

island scene

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devin chu

2010 kaimana
scholarship recipient

astronomer, 'imiloa
astronomy center

kaimana's 20th anniversary
keep reaching for the stars



mental health || stroke recovery || summer flavors

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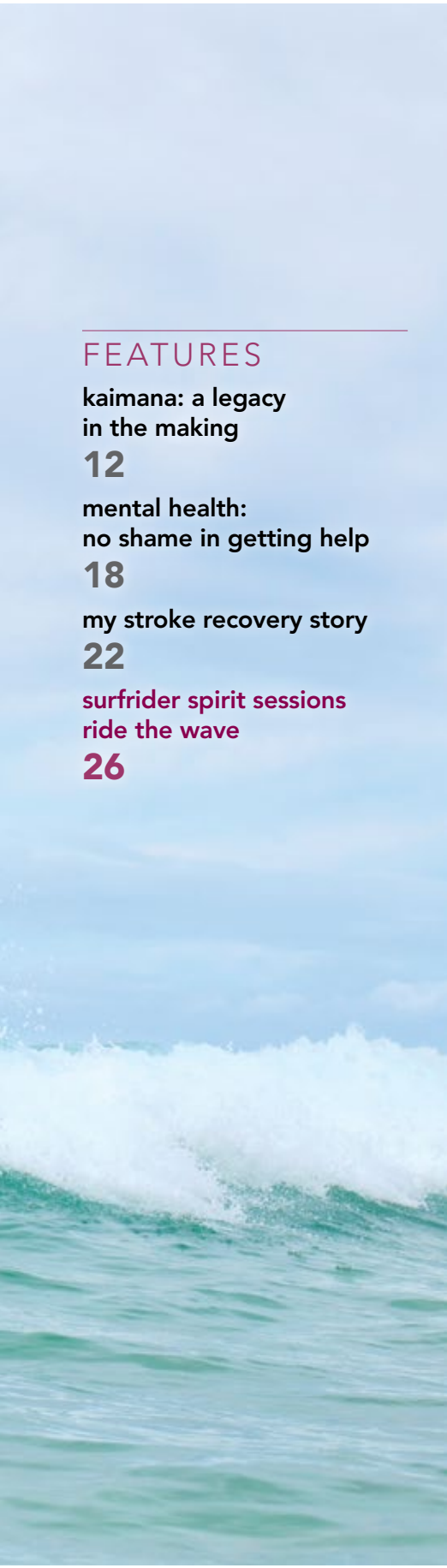
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MATT HEIRAKUJI



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COVER: Meet Devin Chu, 2010 Kaimana Scholarship recipient, and other past recipients. Story on page 12 by Summer Nakaishi, Lynn Shibuya, and Courtney Takabayashi. Photo by Ethan Tweedie.

aloha members,



Sometimes a term is a buzzword, a fad that's popular for a short period of time and captures the fascination of the moment. And sometimes, it's who we are. Our core, our fabric, persisting through generations as the identity that makes us unique.

Resilience

The toughness or capacity to withstand adversity and recover quickly from difficulty. I believe this is what has made us flourish, nationally, as the United State of America, and locally, as the state of Hawai'i. But resilience is not necessarily genetic. This capacity must be cherished and pursued, causing us to nurture and grow it individually within ourselves and our children, and collectively as a valued characteristic of our society. It takes intention. And it takes work.

This issue of Island Scene focuses on some of the ways that we "work" on resilience. From a societal standpoint such as celebrating our youth with Kaimana Scholarships and advancing cancer care with early clinical trials, to personal focuses such as mental health, recovering from debilitating disease, and preparing for big changes in life like going away to college.

In any case, it's worth pursuing, at the personal level and at the collective level. As the world around us changes with dizzying and quite frankly uncomfortable speed, there is no better skill set, tool, or attribute that you can have than resilience.

More than ever, you ... we ... need it now.

Sincerely,

A handwritten signature in black ink, appearing to be 'M. Mugiishi'.

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

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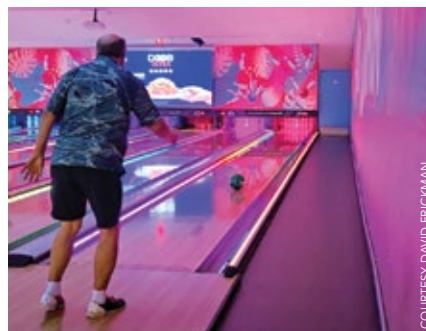
publisher's note

dear friends,

I love the HMSA Kaimana Awards & Scholarship Program and we're so excited to help celebrate their 20th anniversary this year. See our cover story on page 12 by Summer Nakaishi, Lynn Shibuya, and Courtney Takabayashi, and catch up with some of our past scholarship winners. And check out the list of the newest school award and scholarship recipients on page 10. Congrats to all our winners, past and present!



Also in this issue, we're previewing changes to our popular food section on islandscene.com. See Michelle Liu's article on page 50 and find out about our new printable format for recipes, special e-cookbook compilations coming twice a year, and more. And while you're thinking about islandscene.com, please take a minute to sign up for our e-newsletter with even more articles and recipes. You can scan this QR code or go to islandscene.com and scroll to the bottom of the home page.



David Frickman

And please be sure to read David Frickman's article on his recovery after a stroke (page 22). David is one of our HMSA and *Island Scene* writers and had a stroke last October. He's worked hard to return to good health and has made an amazing recovery. One of my favorite moments from last year was when we were bowling at a work get-together and David rolled a strike just two months after his stroke! Yay, David!

As you can see, we have lots to share in this issue. I hope you enjoy reading it. As always, feel free to email us your questions and comments at feedback@islandscene.com or leave a message for me at (808) 948-6839.

Thanks for reading!

Love and best wishes,

Lisa,

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

Lisa Maneki Baxa
Publisher and Editor

around the 808

big island

Healthy transportation

Blue bikeshare stations are popping up across the Big Island. People for Active Transportation Hawaii (PATH), a community-based nonprofit whose mission is to champion and educate on safe, accessible, and active transportation opportunities, has helped install 23 bike-share stations.

“Hawai'i Island Bikeshare stations, or HIBIKE stations, represent the opportunity for people to ride safely, without worrying about being on the road with cars,” says Kelly Hudik, PATH's chief operations officer. Rented bikes from HIBIKE kiosks were up over 10% in 2024, from 11,305 in 2023 to 12,463. PATH also offers bicycle education classes in schools islandwide to fourth grade students. Participants practice safe riding individually and in groups, and receive a free bike helmet to take home.

Last year, PATH held a Bike Rx program that taught adults bike safety tips and how to use HIBIKE's program. The event featured a group ride on the Hilo Bayfront Trail, which is one of the many multimodal trails that PATH campaigns for.

“If we can have more places to ride, run, and walk, ultimately we can become a healthier island,” says Hudik.

For more information, visit PATHhawaii.org or email sharetheroad@pathhawaii.org.

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.



Big Islanders are getting up, out, and cycling, thanks to People for Active Transportation Hawaii (PATH).



Discarded eel trap entrances are deadly for Hawaiian monk seals.

kaua'i

Protecting Hawai'i's marine life

According to Carl J. Berg, Ph.D., senior scientist for the Surfrider Foundation's Kaua'i Chapter, everyone can help protect Hawai'i's marine life from harmful eel trap entrances (ETEs). It's simple: If you see ETEs on the beach, just throw them in the trash.

ETEs can be deadly for marine life. Endangered Hawaiian monk seal pups get them stuck on their snouts, which causes them to starve. Sperm whales and pilot whales have died from ingesting the traps.

ETEs aren't used locally, but ocean currents carry them to Hawai'i's shores. They are used along the west coast of North America and in waters off Korea, Japan, Taiwan, and China. More than 22,000 traps have been found throughout the state and continue to show up in large numbers.

If you find an ETE and would like to be more engaged, consider sending a photo of it to hagfish@surfrider.org before throwing it away. To learn more, visit <https://kauai.surfrider.org/programs/eeltraps>.

maui, moloka'i, and lāna'i

Keeping the coast clear with the Honu Hero beach cleanup

Maui Ocean Center Marine Institute's Honu Hero Program makes it easy for residents and visitors alike to help keep Maui's beaches clean. Located in Mā'alaea, the Marine Institute, a small but mighty nonprofit, provides everything needed for a self-paced beach cleanup, including a rubbish bucket, datasheet, pencil, and reusable gloves.

Every cleanup contributes to the Marine Institute's year-end data count, supporting its mission to protect and ensure the survival of Hawai'i's coral reefs and sea turtles through conservation, education, and outreach. Individuals or groups can choose to clean up any Maui beach at their own pace.

To request a Honu Hero kit please complete the request form at least 72 hours in advance at mocmarineinstitute.org/getinvolved. If you have any questions, please email info@mocmarineinstitute.org.



Take a hands-on approach to combat plastic pollution in the ocean.

CONGRATULATIONS to the 2025 Kaimana Recipients

The HMSA Kaimana Awards & Scholarship Program celebrates 20 years of recognizing Hawaii high schools and high school seniors for excellence in academics, athletics, community service, healthy activities, and sportsmanship.

Kaimana School Award Winners

Big Island Interscholastic Federation

Small School: Parker School
Large School: Kea'au High School

Interscholastic League of Honolulu

Small School: Hanalani Schools
Large School: Hawaii Baptist Academy

Kauai Interscholastic Federation

Waimea High School

Maui Interscholastic League

Small School: Maui Preparatory Academy
Large School: Kamehameha Schools Maui

Oahu Interscholastic Association

Small School: Kahuku High & Intermediate School
Large School: Moanalua High School



Kaimana Scholarship Recipients



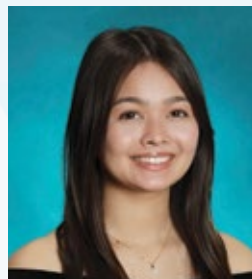
TIGER ADER
Pearl City High School



NYLA BONISA
Kalāheo High School



RYLAN COLBERT
Waiākea High School



ALANA DEELEY
Kapolei High School



KAMAHA'O HALEMANU
Kamehameha Schools
Hawai'i



RAIN HANNSZ
Kapa'a High School



KOLBY KANEKO
Henry J. Kaiser High School



KATHERINE KEIZER
Kealakehe High School



**KAMAKANŌWEO
KEKAUOHA-SCHULTZ**
King Kekaulike High School



AUSTEN KINNEY
Punahou School



TEHANA MAURICE
Sacred Hearts Academy



SHAY Mc ELROY
Mid-Pacific Institute



**YEKATERINA
MOROZOVA**
Kaua'i High School



LOGAN OSHIRO
Molokai High School



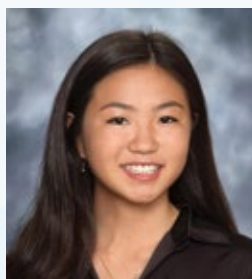
JACOB ROMERO
Seabury Hall



ANDREW SADAMITSU
Kaua'i High School



SIENNA SETTLE
Le Jardin Academy



ALISA SENAGA
St. Andrew's Schools
– The Priory



MALAKAI VENDIOLA
Kahuku High &
Intermediate School



MALIA WAGATSUMA
Mililani High School

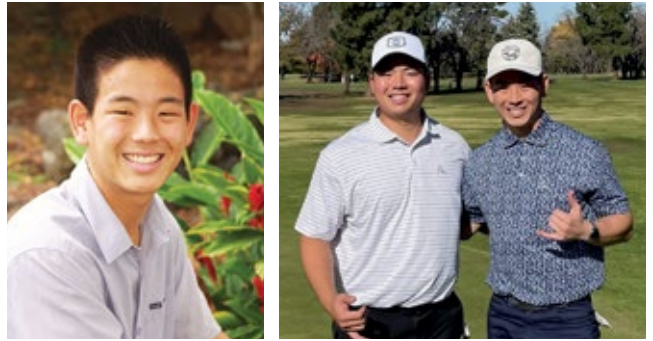


kaimana: a legacy in the making

words Summer Nakaishi, Lynn Shibuya,
and Courtney Takabayashi

When the HMSA Kaimana Awards & Scholarship Program started 20 years ago, the name “Kaimana,” or diamond in Hawaiian, was meant to represent the multifaceted talent of scholarship recipients who excelled in academics, athletics, community service, and sportsmanship. The program was also designed to support students statewide from public and independent schools in five interscholastic leagues.

