

island scene

well-being, family, and fun for **HMSA** members || winter 2019 || islandscene.com

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love your body, love yourself || unfiltered || gung hee fat choy

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MATT TUOHY



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COVER: Musician Paul Arakaki.
Story on page 20. Photo by Matt Tuohy.

dear friends,

Thank you to those of you who've taken the time to share your feedback on the redesign of *Island Scene* magazine and our website at island-scene.com. One of the bright spots of my work day is the chance to hear from you and understand your point of view. Please know that we take your feedback seriously and continue to look at ways to improve *Island Scene*.

We're committed to serving you through these pages and our website. We want to provide the information that you and your family are looking for. We strive to bring communities together and help our members and everyone in the state live ever-healthier lives.

This issue of *Island Scene* is The Body Issue. Our goal is to help you love and take care of your body and be comfortable and confident in your own skin. Look for articles on body image, caring for yourself and your family from head to toe, and health issues facing our families and communities.

To feed your body, check out recipes on stews and dishes for Chinese New Year. And take a quick carb quiz to test your knowledge.

Our next issue will focus on our communities and the big and small things that make them unique. What's your community? Is it your neighborhood, your home town, your hula hālau, your sports team, your school? Does your community impact who you are and how you live? Is it so different to move from Līhu'e to Makiki or from Mililani to Hilo? I moved from East Honolulu to Salt Lake a couple years ago and the adjustment was bigger than I expected. I've enjoyed exploring the new neighborhood, but my heart is still in Niu Valley.

What makes your community special? Share your community treasures with us at feedback@islandscene.com or call 948-6839 on O'ahu.

As always, we look forward to hearing from you. Best wishes and best of health to you and your family in the new year.

Blessed be,



Lisa Maneki Baxa
Publisher and Editor

a man of principal

Whether it's helping students and teachers participate in cutting-edge genetic research or securing funding for a \$100,000 telescope on campus, Waipahu High School Principal Keith Hayashi is providing the foundation for countless exciting opportunities.

As part of our *Making a Difference* series, I took a tour of Waipahu High School to learn more about this outstanding community leader.



Michael B. Stollar
President and Chief Executive Officer

photos Lew Harrington



“We’re fortunate to have a ‘leader full’ organization where leadership comes from everywhere, even from students.”

MS: Waipahu High School is a career academy school. Can you explain what that means?

KH: When students in grades 9 and 10 register, they each choose a career academy. We have academies in arts and communication, professional and public services, industrial engineering and technology, health and sciences, and natural resources. Our goal is to engage students, determine their passion, and give them a sense of purpose of why they’re in school. And it’s not only about making a good living for themselves, but also about giving back to their families and the community.

MS: I was very impressed when I visited your classrooms. From the top down, people are engaged. Is this because of the career academies?

KH: Before I got to Waipahu, there was already a lot of work done on career academies. We thought of students as clients, so we focused on the high school diploma and thus the high school credits. But then we began to think of post-secondary, industry, and the military as our clients. What are they asking for in our students? I think that was the beginning in the shift in thinking for us.

Once we realized that we wanted more than just students proficient in reading, writing, and math, it also became about developing responsible and respectful individuals with a commitment to an organization, people who could

think critically and creatively, people who could work together. It was this focus on preparing students for life after high school and the array of opportunity that gets people excited.

MS: What was the reaction from teachers and parents?

KH: Definitely positive. Because everyone understood where we wanted to go—we were giving teachers the freedom to innovate for a common purpose. And that’s what’s happening. Now I go from academy to academy and, over a period of a couple of weeks, things really change and I don’t even know about it. But it’s OK. I don’t need to know about everything because we’re all focused on a common purpose and common beliefs, so I know that whatever happens is in the best interest of our students. That’s innovation and that’s exciting.

MS: What led you to all this? How did you get to this point?

