast about 45 minutes until browned, crisp, and internal temperature is 185 F.** Let stand 5 minutes before serving. Serve with a sauce, if desired. Makes 8 servings.

Per thigh (approximate; excluding sauce): 320 calories, 20 g fat, 6 g saturated fat, 180 mg cholesterol, 800 mg sodium, 1 g carbohydrate, 32 g protein

*This is the secret to baked crispiness. Be sure to use baking powder, not baking soda.

**This is higher than the recommended 165 F, but it helps ensure crispy chicken.

See some chicken facts on page 61.

Holoholo | *To go for a walk, ride, or sail*

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