From 2005 to 2025, HMSA has awarded 361 scholarships to students pursuing higher education. Today, Kaimana scholars are doctors, educators, engineers, nurses, scientists, and professionals working to make the world a better place. In celebration of the milestone anniversary, we caught up with seven scholarship recipients and asked them what winning a Kaimana Scholarship has meant to them.



Trevor Yamagata (above) and Cory Yamagata (below)

All in the family

Trevor (Kaimana 2012) and Cory (Kaimana 2015) Yamagata are not only Kaimana scholars – they’re brothers who are committed to teamwork and personal excellence.

Trevor graduated from Konawaena High School in 2012, attended Pacific University in Forest Grove, Oregon, and earned a degree in biology. He’s currently a sports optical wear product developer and designer for Nike.

Cory graduated from Kealahou High School in 2015 and received a degree in mechanical and aerospace engineering from Santa Clara University in California. He travels around the world, working as a mechanical engineer.

They both still remember what an impact the Kaimana Scholarship had on their lives. “The Kaimana Scholarship not only provided the financial support to help me pursue higher education but also reduced my student loans,” Trevor says.

“The Kaimana Scholarship gave me the confidence to push forward, knowing that I had a solid foundation to build upon,” Cory says. “As I continue to grow in my career, I carry with me the lesson that sacrifice is an essential part of achievement.”



A love of 'āina and community

Helping others and staying active has always played an important part of Kailee Jackson's (Kaimana 2019) life. While attending University Laboratory School, Jackson was a member of the 'āina-based service group Nā Kelamoku, Hōkūle'a's youth initiative. "It opened my eyes to the importance of mālama 'āina and further deepened my connection to Hawai'i and our culture," says Jackson.

In addition to Jackson receiving an athletic and academic scholarship to Gonzaga in 2019, the Kaimana Scholarship provided the extra financial push to help her attend her dream school. As a member of the women's rowing team and president of its Student Athlete Advisory Committee, it was at Gonzaga where Jackson found the experience and confidence to pursue a career in physical therapy.

After graduation, Jackson will further her education with Hawai'i Pacific University's Doctor of Physical Therapy Program this fall.

"The Kaimana Scholarship and HMSA's support have led me to the path I am on today, pursuing a career in physical therapy where I will one day get to give back to and serve the people of Hawai'i," says Jackson. "Mahalo HMSA, the Kaimana Scholarship was truly life-changing for me!"



Kailee Jackson



MICHAEL YEAP



PHOTOS COURTESY ALIA TSENG

Alia Tseng

Going the distance

A high school cross country runner and swimmer, Kapa'a High School alumna Alia Tseng (née Weiss) (Kaimana 2010) knows what it's like to be part of a team. After graduating in 2010, Tseng enrolled in the University of Hawai'i's nursing program, where she continued to learn the importance of teamwork, while working in small groups with nursing, medical, and pharmacy students.

"The Kaimana Scholarship was integral to my educational journey," says Tseng. "It provided financial momentum heading into my first year of college. It also made me feel supported by my community."

Tseng recently received her master's in nursing. As a nurse practitioner, Tseng is part of the Valve and Structural Heart program team at The Queen's Medical Center, specializing in minimally invasive valve replacement and repairs. "The structural heart industry continues to develop rapidly," she says. "I'm thrilled to be a part of the innovative procedures being offered to our community."

Tseng also enjoys spending free time with a different type of team – her husband and two sons, ages 3 and 1. The family stays active by taking turns running up Koko Crater stairs, going to the beach, and hiking or jogging with a stroller in tow.

Bringing it home

When he graduated from Moloka'i High School in 2015, Luke Kikukawa (Kaimana 2015) dreamed of improving the health and well-being of his rural community through a career in health care. Receiving a Kaimana Scholarship helped him achieve that dream. "Kaimana exemplifies the core values of sportsmanship, altruism, camaraderie, and responsibility," he says. "These are the pillars of the community that I grew up with and have taken me far in life."

After earning a degree in molecular biology from Middlebury College in Middlebury, Vermont, Kikukawa worked in an immunology lab in New Orleans, Louisiana. "I researched the immunology and chronic infections involved with cystic fibrosis at Tulane University," he says. "I also helped on projects involving gene therapy and vaccine development."

In May, Kikukawa was excited to return to Hawai'i after 10 years to participate in the University of Washington MEDEX physician assistant program, which has a campus in Kona. "Their focus on primary care and rural health is what interests me the most," he says. "I can take what I learn and bring better access to care on Moloka'i."



PHOTOS COURTESY LUKE KIKUKAWA

Luke Kikukawa

Inspiring continuous improvement

While graduating from Waipahu High School and Leeward Community College concurrently with a 5.0 grade point average might be the apex of academic achievement for most students, it was just the beginning for Maverick Yasuda. He just completed his sophomore year at Harvard College where he's a government concentrator, exploring entrepreneurship courses at Harvard Business School, and taking Japanese language courses to reconnect with his roots. "College is expensive and receiving a Kaimana Scholarship allowed me to focus on my academics instead of worrying about the financial side of things," he says.

Yasuda also founded the Harvard Undergraduate Kaizen Club. "Kaizen translates to 'continuous improvement' in Japanese, which is a big approach to my day-to-day life," he says. "The club aims to foster a culture of holistic self-improvement, inclusivity, and positivity to promote collective growth and competence among Harvard community members."

He and fellow 2023 Kaimana alumnus Chancen Law stayed in touch from the Kaimana luncheon and ended up becoming roommates and potential business partners. "I'm involved in investing and entrepreneurship student organizations on campus," Yasuda says. "The goal is to pursue startup work in the health-tech/nutrition space with Chancen. It's amazing that we met thanks to Kaimana."




PHOTOS COURTESY MAVERICK YASUDA

Maverick Yasuda

Reaching for the stars

Since he was a child, Devin Chu (Kaimana 2010) has always been fascinated by the stars. So it's no surprise that after he graduated from Hilo High School, he earned degrees in physics and astronomy from Dartmouth College in Hanover, New Hampshire, and a Ph.D. in astronomy and astrophysics at University of California, Los Angeles (UCLA). "Any amount of assistance for higher education was helpful," Chu says. "And I'm grateful for the Kaimana Scholarship."

For more than 10 years, Chu worked as a researcher at the UCLA Galactic Center Group, advancing his career while studying telescope technology. Then, in 2025, he landed his dream job as astronomer in residence at the 'Imiloa Astronomy Center in Hilo. "It feels incredibly rewarding to return to the place I grew up and give back to the community that helped shape the person I am today," he says.

Chu couldn't ask for a better place to work. "'Imiloa is an incredible center, focused on exploration. I've enjoyed bringing my knowledge of astrophysics to the museum while learning more about Polynesian navigation and Hawaiian culture and language," Chu says. "It's been wonderful connecting with the faculty at the University of Hawai'i system and the Mauna Kea observatories. I look forward to being a mentor to future explorers and seeing what the next generations will discover." 



ETHAN TWEEPIE



SWEETIE PHOTOGRAPHY



COURTESY DEVIN CHU

Devin Chu



For more on the HMSA Kaimana Awards & Scholarship Program, visit islandscene.com/more and see the list of 2025 winners on page 10.

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HMSA is here with you.







no shame in getting help

words Craig DeSilva

art Garry Ono

Sadness. Anxiety. Loneliness. Irritability.

We've all had these feelings at least once in our lives. Stress caused from world events and pressures at home, work, or school can take a toll on our mental health. But how do we know if we're just having a bad day or when it's time to seek help?

"Generally, if signs persist for more than a few weeks," says Honolulu psychiatrist Asad Ghiasuddin, M.D., an HMSA medical director. "Also, if you're having trouble focusing on daily life functions or isolating from family and friends."

However, more than half of people who need behavioral health treatment are reluctant to seek help, according to the American Psychiatric Association. Many of them don't want to bother people with their problems or feel embarrassed to see a therapist. But Dr. Ghiasuddin says your mental health is just as important as good physical health.

"There should be no shame in getting therapy," he says. "If someone has a broken bone or mole on their back, they don't hesitate to see a doctor. It should be the same if you're feeling depressed."



Getting started

If you think you may need to see a mental health therapist, here are ways you can start.

- Ask your primary care provider (PCP). Although you don't need a referral to see a behavioral care specialist, you should tell your PCP about any mental health issues you may be experiencing. Your PCP may have a list of recommended therapists based on your specific needs and situation.
- Ask family or friends. Just like shopping around for a doctor or dentist, ask people if they have any recommendations.
- Check with your employer. Your workplace may provide onsite help or can point you to resources that are part of your HMSA health plan benefits. Check with your human resources department.
- Check HMSA resources.
 - Find a Doctor on hmsa.com has a directory of participating behavioral health care providers. You can search based on location, specialty, gender, and languages spoken.
 - With HMSA's Online Care®, you can make an appointment with a behavioral health provider by phone or web chat from the convenience and privacy of your home. Visit hmsa.com/OnlineCare to get started.
 - For more information on behavioral health services and programs, go to hmsa.com/well-being. Under the Preventive Care section, click Mental Health.
 - Or call HMSA Health and Well-being Support at 1 (855) 329-5461, option 1, Monday through Friday, 8 a.m. to 5 p.m.


Finding the right fit

Taking that first step may not be easy. But it can make all the difference. "It can be freeing to speak to someone about things that you've kept bottled up for a long time," Dr. Ghiasuddin says. "You're not alone. There are more people than you think seeing a therapist."