KH: I was fortunate to have the opportunity to work with a whole bunch of really great people who have influenced me in many ways. I started my administrative career at Waipahu Intermediate School, then came to Waipahu High School as vice principal under Pat Pedersen. After five years, I became the principal of Waipahu Elementary School. I was then appointed Complex Area superintendent and stayed for three years. When Principal Pedersen retired, I asked Superintendent Pat

Hamamoto for permission to apply back to Waipahu High as principal. She was a great leader. From her support to Superintendent Kathryn Matayoshi and now Superintendent Christina Kishimoto, and all the educators I’ve had the privilege of working with and learning from. I also have a wonderful wife, Donna, and a supportive family. I’ve been really fortunate to have systems, both personally and professionally, to help me to do what we do at the school. [Matayoshi was an HMSA Board member and joined our leadership team in 2017.]

MS: Can you tell me about your approach to leadership?

KH: I think for us, we’re fortunate to have a “leader full” organization, where leadership comes from everywhere, even from students. We had an area in our school that was overgrown, a hazard for students going to and from class. Instead of calling our facilities office, we encouraged our students to propose a solution. Working with Honolulu Community College’s Building and Construction Program, and utilizing Design Thinking, students learned about concrete, framing, and configuring mathematics. And over a weekend, they built a sidewalk together, all up to code. There are many other examples on campus, too. Empowering students is important. 

 For a video from this interview, visit [islandscene.com/more](https://www.islandscene.com/more)



big island

Congrats to the state's 2019 teacher of the year, Mathieu Williams of Kealakehe Intermediate School. "Mathieu's passion and dedication has accelerated Kealakehe Intermediate's technology and digital media program into a very popular focus among his students and has developed them into a nationally competitive team in two short years," said schools' Superintendent Christina Kishimoto.



Hawai'i's 2019 teacher of the year, Mathieu Williams of Kealakehe Intermediate School.

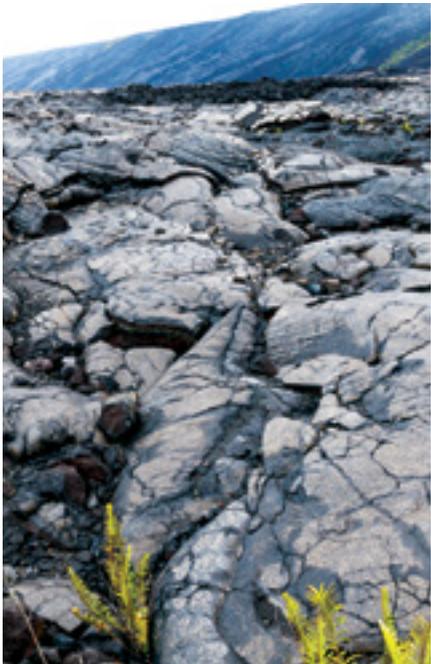
Other winners include:

- Shane Albritton, Public Charter Schools, School for Examining Essential Questions of Sustainability (SEEQS).
- Brandon Arakawa, Maui District, Kahului Elementary School.
- Sean Doi, Kaua'i District, Kaua'i Complex Area Office.
- Sam Hankins, Honolulu District, Prince David Kawānanakoa Middle School.
- Gail Izumigawa, Leeward District, Waipahu High School.
- Mary Ann Kurose, Central District, Radford High School.
- Debbie Morrow, Windward District, Kailua Elementary School.



Mark your calendar: Merrie Monarch Festival, April 25-27, merriemonarch.com or 935-9168 on the Big Island.

Loved your national park lately? Admission is free to Hawai'i Volcanoes National Park and Pu'uhonua o Hōnaunau National Historic Park (and Maui's Haleakalā National Park) on Martin Luther King Jr. Day, on January 21. Visit nps.gov or call the parks for details and other free days in 2019.