Asad Ghiasuddin, M.D.

It may take some time to develop a comfortable rapport with a therapist who you can share your most inner thoughts and feelings with. Dr. Ghiasuddin suggests having patience and not getting discouraged.

"It's like any long-term relationship," he says. "You need to test drive a new car to try it out. It may take several sessions. And if it doesn't work out, no harm, no foul in being open about that and looking for another therapist who may be a better fit." 



For information on behavioral health support for HMSA members from Magellan Hawai'i, visit islandscene.com/more.

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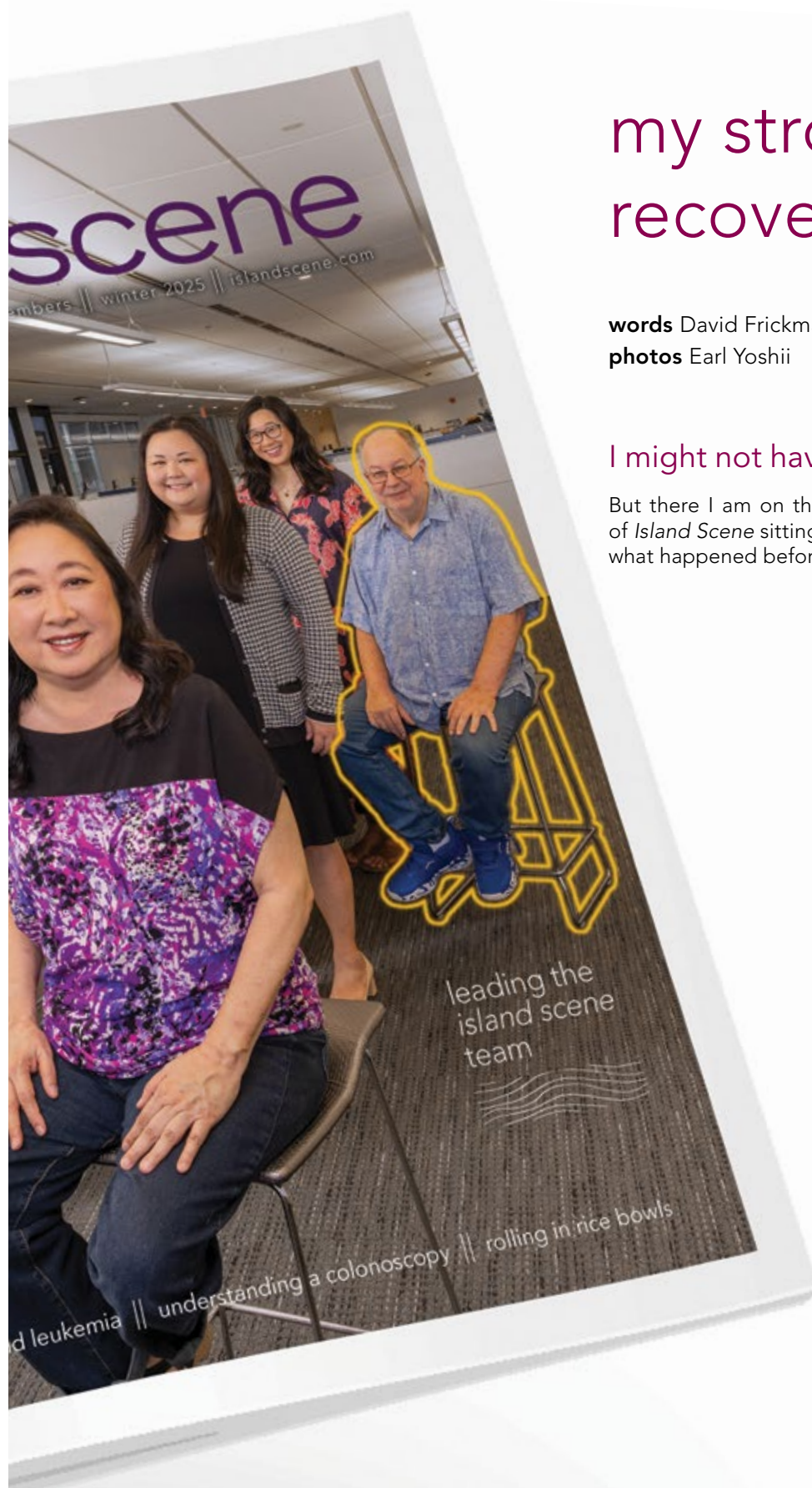
my stroke recovery story

words David Frickman

photos Earl Yoshii

I might not have been in that picture.

But there I am on the cover of the winter 2025 issue of *Island Scene* sitting on a stool. What's remarkable is what happened before that day.



David Frickman on the cover of winter 2025 *Island Scene* with the writing team.

On Oct. 4, 2024, I suffered an ischemic stroke, caused by a blood clot in my neck that affected blood flow to the right side of my brain. The clot was successfully removed within hours after I reached the emergency department at The Queen's Medical Center. But there was damage.

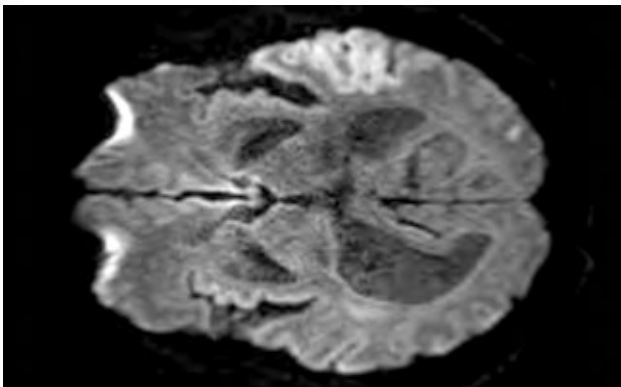
Later on, a doctor looked at the computed tomography angiography scan of my brain and said to me, "You should not be able to do anything with your left arm," pointing to the scan showing a dark area without signs of blood flow on the right side of the brain, which controls movement on the left side.

Thankfully, I could move my left arm and hand, but not with complete control. I was warned to be careful near a hot stove, since my arm might flop on it if I'm not paying attention.

After release from the hospital came bed rest. Then the work of testing and therapy. And continued rest and recovery. My supervised therapy lasted four months. There's a lot of therapy homework that I continue to do.

My experience may be similar to others who have survived a stroke. Patients can expect types of testing and therapy:

Neurological: I was put through a battery of tests at the Queen's Neuroscience Institute. Some of them had to do with memory and language fluency. I didn't pass. Not surprising, since immediately after the stroke, I had trouble remembering numbers. My phone number. My employee number so I could sign in to my computer at work. My PIN to use my debit card.



Above: David Frickman's brain scan.



Right: Frickman progressed from using a walker to a walking stick.



Top: Physical therapy and exercise have been crucial for recovery.
Bottom: Gathering to learn from members of Queen's Stroke Survivor support group.

Physical therapy: Going into it, I thought my walking was pretty good. Testing proved otherwise. I didn't pass and was deemed at high risk of falling. I was required to use a walker for a few weeks, before graduating to using a walking stick with continued therapy.

Occupational therapy: This allowed me to use my left arm better and improved coordination in my hand, making grabbing objects, getting things out of my pockets, and opening jars easier.

Speech therapy: My speaking was hurt by weakness on the left side of my face that affected proper tongue movement, as well as the neurological damage. Reading out loud and working on phrasing helped to smooth out the speech. It also helped with the other neurological issues that caused the failed neuro test.

Recovery has not always been rapid. Sometimes things improve. Sometimes they flatten out. It can be like riding a roller coaster.

I'm told by doctors that complete healing could take up to a year. Talking to my stroke survivors support group, I realize it may take longer. Complete healing may never come at all.

But it's not all bad news. I eventually passed the physical therapy test at the end of my therapy. I passed an hours-long neurological test, scoring in upper percentages, even compared to the general population. There's numbness in my left arm and hand, but I manage it with rest.

I've developed better eating habits that led to a healthy weight loss of 35 pounds in about six months. Always looking for new games to learn to keep my brain working, I taught myself how to play mahjong. And I joined my work colleagues at our department holiday party at Aiea Bowl. Even threw a strike on my first shot.

No stroke recovery is the same. Others will struggle more than I have. I was blessed.

Oh, and that cover photo was taken less than six weeks after the stroke, my first week back to work.

My physical therapist said most people take six months or more to go back to work. But I really wanted to get back to it and keep my skills sharp and relearn everything I needed to (like how to type this story). For me it was a good decision. **IS**



For more on David Frickman's stroke recovery, go to islandscene.com/more.

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Top: Mentors teach participants the fundamentals of surfing.
 Bottom left: Cynthia Y.H. Derosier. Bottom right: Mentors serve as excellent surf instructors.

riding the wave

words Kevin Allen

photos Matt Heirakuji

There's no other feeling like riding a wave.

Watching the reef pass by below you, feeling the speed of the wave and the wind on your face, it's addictive.

And it's an experience that's helped improve lives. A 2023 study found that children receiving surf therapy had greater reductions in mental health issues, while a 2021 study also found that individuals who performed activities in natural environments, like surfing, had greater control over their aggressive behaviors and emotions.

Cynthia Y.H. Derosier knows this. As founder and executive director of Surfrider Spirit Sessions, Derosier and her staff, board, and team of volunteers have been taking at-risk youths, ages 13-18, surfing in Waikiki since 2006. The nonprofit has sessions in spring, summer, and fall, and matches 45-75 youth with a positive adult role model on O'ahu each year. Surfrider Spirit Sessions began as a small-scale outing, with Derosier and her surf buddies taking out a group of girls from Girl's Court – a state-run program aimed at reducing female juvenile delinquency in at-risk youths by encouraging healthy attitudes, behaviors, and lifestyles.

"Surfing's a metaphor for life," says Derosier, who used her background in art, marketing, and communications to write a book about surfing called *The Surfer Spirit*. "You have to stay centered and paddle hard, but there's a joy and exhilaration that you get from putting in that effort. And for many of these kids with so much trauma and so much challenge in their lives, the idea of feeling that joy from working hard is so liberating."



A true surfing 'ohana.



Left: Uncle Sam, one of the organization's founding members. Right: Mentors and teens share the lineup.

Parents, teachers, and the courts all agree the program is life changing. In 2024, 100% of teens in the program showed a positive shift and improvement in three or more areas, including improved self-esteem, increased prosocial networks, caring about the environment, practicing Hawaiian culture, and good citizenry.

From writing about how they feel before and after the session in their "surfing logs" (a surf journal) to yoga classes before paddling out, teens are reminded that they're more than the challenges they may be facing at home or in school. "We are a unicorn, and what I mean by that is our program works – and the reason it works is because it didn't come from us," says Derosier. "It came from the ground up, and we developed it by working with the kids and seeing what they needed from us, or what they wanted to learn about. And that includes learning about Hawaiian culture, the environment, and how to mālama 'āina."

More than just imparting these life lessons through surfing, Surfrider Spirit Sessions is a success because they create what Derosier calls a "surf 'ohana," which is continuously formed after every session with kids, their mentors, and staff. These volunteers come from all walks of life – lawyers, construction workers, mail carriers, business owners, educators, farmers – and simply want to share the stoke of surfing with our youth. A mentor is paired with a teen for the entire eight-week session and helps them redefine how they perceive themselves by being a positive role model they can look up to.

At the end of the day, surfing is hard. Paddling is hard. Catching a wave is hard. But by the conclusion of their Surfrider Spirit Session, these teens understand that just because something is hard doesn't mean it can't be rewarding – and sometimes that reward is worth all the effort. "If you can walk on water, you can do anything," says Derosier. "If you can catch water and stand up and go somewhere with it, you can be anything you want to be." **is**



Respect is everything at Surfrider Spirit Sessions.

Learn more about Surfrider Spirit Sessions at surferspirit.org, where you can also sign up for the mentorship program or donate.

for real?

brighten up your sunscreen knowledge

words Summer Nakaishi



hawaii's tropical climate means we can enjoy the outdoors year-round, but an endless summer comes with a price. More exposure to ultraviolet (UV) rays can cause skin damage such as premature aging, sunburn, and skin cancer.

This summer, don't get burned. In observance of UV Awareness Month, see how you can lower your risk of skin damage by learning how to protect your skin.

Myth or reality? People who don't sunburn don't need to wear sunscreen.

Myth. While some may be less likely to burn, exposure to UV light affects everyone. The American Academy of Dermatology states that anyone can get skin cancer, regardless of age, gender, or skin tone. For adults and children older than 6 months, applying a broad-spectrum, water-resistant sunscreen with an SPF 30 or higher can help protect you from too much UVA and UVB exposure.

Fact or fiction? Applying sunscreen at the beginning of the day is enough.

Fiction. If your skin is not protected by clothes, sunscreen should be applied every two hours to exposed skin – that includes your neck, ears, top of your head, and tops of your feet. And remember to apply sunscreen at least 20-30 minutes before swimming to make sure it has time

to absorb into your skin. The U.S. Environmental Protection Agency recommends sun protection when UV Index forecasts UV strength of three or higher (which is almost always the case in Hawai'i).

Can or no can? It's OK to skip sunscreen on a cloudy day.

No can. Protection from UV rays is important no matter the season or weather. The Mayo Clinic says 90% of UV rays pass through clouds and penetrate your skin. UV light can even reflect off surfaces like water, sand, and cement, amplifying UV exposure.

True or false? Using sunscreen leads to vitamin D deficiency.

False. While wearing sunscreen can reduce the amount of vitamin D your body produces, even the highest SPF will still allow a small percentage of the sun's UVB rays to absorb into your skin. Your body needs very little UV exposure to produce vitamin D, and the risks of skin cancer are much higher.

If you're concerned about your vitamin D level, talk to your primary care provider, who may recommend diet changes or a supplement if necessary.

So next time you're headed outside, slather up. Knowing how to keep your skin safe is the best way to have fun in the sun.



BRANDON YOUNG

if the shoe fits

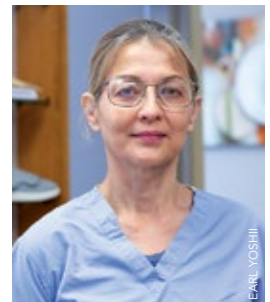
words Earl Yoshii

When I was a kid growing up in Kapa'a on Kaua'i, I wore one pair of sneakers for just about any activity. Running around the neighborhood, biking, playing tennis – you name it, those same shoes did it all. Back then, we didn't think twice about using one pair for every activity. These days, though, it feels like there's a different shoe for every sport or workout.

And honestly, there's a good reason for that. The National Library of Medicine says that on average, a 150-pound person exerts roughly 1.5 times their body weight (about 225 pounds of force) on each foot with every step while walking. Over time, that adds up to hundreds of tons of cumulative stress on your feet.

The truth is, different sports put different demands on your feet and body. Running shoes are designed to handle forward motion and have enough cushion to absorb each step. Basketball shoes are built for landing jumps and have high ankle construction that provide support during quick direction changes. Even walking shoes have their own structure to help brace your foot's arch type and cushion your feet. And there are cross-training shoes that are a versatile hybrid, offering a balanced mix of cushioning, support, and stability – making them ideal for a variety of exercises, from running and weight training to aerobics.

"Your feet are the foundation of your body," says Nathalie Sowers, D.P.M., a podiatrist at Akamai Foot Doctor, who's treated numerous foot problems caused by the wrong footwear. "Protecting your feet starts with properly fitted, activity-appropriate shoes. Wearing unsupportive or ill-fitting footwear can lead to debilitating conditions like plantar fasciitis, heel spurs, tendinitis, and other overuse injuries."



Nathalie Sowers, D.P.M.

So, while it's fun to think back on those sneakers from childhood, choosing the right shoes today can really make a difference. The right pair can help you perform better, feel better, and stay injury-free in the long run, and may even up your game. **is**

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Most locations are open after hours and on weekends. No appointment needed. Walk-ins welcome.



ahem, phlegm

words Keely Kalama-Lakey and Kristen Nemoto Jay



Lawrence Burgess, M.D.

Everyone has to deal with phlegm. It's the thick, sticky mucus that can accompany a respiratory condition. For some, it's an ongoing problem due to allergies, asthma, or other health conditions. It can cause an annoying tickle in your throat and coughing fits as you clear it from your throat or lungs. While your body produces it as a normal immune response, it can lead to breathing problems and bacterial infections.

Lawrence Burgess, M.D., an HMSA medical director and recently retired ENT-otolaryngologist (ear, nose, and throat specialist), shares more about how phlegm develops, when and how to treat it, and how to decrease it.

What causes phlegm?

People need mucus to help line mucosal surfaces and control harmful germs in the lungs, sinuses, mouth, stomach, and intestines. Excessive mucus production can be caused by poor sinus drainage, sore throats and upper respiratory infections, lung diseases, or gastrointestinal problems. Phlegm refers to mucus in your throat and lungs.

When to be concerned and get help

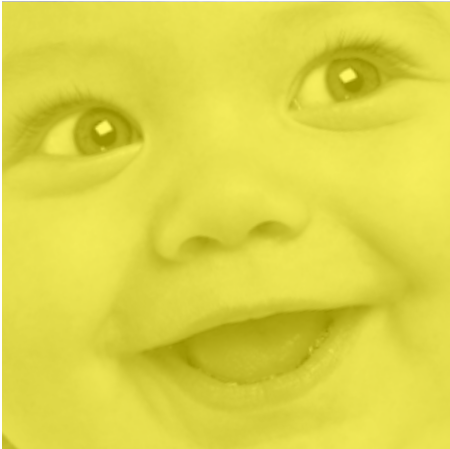
If you're having trouble breathing, seek prompt and appropriate medical attention. If you've been coughing up phlegm that's not clear or light yellow in color for more than 10 to 14 days

and shows no signs of improvement, schedule an appointment with your primary care provider right away. "With a chronic cough, your provider will want to check your lungs first," says Dr. Burgess. "If your lungs are clear, other things can be evaluated."

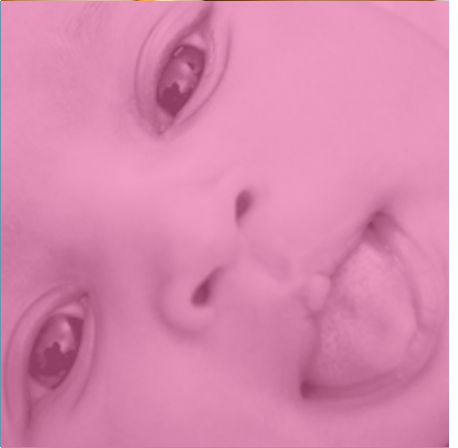
Your provider will check if you've recently been in contact with something you're allergic to. If so, an antihistamine or corticosteroid may be recommended. If you have an infection, antibiotics may be prescribed. If you have acid reflux, antacids or a change in your diet may help to reduce the problem.

How to prevent or decrease phlegm build-up

- Stay hydrated so your body can flush out toxins and thin mucus.
- Use a saline solution, such as a nasal spray or neti pot, to rinse out your nasal passages.
- For gastrointestinal problems, wait at least three hours after you've eaten or consumed alcohol before lying down.
- Check air conditioner or air purifier filters to make sure they're clean. Clean carpets and floors regularly to prevent dust and dirt buildup.
- See your doctor at least once a year to help manage asthma, allergies, or other respiratory conditions.



tongue
tied



"Breastfeeding
is more complex
than people think,"

: Jason Ching, D.D.S.

words Kristen Nemoto Jay



Kristen Nemoto Jay and her daughter Winter, November 2021.

After I gave birth to my first child, I had every intention of breastfeeding. But, as “natural” as this part of postpartum life was supposed to be, it was also one of the most challenging times of my life.



Jason Ching, D.D.S.

“Breastfeeding is more complex than people think,” says Jason Ching, D.D.S., a pediatric dentist at Oahu Pediatric Dentistry in Pearl City. “Most often it’s because the mother and baby are learning together, and that may take some time.”

Looking back, I didn’t have much time left to give. It felt like a piranha was trying to eat my chest every time I breastfed. After our lactation consultant referred us to a pediatric dentist, it was discovered that our daughter’s lingual frenum, the band of tissue that tethers her tongue to the floor of the mouth, was too tight (called a “tongue tie”), causing her tongue to not be able to fully suckle. To top it off, she had a similar condition with her labial frenum, the band of tissue that connected her upper lip to her upper gum (“lip tie”).


On some occasions for babies with a tongue and lip tie, their “latch” – when the baby’s mouth attaches to the nipple and areola – may be shallow, causing pain to the mother and potentially hindering milk transfer. Along with breastfeeding difficulties, tongue and lip ties may pose hardships later in speaking, swallowing, and eating.

If assessed and treated early, a frenectomy procedure is performed. A pediatric dentist or ear, nose, and throat doctor will either cut the frenum with scissors or laser it away to release the tight band of tissue. The procedure is nearly painless, described by older children who’ve undergone the procedure as feeling like a cold sore thereafter. Though just 10% of infants or children who come to Dr. Ching are diagnosed, and 4% of them are treated with a frenectomy procedure, Dr. Ching wants parents, and especially mothers, to know that this may be an option if they choose.

“We assess the baby’s and mother’s entire list of signs and symptoms,” says Dr. Ching. “For it also depends on the anatomy of the baby and mother. We go through the process and try to determine if it’s medically necessary.”

After our daughter’s procedure, which took no more than 10 minutes, I was able to breastfeed her immediately after and felt an instant change. A month later, after adhering to the important lip and tongue stretch exercises that were provided to us to follow, I was successfully breastfeeding her without any pain.