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

kaua'i

More compassion and understanding, please. Here's how: The Lawai International Center. This nonprofit community project in Kalāheo is an international center for compassion, education, and cultural understanding. It includes 88 shrines that replicate an ancient pilgrimage of 88 temples in Shikoku, Japan. Visit lawaicenter.org for tours, events, workshops, and more. Or call 639-5952 on Kaua'i.

Check it out: Princeville Night Market, January 13, February 10, and March 10. Free monthly festival with over 50 local artisans, live music, and food trucks. From 4 to 8 p.m., Princeville Shopping Center. Email princevillenightmarket@gmail.com or call 828-2118 on Kaua'i.



The Lawai International Center.

COURTESY THE LAWAI INTERNATIONAL CENTER

maui, moloka'i, and lāna'i

Makahiki on Moloka'i. Makahiki is the season that marks the start of the new year in the Hawaiian calendar. Celebrate Ka Molokai Makahiki 2019 January 24-26. Various locations, culminating with athletic events and a ho'olaule'a at the Kaunakakai Ball Park and Mitchell Pau'ole Center January 26. Arts and crafts workshops, lectures, athletic contests, and more. Free admission. Call 553-3214 on Moloka'i or email kamolokaimakahikiboard@gmail.com for details.

Meet Megan Nolan, a personal trainer, yoga teacher, and Blue Zones Project® champion on Maui who visits worksites to teach employees how to downshift and move naturally with her "Yoga at Work" sessions. "The workplace is where we spend most of our day, so I want to give people the tools to include movement and connect with their body and breath at work. The yoga is the key to unlocking energy and creativity throughout the workday," Nolan says. For more info, please visit VitalityWellnessMaui.com or call 276-9490 on Maui.



Megan Nolan

COURTESY MEGAN NOLAN

love your body | love yourself

The body that we're born with or that develops over time isn't always the one we want. Some go to great lengths to transform what they've been given, while others grow into what they have. And then there are those who make the most of what they have in spite of limitations.

No matter what path you've chosen, it's important to be comfortable with who you are. Because how you feel about yourself is even more important than how you look.

words Craig DeSilva

photos Brad Goda

Girl power

As a young boy, Rachel Ann always knew she was different. At age 3, her uncle asked what she wanted to be when she grew up. She responded that she wanted to be a flower. "I wasn't comfortable with who I was," she says. "I wasn't myself."

In high school, Ann started transitioning to the young woman who was inside her. She started growing her hair long and wearing dresses and makeup. Her last hurdle was walking the procession with the boys at her Pearl City High School graduation. "I cried when I had to wear a suit under my graduation gown," she says. "I didn't want to attend the ceremony, but I did it for my family."

She changed her name from Thomas to Rachel and underwent gender reassignment surgery. "It's when my life started," she says. "It was very empowering."

Ann says her gender isn't an issue with family and friends. "I live my life unapologetically."

Her advice to young people who may be experiencing similar issues with their identity? "Work on yourself first so you can feel good both on the inside and outside. Then everything else will follow," she says.

Bad breakup, better body

Throughout school, Christian Valenzuela was always known as the nice chubby kid.

He ate what he wanted and as much as he wanted. After his dad died, he used food to deal with the loss and grief. "Eating was my sanctuary," he says.

Even his doctor's advice to lose weight and Mom's tough-love approach of calling him "fatso" wasn't enough for

Valenzuela to change. "I was content and told myself to embrace and be proud of my body," he says. "But I was in denial of how unhealthy it was. I felt gross and unhappy."

After a rough breakup with his girlfriend, Valenzuela decided he didn't want to hide under oversized dark clothes anymore. "I thought I'd never find someone else. Who'd want to date a chub like me?" he says.

At 250 pounds, Valenzuela started running in his 'Ewa Beach neighborhood to shed the weight. At first, he couldn't run a block without stopping. He increased his distance every day until he could run five miles. He also started weight training and eating healthier and smaller portions. He lost 90 pounds in six months.