Dr. Ching says my story is common if parents follow post-care instructions. Overall, it’s important for every family to seek what works best for them.

“A mother’s intuition knows when there’s something wrong,” says Dr. Ching. “That’s 100% accurate.” 

health matters

Help kids see clearly

Children's Eye Health and Safety Month in August offers a good reminder to make sure your keiki has their recommended well-child visits with their provider. A vision screening is part of their yearly exam starting at age 3-5 years and can help find and address any eye health concerns early in their development.



Call your child's provider or make an appointment anytime there are signs of a possible eye problem. Get your child checked:

- If they complain about their vision or how their eyes feel, such as unexplained burning or itching.
- If you notice something about the appearance of their eyes or around their eyes.
- If their behavior changes, such as bringing toys and books close to their face or rubbing their eyes often.



Stop the lies about aging

September is Healthy Aging Month and a perfect time to dispel a misconception that you have to be under a certain age to start exercising. Believing in that myth can severely limit your quality of life as you age. Cardio and strength training are vital for your well-being. Even a little can help a lot.

Talk to your doctor before starting an exercise program to help you find the best exercise for you. Regular exercise can help prevent or manage chronic conditions, improve your mood, and give you opportunities to socialize.

Try walking with a friend, neighbor, or family member. Or follow an online chair yoga class from the comfort of home. It's important to keep your body moving to help you feel your best.

Find more articles about exercise and fitness at islandscene.com/fitness or scan the QR code.





on board at hmsa

words Craig DeSilva

Achieving good health doesn't happen alone. In addition to your team of health care providers, HMSA's Board of Directors is working hard behind the scenes to ensure you get the best care. Here are two new HMSA Board members who bring lifelong experience in business and medicine to better serve you.

Dancing through life

photos Rae Huo

Business executive Francesca Luzuriaga has been involved with some of the most successful companies. From Mattel to Xerox and Office Depot, she's helped them grow and face difficult challenges. But one of her greatest accomplishments was not in the boardroom. It happened in a dance studio.

Luzuriaga taught a father and daughter how to dance a *pas de deux* (dance duet) to perform together in Kauai Ballet Academy's production of *The Nutcracker*. "They both beamed with joy after the performance," says Luzuriaga, who's danced ballet since she was a little girl. "To see the father have that sense of achievement and that girl now blossom and have confidence. That meant everything to me."

Taking on challenges that have purpose and meaning is what drives Luzuriaga – whether in business or the performing arts. Serving on HMSA's Board is a perfect fit, combining her keen sense of business with a passion for health care that developed after caregiving for her mother who had cancer. "It's listening to your head but also following your heart," she says.

It's that passion for health care that previously led her to be named board chair of SCAN Health Plan, a large multistate Medicare Advantage plan that covers nearly 300,000 Medicare beneficiaries (in comparison, HMSA has 37,000).

Now living her lifelong dream of retirement on Kaua'i, she hopes to find solutions to the doctor shortage on the Neighbor Islands. "I believe we owe it to our members to provide them access to good quality care at a reasonable cost," she says.



Francesca Luzuriaga



Amol Navathe, M.D., Ph.D.

Wearing the aloha

photo Eric Sucar


On his first trip to Hawai'i, Amol Navathe, M.D., Ph.D., got a quick lesson on how to fit in. Before a meeting with doctors, he was told to ditch the suit and tie. "I went back to my hotel room to change into the closest thing I had to an aloha shirt," he laughs.

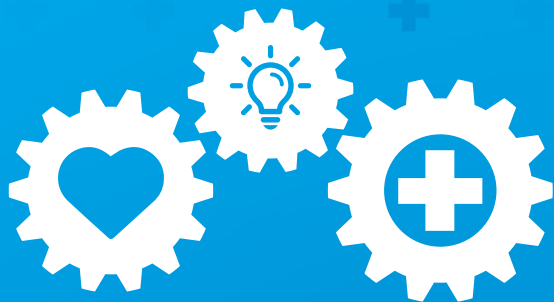
Dr. Navathe now proudly owns eight aloha shirts. But aside from casual dress, Hawai'i holds a special place in his heart, even from his home in Philadelphia. "One of the strengths of the community is the culture of taking care of each other," he says. "That sense of caring is why I became a doctor."

Both a physician and an economist, Dr. Navathe's partnership with HMSA began 10 years ago through his work in health care policy at the University of Pennsylvania. He was tapped to help develop a new value-based payment

model for HMSA providers that would improve patient care and contain rising health care costs. The program served as a model for national health care innovation and has led the way for using telehealth. Dr. Navathe is hoping to expand and improve the system in a rapidly changing health care environment.

HMSA is hoping to leverage Dr. Navathe's expertise, influence, and insights to bring better approaches to health and well-being in our state. As the vice chair of the Medicare Payment Advisory Commission (MedPAC), a congressional agency that advises the U.S. Congress on Medicare policy, we can't ask for a better resource to do so.

"HMSA is such a mission-driven organization," he says. "I'm excited to help move it forward for HMSA members and everyone in the community." 



HMSA Health Education Workshops

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



Modern Perils

Modern life can mean increased screen time, decreased physical activity, and an overindulgence of ultra-processed foods and drinks. Learn how to make changes to help improve your health and well-being.

HMSA Center in Pearl City
July 26, 10-11 a.m.

HMSA Center in Honolulu
July 28, 10-11 a.m.

Online at hmsa.com
Sept. 16, Noon-1 p.m.



Why Weight?

Learn the basics of goal setting, nutrition, and exercise to create a sustainable plan to help you manage your weight. Sign up now!

HMSA Center in Pearl City
Aug. 14, 10-11 a.m.

HMSA Center in Honolulu
Sept. 8, 10-11 a.m.

Online at hmsa.com
Sept. 11, Noon-1 p.m.

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

ho'ōla center: early help in the cancer battle

words David Frickman



Toshi Iwase, M.D.

Susan Hirano of Honolulu was diagnosed with Stage IV metastatic breast cancer in October 2021. “When they found it, the cancer had already spread to other parts of my body,” she said in an interview earlier this year.

After eight different treatments, her care team advised her to begin to look at Phase I clinical trial options to try to slow the spread of the cancer. Phase I is a clinical trial option in its earliest testing stage. But there are no Phase I clinical trials for cancer in Hawai'i, so patients must travel to the Mainland, which involves a financial and time commitment, logistical issues, and physical and social-emotional strain.

Hirano became a candidate for two early phase clinical trials. However, she didn't want to leave behind her teenage son, husband, and support network of family and friends. One clinical trial, at the MD Anderson Cancer Center in Houston, Texas, would have required her to be away for nine weeks.

“I couldn't put my head around being away from my family for that long. And I certainly wasn't going to pull my son out of school for nine weeks,” Hirano said at the time. So, she declined the clinical trials and agreed to try a ninth treatment that unfortunately didn't work. She passed away peacefully at home on April 18, 2025.

Despite her prognosis, over the past two years, Hirano served as a patient-empowerment advocate at the University of Hawai'i Cancer Center and testified at the Hawai'i State Legislature in support of the center in her final weeks of life.


She was especially excited to help spread the word about the Ho'ōla Early Phase Clinical Research Center, now under construction within the UH Cancer Center facility in Kaka'ako. Ho'ōla is expected to open in early 2026 and will help residents access cutting-edge Phase I clinical trial cancer treatments.

“Bringing early phase clinical trials to Hawai'i has been in discussion for well over a decade,” says Tyler Workman, clinic manager of the Ho'ōla Center and clinical director of the UH Cancer Center Clinical Trials Office. “This is a huge accomplishment.”

“The Ho'ōla Center will be convenient for Hawai'i cancer patients and will give them access to the latest research and treatments here,” says Toshi Iwase, M.D., medical director of the Clinical Trials Office.

Hirano's husband, Peter, says his wife was thrilled to advocate for the opening of Ho'ōla Early Phase Clinical Research Center. “Susan loved the idea that other families would benefit,” he said.

As she said earlier this year, Ho'ōla “will help keep families together and provide hope for the future. Patients can stay home in Hawai'i, receive advanced treatment, and enjoy a better quality of life. And my philosophy going through this journey has always been, how can I make it better for the person coming behind me.”

To find out about clinical trials at the UH Cancer Center, call (808) 586-2979, email ctoadmin@cc.hawaii.edu, or visit uhcancercenter.org/patients-families/clinical-trials. 

Always trust your gut.

When it comes to your primary care provider (PCP) and specialists, it's important for you to feel comfortable with your providers. Our commercial network has more than 10,000 doctors, specialists, and other health care providers so you can get quality care from a provider you chose.

Plus, meet HMSA's newest network providers:



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Tyler J. Cooper
Jay Michael Copeland
Benjamin A. Davis
Brittney A.M. Garcia
Kayana K. Kamoku
Mathew K. Kaneshiro
Robert McReynolds
Sanjay Neupane
Karen L. Nishimoto
Charles M. Okamura
Mark Rhee
Kyle L. Samblanet
Moani Kam Yee Silva
Trent M. Tamate
Heather Marie Williams
Ashley N. Winslow

Maui

Tatiana Maria Arce
John P. Bott
Tiffany Landis
Emma Cordelia Newton
Scott Keoni Sadler
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Holli Barron
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Maliekalanikilaokapuanahenahe
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Misty Wright-Genous
Paige R. Wyatt
Kyana-Lei Keiko Yamada
Kathryn T. Yort

These providers joined HMSA's network between Dec. 21, 2024, and March 30, 2025.

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



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A coach in your corner

Achieve your health goals and improve your well-being with the help of HMSA and an Active&Fit Enterprise™ well-being coach. Your health coach can guide and support you on setting and achieving goals, managing stress, creating a healthy eating plan, and more. Work with your well-being coach during scheduled phone, video, or chat sessions.



The purpose of Active&Fit Enterprise Well-being Coaching is to increase your knowledge of various health topics to improve your well-being. Well-being Coaching focuses on:

- Physical fitness
- Healthy nutrition
- Sleep quality
- Weight management
- Stress management

Coaching is offered at no cost to Active&Fit Enterprise members. To find out if you're a member, check your HMSA membership card under COMPCARE or go to hmsa.com and log in to My Account. You can call 1 (877) 771-2746 or visit ActiveandFit.com to schedule your first well-being coaching session.

American Specialty Health is an independent company providing chiropractic, acupuncture, fitness programs, and/or massage therapy services on behalf of HMSA.

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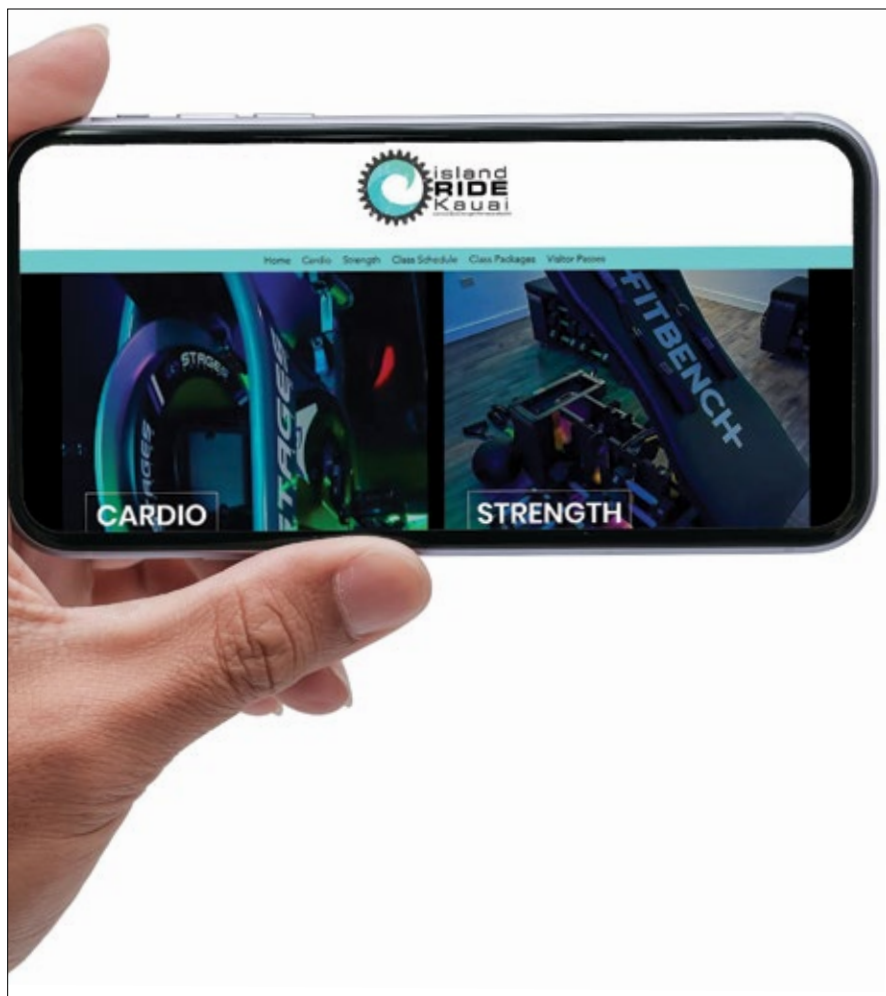
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Check out these discounts:

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- Island RIDE Kauai: Get 20% off monthly unlimited RIDE packages. Call (808) 634-7800 or visit islandridekauai.com.
- Soul Fitness Hawaii LLC (Hawaii'i): A 10% discount for Group classes or 15% discount on Adult Personal Training and Nutrition coaching per month. Visit pksoulfitnesshi.com/fitness-classes for more information.
- Yanagida Strength and Fitness Studio (Maui): Get 10% of all group training memberships. Call (808) 427-2725 or email yanagidafitness@gmail.com.

Go to hmsa.com/hmsa365 or scan the QR code and browse for more discounts by island or categories. If you have questions, call 1 (855) 329-5461.



HMSA365 is a discount program for health and wellness services and products not covered under HMSA health plans. Although HMSA has arranged to make these savings available to you, providers and practitioners participating in this program are solely responsible for their products and services. HMSA does not endorse or guarantee the products or services offered through this program and we make no representations regarding the effectiveness of any program or service offered as part of HMSA365. HMSA is not liable for defective products, practitioner negligence, or other errors in the delivery of services or products.





home away from home

words Elizabeth Ortiz

art Garry Ono

When Alexandria “Ali” Kanakaole was preparing for her journey after high school, she had plans to stay in Hawai‘i and continue her education at home. However, pursuing higher education wasn’t an easy path and her family was experiencing financial hardships at the time.

“There were times when it felt like the odds were stacked against me, but I refused to let my circumstances define my future,” says Kanakaole, who is Native Hawaiian and the first in her family to attend college. “I worked hard, pushed through the challenges, and made it happen.”

In 2022, Kanakaole graduated with honors from Kalāheo High School and received a Career and Technical Education certificate. She got help from Windward Community College’s TRiO Upward Bound program, a federally funded program that included outreach programs for students from disadvantaged backgrounds; the program has since closed. Kanakaole was encouraged to apply to other schools, including Washington State University (WSU), where she was accepted and received multiple scholarships to cover her full tuition. Eager and willing, she decided to attend WSU “for the experiences and challenges I wouldn’t face in Hawai‘i.”



Ali Kanakaole enjoys the snow at Washington State University.

Like most Hawai‘i students who move to the Mainland for college, Kanakaole experienced the culture shock of her new environment. “The food was different,” she says. “The weather was a huge change, too, experiencing fall and winter snow for the first time was crazy!”

Although she had changes to navigate, Kanakaole also saw the positive side of her new experiences, such as sharing her Hawaiian culture. “That felt like a way to stay connected and introduce something important to me.”

Kanakaole joined the Hawai‘i Club, where she connected with others who understood her experience. She also got involved in campus events and made friends with other students.

Now a junior at WSU, Kanakaole continues to thrive by connecting with her peers, even setting a personal goal for herself to make a new friend every day and in every class. When asked for her own words of wisdom for Hawai‘i high school seniors, she says, “Do research on the schools you’re interested in. Work hard and find scholarships to apply for. Get involved, join clubs, go to the events, even if it’s scary and awkward. Make the memories and make the most of your time.”



For tips for Hawai‘i students attending college on the Mainland, visit islandscene.com/more.

Need support while away at college?

HMSA well-being resources and tools can help support your health and well-being.

Learn more at hmsa.com/well-being or scan the QR code.



keiki corner

Summer boredom busters

Here are some fun ways to spend a nice summer day (or evening!).

GET OUTSIDE

- Enjoy a picnic
- Fly a kite
- Go on a hike
- Go to the beach
- Go to the park
- Organize a scavenger hunt
- Relax at the park
- Ride a bike
- Visit a botanical garden



HANG AT HOME OR IN THE YARD

- Camp in the backyard
- Gather items to donate
- Have a movie marathon
- Make a time capsule
- Plant something you can eat
- Stargaze at night
- Start an exercise routine in the yard
- Watch the sunrise or sunset



TRY SOMETHING NEW

- Cook a new dish
- Create a gratitude jar
- Learn a card game
- Learn a magic trick
- Learn to juggle
- Read a book
- Volunteer
- Write a story



Ice cream flavor word search

Ice cream is a refreshing summer treat!
See if you can find all 10 flavors.

butter pecan
chocolate
cotton candy
green tea
lychee
macadamia nut
mango
rocky road
strawberry
vanilla



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



Only-the-good-stuff trail mix

Whenever I buy trail mix, my child picks out the "good stuff" and leaves me the rest. So why not make your own mix with only the good stuff? Here are the components of a basic trail mix that you can customize with your preferred good stuff.

You'll need:

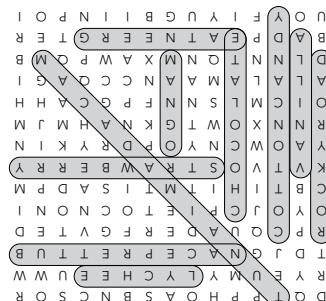
- **Dried fruits:** Apples, apricots, banana chips, blueberries, coconut flakes, cranberries, mango, pineapple, raisins, and strawberries.
- **Fun:** Chocolate or peanut butter chips, granola, marshmallows, popcorn, pretzels, whole-wheat or whole-grain cereal, and yogurt-covered raisins.
- **Nuts:** Almonds, cashews, macadamia nuts, peanuts, pecans, pistachios, and walnuts.
- **Seeds:** Pumpkin seeds and sunflower seeds.

Small pieces like nuts, seeds, or cut-up fruit can be a choking hazard, especially for keiki under age 3, so please be careful.

Instructions

Add as much of each ingredient as you'd like in a large bowl. Mix well. Store in air-tight jars or resealable bags and enjoy!

- Courtney Takabayashi



we're cooking up something
new at islandscene.com

words Michelle Liu

Planning a meal takes a lot of time, effort, and thought. We want to make things easier for you and your family so you can spend less time in the kitchen and more time living your best life.

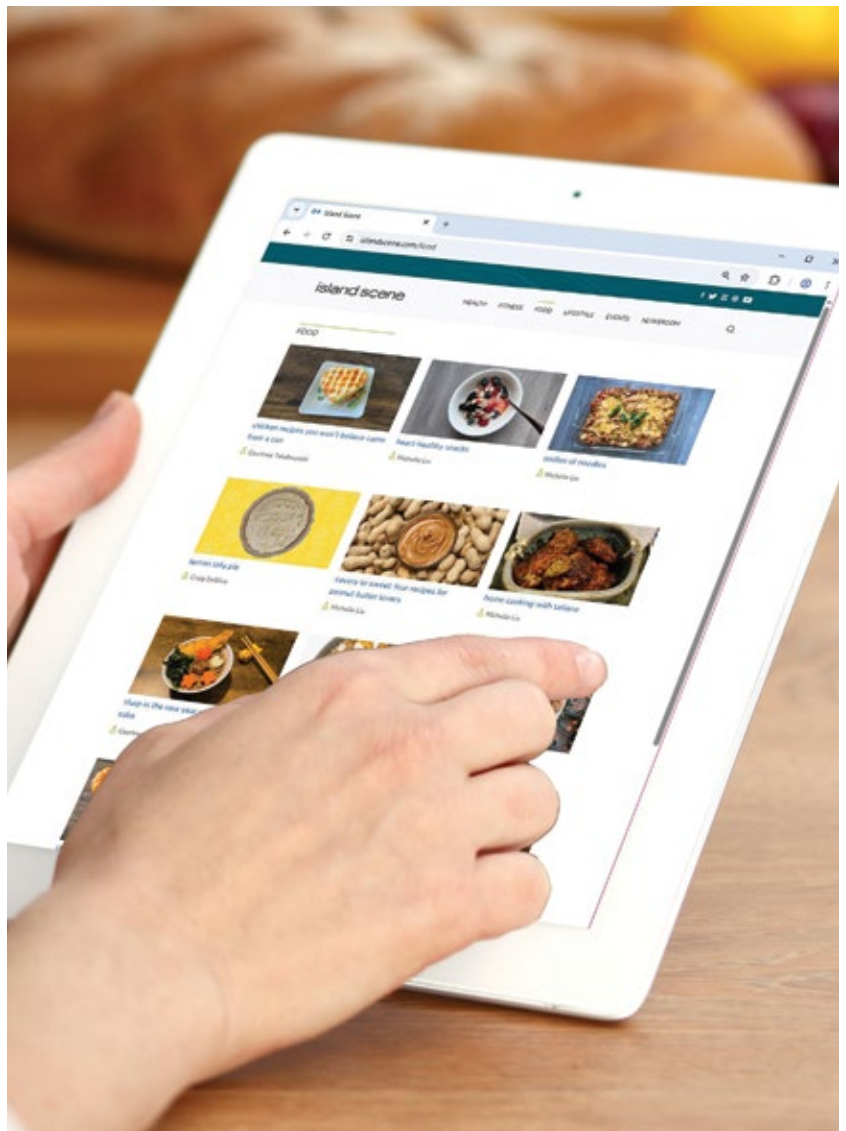
That's why the food section on island scene.com is getting a makeover! Here's what you can expect:

New look

Enter a new interactive food section on islandscene.com. As we build our recipe database even further, you'll be able to easily search for specific recipes or ingredients. Want unique oatmeal options for breakfast or 'ono sandwiches for lunch? It'll be easy to find what you want. And the best part is that the easy-to-follow, healthy recipes you know and love will still be our main focus, with an emphasis on local ingredients.