Valenzuela now doesn't go a day without exercising and hopes others can achieve a body they feel more comfortable in. "I feel free now," he says.

Natural beauty

Staying true to the traditions of hula matter more to kumu Māpuana de Silva than the color of her hair.

When de Silva's hair started turning gray, she didn't think for a moment about covering it up. "I'm the kind of person that what you see is what you get," she says.

Keeping her natural hair color also keeps her connected to her Hawaiian culture. During traditional ceremonies, her dancers aren't allowed to wear nail polish, makeup, or jewelry. And she removes her jewelry when called on stage to chant or dance kahiko. "As a dancer, it's important to be comfortable with how you look and feel without accessories because it'll express the hula in the best way possible," she says.

She's even inspired some of her dancers to stop coloring their hair. "They say it's changed their life. They feel free and more empowered because that's who they are," she says.

After more than 40 years as a kumu (hula teacher), de Silva says the color of her hair hasn't slowed her down. "It doesn't age me because I feel younger than my 70 years," she says.

A leg up in life

When Eric Welton lost his left leg in a motorcycle accident 12 years ago, he thought he'd spend the rest of his life in bed. But the North Shore resident is doing more today than he thought he'd ever do.

"Before my accident, I was a self-absorbed alcoholic," he says. "Losing a leg definitely sparked something in me to change."

Welton competes in triathlons, skydives, surfs, stand-up paddles, practices Pilates, and is getting his pilot's license—all with the help of a prosthetic. A recent University of Hawai'i graduate in mechanical engineering, he started a prosthetics business, giving other amputees similar opportunities in life.

He started an amputee support group and volunteers with AccesSurf, a non-profit organization that teaches ocean sports to people with a disability. "I volunteer to give back, but they give me so much more in return with their positive energy."

Welton shows that just because there may be setbacks in life, the game's not over. 

 [Check out islandscene.com/more](https://islandscene.com/more) for another body transformation story.

"It's when my life started. It was very empowering."

- Rachel Ann



"I feel free now."

- Christian Valenzuela



"As a dancer, it's important to be comfortable with how you look and feel without accessories because it'll express the hula in the best way possible."

- Kumu Māpuana de Silva



"Losing a leg definitely sparked something in me to change."

- Eric Welton



unfiltered

words Robyn Kuraoka and
Courtney Takabayashi

According to Instagram, life is beautiful. We see people with toned bodies and sun-kissed tans hiking lush valleys, jumping into crystal-clear pools of water, and drinking poolside cocktails at sunset. Sure, it seems harmless to follow our friends and celebrities on social media, but studies show that overusing these apps can affect our health and happiness.

Beyond compare

In 2017, the University of New South Wales and Macquarie University conducted a survey of 350 American and Australian women ages 18–25. They found that browsing Instagram for as little as 30 minutes a day can lead women to negatively obsess about their weight and appearance. And the more that the women looked at fitness-inspiration images or compared themselves to fit celebrities, the less satisfied they felt about their own bodies.

“Everyone has problems.
They just aren’t advertised on
Facebook.”

:Steven Nagasaka



BROWSING INSTAGRAM FOR AS
LITTLE AS 30 MINUTES A DAY CAN
LEAD WOMEN TO NEGATIVELY
OBSESS ABOUT THEIR WEIGHT AND
APPEARANCE.

No one's perfect

It's natural to compare ourselves to others, but social media makes it easier than ever before. Steven Nagasaka of Ho'okupu Counseling Services says that social media has changed many aspects of social interaction, especially in today's younger generation. A possible contributing factor to loneliness and depression is the feeling that everyone else is living an ideal life. Then, we feel different, even bad about ourselves because our life isn't perfect. But the reality is that no one has a perfect life. "Everyone has problems," says Nagasaka. "They just aren't advertised on Facebook."

FOMO—Is it real?

FOMO—or the fear of missing out—is defined as apprehension that others are having a rewarding experience without you. While FOMO isn't necessarily a new concept—new parents experience it when returning to work and young children experience it when they're forced to go to bed before their older siblings—the modern definition of this phenomenon is usually characterized by a desire to stay continually connected.

According to Leon James, Ph.D., a professor of psychology at the University of Hawai'i at Mānoa, "It's normal for people to become anxious or distracted when they're cut off from their usual intense contact with digital services." He points to distracted drivers or even pedestrians who are constantly consulting their mobile devices and aren't aware of what's going on around them. The good news is that you can change this.

You have the power

The next time you're looking at social media and you start comparing yourself to others, stop! Instagram, Facebook, and Snapchat are meant to connect you with friends and family and to inspire you, not to breed unhappiness or fuel insecurities. Instead, limit your time on social media and focus on the good things in your life. Also, when you turn envy into action, you'll be more productive and have more time to live life and less time to scroll through it on Instagram.

The flip side

It's natural for people to focus on the negative. But believe it or not, it can be positive for individuals and for the community to be connected all the time, says James. "People benefit by keeping in touch on a constant basis with the lives of those they care about and think about."

James also points out the benefits to our state. While Hawai'i may have been considered isolated in the past because of our geographical location, the Internet and social media have made us a hub of technology in areas such as astronomy, medicine, social movements, community integration, and learning. It's a bright spot in a connected world. **is**



go ahead,
make a move

islandscene.com/fitness



inked

words Tiffany Hill
photos Matt Tuohy

Hawai'i has a storied history with tattoo culture, from traditional Polynesian tapping techniques that showcase a person's ancestry to Norman "Sailor Jerry" Collins and his World War II-era tattoo shop on Smith Street to today's annual tattoo conventions on O'ahu.

It's more common today to see people sporting ink across the Islands. Tattoos are becoming increasingly acceptable, even in some workplaces where they were once frowned upon.

Here are three kama'āina whose tattoos are a way of life, tell a story about their heritage, and represent a new beginning. 



Paul Arakaki

A samurai in Okinawa inspired Paul Arakaki's body art. After researching his family history, the O'ahu native discovered he was related to a Japanese warrior on his father's side. The Arakaki family even had a family crest. "My tattoos all started with my ancestor and my family crest," he says. He got his first tattoo of his family crest when he was 30 years old. The simple crest shows the broad leaf of the paulownia tree, commonly known as the princess or empress tree.

His family respected his decision to get tattoos. "Once they saw them and saw that they were good, they were fine," he says with a laugh.

Today, the 49-year-old has tattoos on his legs, arms, chest, and his entire back. He has pieces done in black and gray and in color. They complement his family crest, including Japanese hannya masks, spider mums, and a black koi. He's had all of his tattoos done by Ronnie Yamada, his friend of 20 years and a tattoo artist at 808 Tattoo in Kāne'ohe.

Despite the amount of work he's had done, Arakaki says he doesn't show them off. "I'm discreet about them," he says. "It's more for me."



Arakaki with a photos of his grandfather from a book on World War II veterans.



Melissa Black

Melissa Black was 15 years old when she got her first tattoo. She points to a small star and moon on her left ankle. "My mom took me and she thought I would chicken out, but I didn't." She got another one on her 16th birthday and "from there I went crazy," she says with a laugh.

Black, 32, says she's lost count of her tattoos and she's still getting more. She's currently getting a floral piece finished on her right kneecap. She says that her parents, who also have tattoos, have been supportive of her body art. She adds that she frequently gets compliments on her tattoos. "A lot of people think I'm a tattoo artist myself."

Black was born in California and moved to Kailua as a child. She's gotten all of her tattoos done at Windward O'ahu shops. "Once I got tattoos, I felt emboldened," she says, especially as a tall woman. Black is 6-feet-3-inches tall and when she's not working at Moke's Bread and Breakfast, she's roller skating. Black used to play roller derby; her name was Rose Bleed.