Categorizing recipe collections

Need weeknight dinner ideas? Or perhaps you're looking for easy lunches to pack for work or school. Explore recipes by themes with our new e-cookbooks, which will be published on islandscene.com twice a year starting in July. You'll find high-quality photos and step-by-step instructions to help make prepping and cooking a breeze.






Printer-friendly and easy to share

You'll be able to keep your laptop out of the kitchen and safe from spills. Recipe PDFs will be available to download and print for easy access. Watch for this great new feature later this summer.

Join our islandscene.com 'ohana

Our free quarterly e-newsletter is the perfect way to stay updated on what we're working on! We share a roundup of our recent online articles that focus on your health and well-being, plus simple and healthy recipes. To sign up, visit islandscene.com (scroll to the bottom of the home page) or scan this QR code. 



We're always looking for ways to improve *Island Scene* and islandscene.com. Email your ideas to feedback@islandscene.com or leave a message at (808) 948-6839. We'd love to hear from you!

mugicha: the refreshing barley tea

words Courtney Takabayashi





If you're looking for a way to stay refreshed this summer, try mugicha, which is Japanese for barley tea. This caffeine-free drink, made from roasted barley grains, has a toasty flavor with just a hint of bitterness. While you can drink it hot, iced is the way to go during the summer.

I first encountered this delicious beverage when I taught English in Okinawa. There was always a giant pitcher of mugicha in the teacher's breakroom when the temperature was high (which was most of the time in that subtropical paradise). Between classes, I'd gulp glass after glass of iced mugicha since, back then, drinking water to stay hydrated wasn't really popular in Japan like it is in the U.S. While many things have changed over the years, my love for mugicha has remained the same.

Luckily, it's easy to find barley tea bags in Hawai'i. I've seen them at regular supermarkets as well as specialty Asian grocery stores. They're also available online.

Here's an easy recipe:

Mugicha Cold Brew

1 mugicha tea bag
1 liter water
Sweetener, to taste (optional)

Add water and tea bag to a large pitcher. Let steep for a few hours or overnight in the refrigerator. Add a sweetener like honey to cut the bitterness if desired. Serve and enjoy!

Notes:

Those who are on a gluten- or grain-free diet or have celiac disease should avoid mugicha since barley contains gluten.

Since there are no preservatives, the tea will only last for a few days in the refrigerator.



capture the flavors
of summer





words Michelle Liu

photos Rae Huo

food styling Cedric Fujita

Oh, sweet summertime! From mango salsa to refreshing gazpacho, we're all about celebrating the refreshing flavors of the season.

Summer Pesto Pasta

2 boneless, skinless chicken breasts
1 tsp. salt
1 tsp. pepper
Nonstick spray
16 oz. bowtie pasta
2 Tbsp. milk
1 cup pesto
2 cups grape tomatoes, halved

Season chicken with salt and pepper. Spray skillet with non-stick spray and cook chicken on each side for 7 to 8 minutes on medium heat. Remove chicken from pan and set aside.

Boil water in a medium pot. Add pasta and cook according to directions. Drain pasta when al dente.

Add pasta to a large mixing bowl. Toss with milk so pasta doesn't stick together. Cut chicken into strips. Add chicken and pesto to bowl and toss with pasta. Add tomatoes. Makes 8 servings.

Approximate nutrient analysis per serving: 430 calories, 16 g fat, 3 g saturated fat, 40 mg cholesterol, 650 mg sodium, 48 g carbohydrate, 4 g fiber, 2 g sugar, 23 g protein

Watermelon and Cucumber Gazpacho

1 cup chopped Japanese cucumber
2 cups chopped tomatoes
1 yellow bell pepper, seeds removed and chopped
1 cup chopped red onion
4 cups cubed seedless watermelon
1 serrano pepper, seeds removed and chopped
1 garlic clove
¼ cup finely chopped basil, plus more for garnish
2 Tbsp. champagne vinegar
2 Tbsp. avocado oil
1 tsp. sea salt
1 tsp. black pepper
1 Tbsp. lime juice
Zest from 1 lime

Set aside half of the cucumber, tomatoes, bell pepper, and red onion. Place remaining half in a blender. Add watermelon, serrano pepper, garlic, basil, vinegar, oil, salt, pepper, and lime juice. Blend until smooth. Taste and adjust seasonings, if needed.

Pour into a large bowl and stir in the reserved chopped vegetables. Chill at least 3 hours or overnight. Garnish with lime zest and fresh basil before serving. Makes 6 servings.

Approximate nutrient analysis per serving: 110 calories, 5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 300 mg sodium, 16 g carbohydrate, 2 g fiber, 9 g sugar, 2 g protein

Baked Salmon with Mango Medley

Nonstick spray

Dry rub

1 tsp. paprika

1 tsp. chili powder

⅛ tsp. cayenne powder

½ tsp. garlic powder

1 tsp. salt

½ tsp. pepper

¼ cup butter, melted

1 Tbsp. honey

1 lemon, juiced

2½ lb. salmon fillet

Mango medley

4 cups chopped mango

1 red bell pepper, seeds removed
and chopped

1 cup chopped tomato

2 Tbsp. chopped cilantro

½ jalapeño pepper, seeds removed
and finely chopped

⅛ tsp. sea salt

⅛ tsp. pepper

Lime juice to taste

Preheat oven to 350 degrees F. Line baking sheet with parchment paper or aluminum foil and spray with cooking spray.

In a small bowl, mix all dry rub ingredients together. In another bowl, mix melted butter with honey and lemon juice.

Coat salmon with dry rub and pour on butter sauce. Let salmon rest for 15 minutes so it can come to room temperature before baking.

Place salmon on baking sheet and bake for 15-20 minutes.

While salmon is baking, mix mango medley ingredients in a bowl. Refrigerate until serving.

Top salmon with mango medley. Makes 6 servings.

Approximate nutrient analysis per serving: 530 calories, 31 g fat, 9 g saturated fat, 130 mg cholesterol, 700 mg sodium, 24 g carbohydrate, 3 g fiber, 20 g sugar, 40 g protein



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other resources.



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

1010-1244550

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.
- Coverage for chest wall reconstruction with aesthetic flat closure.
- 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



1010-1244026



Creamy Cottage Cheese Pasta

protein simplified

words Sarah Pearson

photos Lew Harrington

food styling Marjie Beaton

Getting enough protein is essential for our overall health. With so much conflicting information online, it can be tough to know how much you really need.

August Espinal, HMSA's manager of Condition Care Programs and a registered dietitian, says, "Too little protein can lead to muscle loss, weakened immune function, and slower recovery times, especially after injury or illness. On the other hand, consuming too much can place unnecessary strain on the kidneys, particularly for those with preexisting kidney issues." It's important to talk to your primary care provider to understand what you need based on your specific health conditions and dietary needs.

How much do I need?

Determining the right amount of protein for your diet can be challenging. According to Espinal, "The average person needs about 0.8 grams of protein per kilogram of body weight per day. This is the general recommendation for adults who are sedentary or moderately active." Protein needs also varies on individual goals, especially for those wanting to build muscle. "Research suggests that for muscle growth, consuming around 1.6 to 2.0 grams of protein per kilogram of body weight is ideal," Espinal says. "For example, someone weighing 80 kilograms (176 pounds) would need about 128-160 grams of protein daily."

Up the fiber

"A diet rich in fiber can help balance the effects of a high-protein diet by maintaining gut health and preventing digestive discomfort," Espinal says.

To help you get started, here are a couple of simple meals that sneak in extra protein and fiber without much effort.

Creamy Cottage Cheese Pasta

4 oz. penne pasta (protein+ pasta for extra boost of protein and fiber)

1 Tbsp. olive oil

½ onion, chopped

2 cloves of garlic, chopped

½ lb. ground turkey

Salt and pepper, to taste

1½ cup marinara sauce

¼ cup cottage cheese, blended

Fresh basil and Parmesan cheese for garnish

Bring water to boil in a large pot. Cook pasta according to the package instructions.

In a skillet over medium heat, heat up olive oil and sauté chopped onion and garlic. Once onion and garlic are fragrant, add ground turkey and season with salt and pepper.

Once ground turkey is cooked through, mix in marinara sauce. Add cottage cheese and mix. Add cooked penne pasta to skillet and combine well. Plate and serve with fresh basil and Parmesan cheese.

Approximate nutrient analysis per serving (not including seasoning salt or parmesan cheese): 600 calories, 22 g fat, 4.5 g saturated fat, 90 mg cholesterol, 1250 mg sodium, 63 g carbohydrate, 3 g fiber, 13 g sugar, 36 g protein



Protein Packed Pancakes

½ cup protein pancake mix
4 Tbsp. quick oats
4 Tbsp. protein powder of choice
½ cup water
Nonstick cooking spray

Suggested toppings

Berries
Maple syrup

In a bowl, mix protein pancake mix, quick oats, and protein powder of choice. Slowly add in water while checking the batter consistency.

Once combined completely, heat skillet or pan over low to medium heat. Add nonstick cooking spray to pan.

Pour a portion of the batter onto the pan, depending on the size of your liking. Once you see small bubbles rise, flip the pancake. Cook for another minute and serve with toppings of choice.

Approximate nutrient analysis per 2 pancakes (based on water and not including toppings): 250 calories, 15 g fat, 1 g saturated fat, 95 mg cholesterol, 350 mg sodium, 18 g carbohydrate, 2 g fiber, 9 g sugar, 11 g protein

staying hydrated in the summer heat

words Michelle Liu

I never leave home without my 32 oz. reusable bottle filled with ice-cold water. Staying hydrated is essential to your health, but drinking enough fluids can be a challenge, especially on a hot summer day. Here are some tips to help.

Fill your cup

Water deficiency develops quicker than any other nutrient. Signs of dehydration include thirst, dry mouth, dark-colored urine, and wrinkled fingertips.

Elevate your experience

Infuse your water with fresh herbs (like mint or basil), a slice of cucumber, or some berries.

The ultimate question

The human body is 50% to 70% water. So how much should you drink? There's no one-size-fits-all solution; it depends on your calorie intake, metabolism, and activity. Check with your primary care provider.

New fashion accessory

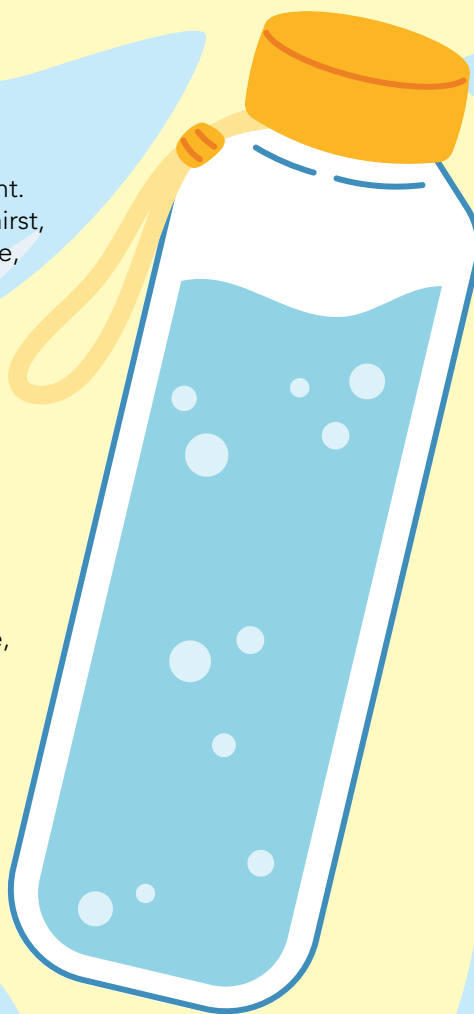
Take a reusable water bottle wherever you go. It's a good way to make sure you're always prepared!

Don't go overboard

Too much water can deplete the body of essential sodium and potassium. Overhydration can also cause nausea, headaches, muscle cramps, and confusion.

Water-rich foods

Most fruits and vegetables contain more than 80% water and can also help you stay hydrated.



family favorites

words Michelle Liu

photos Lew Harrington

food styling Marjie Beaton

Sharing a meal builds relationships and creates memories, whether you're breaking bread with a co-worker or having a family potluck. Here are three family favorite recipes from islandscene.com for a food bonding experience.



Tatiana De Mattos Souza has fond memories of Grandma Neli cooking in her kitchen in Brazil (right).

Grandma Neli's Beef Stew

Making beef stew helps Tatiana De Mattos Souza, Quality Improvement senior business analyst at HMSA, keep her grandmother's memory alive. She loved being Grandma Neli's sous chef, and this dish is one of her favorites.

- 2 Tbsp. olive oil
- 2 lbs. beef (chuck or brisket), cubed
- 1 cup chopped yellow onion
- 3 garlic cloves, minced
- 1²/₃ cups chopped tomato
- Salt and pepper
- 1 bay leaf
- Water to cover beef
- 1 beef bouillon cube
- 1 cup chopped carrots
- 4 cups chopped white potatoes

Heat oil over high heat in a pressure cooker. Sear beef cubes until all sides are browned. Set aside.

In the same pot, sauté onion and garlic until lightly golden. Add tomatoes and cook until softened.

Return beef to pot, season with salt and pepper, and add bay leaf. Stir well. Add enough water to cover beef and add beef bouillon cube. Cook at high pressure for 30 minutes, then allow pressure to release naturally for 10 minutes.

Carefully open pot. Add carrots and potatoes. Cook for 10-15 minutes under pressure until vegetables are tender. Makes 4 servings.

Approximate nutrient analysis per serving (based on chuck and not including salt to taste): 500 calories, 16 g fat, 5 g saturated fat, 150 mg cholesterol, 450 mg sodium, 36 g carbohydrate, 6 g fiber, 7 g sugar, 54 g protein



COURTESY TATIANA DE MATTOS SOUZA

Haupia Crunch

Brandon Kumabe, product manager at HMSA, made this local-style dessert on a whim, and his family and friends now request it for every potluck!

- 1½ lbs. Okinawan sweet potatoes
- 1 13.25-oz. box yellow cake mix
- 1 cup chopped macadamia nuts
- ½ cup sugar
- 1 tsp. ginger
- ½ tsp. salt
- 3 large eggs
- 2 13.5-oz. cans coconut cream
- 2 8-oz. sticks butter, melted
- 1 8-oz. box haupia mix

Peel sweet potatoes and dice. Place in a medium pot with enough water to cover sweet potatoes and bring to a boil. Cook 15-20 minutes until tender.

Preheat oven to 350 degrees F. Line a 9x13-inch baking dish with parchment paper.

In a mixing bowl, combine yellow cake mix and macadamia nuts. Set aside.

Drain sweet potatoes. Place in medium mixing bowl and mash. Add sugar, ginger, salt, eggs, and coconut cream. Mix until smooth.

Pour sweet potato mixture into baking dish. Sprinkle cake mixture over sweet potato layer. Drizzle melted butter on top. Bake 50-55 minutes or until top is golden brown.

When cooled, use knife to loosen sides so cake doesn't stick to pan. Place cutting board over pan and flip upside down.

In a small pot, make haupia mix according to package instructions. Let mix cool.

Pour haupia mixture over sweet potato crunch. Refrigerate when cool. Makes 12 servings.

Approximate nutrient analysis per serving: 680 calories, 38 g fat, 23 g saturated fat, 85 mg cholesterol, 550 mg sodium, 83 g carbohydrate, 3 g fiber, 57 g sugar, 5 g protein



Brandon Kumabe's haupia crunch is a potluck favorite.





Fried Noodles

Courtney Takabayashi, supervisor and on-line editor/writer of islandscene.com, has fond memories of visiting the Manapua Man in Kāne'ohe. Takabayashi's favorite mobile food item was the fried noodles; here's her version.

Cooking spray

- 1 lb. chow mein noodles
- ½ lb. prepared char siu pork, slivered, divided
- 2 stalks green onion, chopped, divided
- 1 8-oz. package bean sprouts
- 1 6-oz. yellow onion, sliced
- 1 stalk celery, thinly sliced
- 1 2-oz. carrot, peeled, thinly sliced
- ½ cup sugar snap peas, string removed and sliced

Sauce

- 2 Tbsp. oyster sauce
- 2 tsp. shoyu
- 1 Tbsp. sugar
- 1 Tbsp. sesame oil
- 1 tsp. salt

Preheat oven to 350 degrees F. Spray 9x13-inch baking dish with cooking spray.

In a large mixing bowl, add noodles, half the char siu, half the green onions, and the rest of the vegetables.

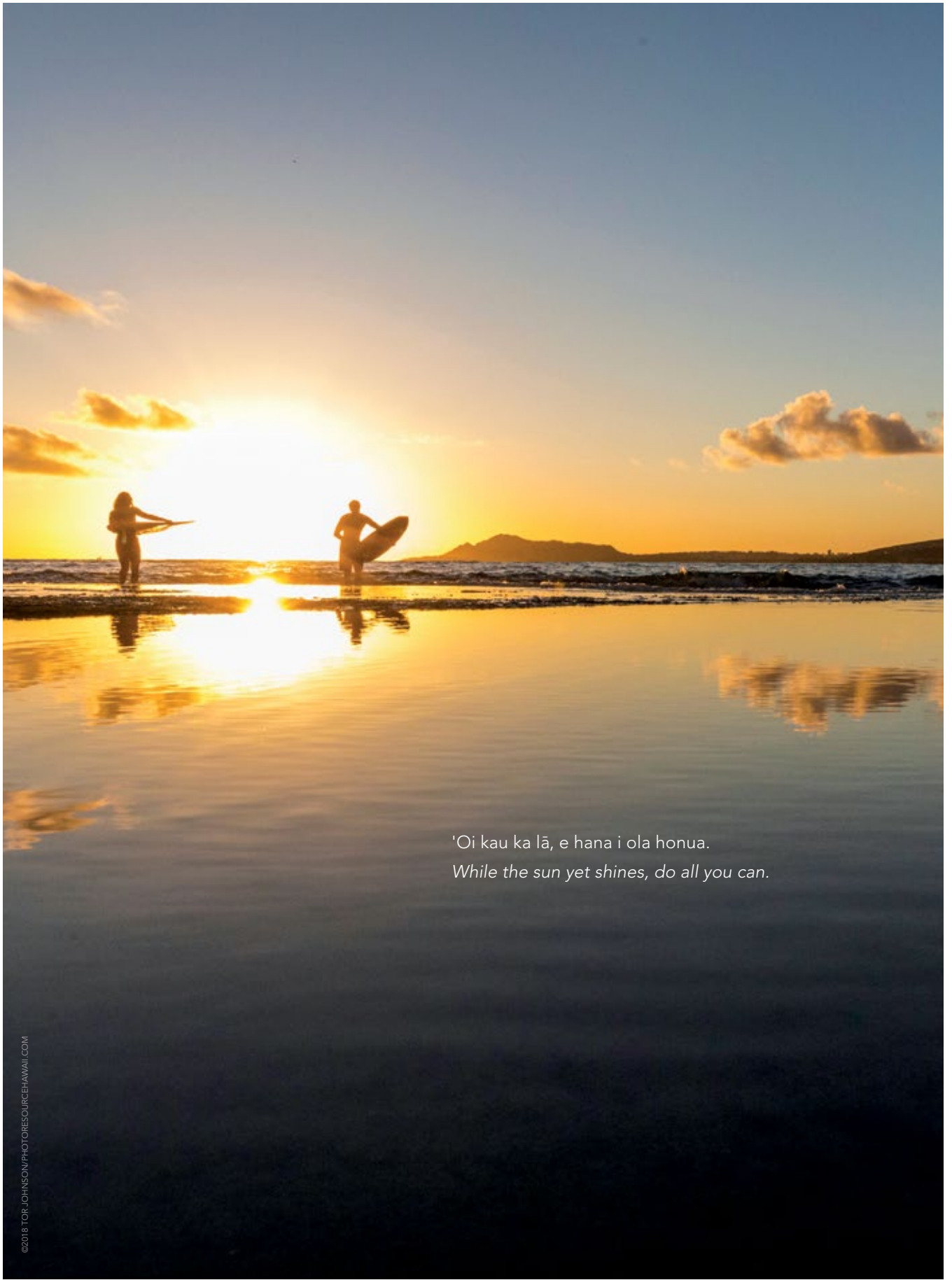
In a small bowl, combine sauce ingredients. Add sauce to noodles and toss until coated. Add noodles to baking dish. Garnish with remaining char siu and green onions. Cover with foil. Bake 20-25 minutes. Makes 6 servings.

Approximate nutrient analysis per serving: 540 calories, 21 g fat, 4 g saturated fat, 25 mg cholesterol, more than 1,800 mg sodium, 71 g carbohydrate, 5 g fiber, 16 g sugar, 16 g protein



Takabayashi enjoyed stopping by the Manapua Man's mobile food van as a child.

COURTESY COURTNEY TAKABAYASHI



'Oī kau ka lā, e hana i ola honua.
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