Kaleo Auwae

Kaleo Auwae's tattoos represent a new beginning. The oldest of four kids, the 47-year-old grew up in Papakōlea and was raised by his grandparents. As a young adult, he says he had substance abuse problems and was homeless for a short period. In 1994, Auwae started practicing jiu-jitsu. He says the martial art inspired him to get clean and eventually launched his career. Auwae now owns Team Papakolea Jiu-Jitsu, where he teaches about 200 students at the Papakōlea Community Center and in Kaka'ako.

Jiu-jitsu also motivated him to rethink his body art. When he was younger, Auwae got poorly done flash tattoos that he says no longer reflected who he'd become. "A lot of my tattoos now are cover-ups," he says. "It was about starting fresh." Auwae now has fighting samurai in the rear naked choke position, a powerful jiu-jitsu move, as well as the words "jiu-jitsu" in red kanji.

Auwae says he shares his story with his students to show them that "anything can be done."



WANNA GET INKED? HERE'S WHAT YOU NEED TO KNOW

If you're thinking about getting your first tattoo, consider the following checklist.

- Decide what and where on your body you want to get tattooed.
- Research online for a reputable artist and tattoo parlor or ask a friend for a recommendation.
- Make an appointment. Some artists require a consultation and a deposit.
- On the day of your appointment, wear comfortable clothes and avoid alcohol.
- Make sure your artist's workspace is sterile. The artist should wear gloves and use single-use needles.
- Depending on the size and intricacy of your design, your appointment may take hours or require more than one visit.
- Remember, getting a tattoo is painful.
- Be sure to tip your tattoo artist.
- Follow your artist's after-care instructions. This includes when to remove the bandage covering your new tattoo, washing, and moisturizing.
- An itchy tattoo is a healing tattoo. Resist the urge to scratch it, which could damage the tattoo.
- Protect your tattoo with sunscreen when you go outdoors.

TATTOO REMOVAL

REGRET THAT TATTOO YOU GOT AT 19 WITH YOUR (NOW EX) BOYFRIEND'S NAME? LASER TATTOO REMOVAL IS BECOMING MORE POPULAR AS PEOPLE ARE OPTING TO ERASE TATTOOS THEY'VE CHANGED THEIR MIND ABOUT. TREATMENTS INVOLVE LASERS THAT SLOWLY BREAK UP AND RELEASE THE INK FROM THE SKIN. BUT IT'S AN EXPENSIVE PROCESS AND OFTEN COSTS MORE THAN THE ORIGINAL BODY ART ITSELF. IT ALSO REQUIRES SEVERAL SESSIONS, USUALLY BETWEEN FIVE AND EIGHT, DEPENDING ON THE SIZE, LOCATION, AND INK BEING REMOVED.

seeing eye to eye

words Robyn Kuraoka



True or false? Wearing glasses will weaken your eyes.

False: For adults, wearing glasses won't weaken your eyes any more than they can cure your vision. For adults, glasses don't change any part of your eye. However, for children, not wearing glasses when medically indicated (e.g., lazy eye) could lead to permanently defective vision. Be sure to check with your child's pediatrician and follow all advice, such as seeing an eye doctor.

Fact or fiction? Holding your book too close or sitting right in front of the TV is bad for your eyes.

Fiction: Youthful eyes can focus on objects that are very near. As you get older, this ability may decline, prompting the need for reading glasses. Getting close to a book or TV doesn't damage your eyes.

Agree or disagree? Too much screen time isn't good for keiki's eyes.

Agree: According to the American Academy of Ophthalmology, doctors who specialize in medical and surgical eye care are seeing an increase in children with dry eyes and eye strain from too much screen time. Still unknown is just how much it contributes to nearsightedness in children. Jeff Tom, M.D., an O'ahu pediatrician and HMSA medical director, recommends 20-second breaks every 20 minutes.

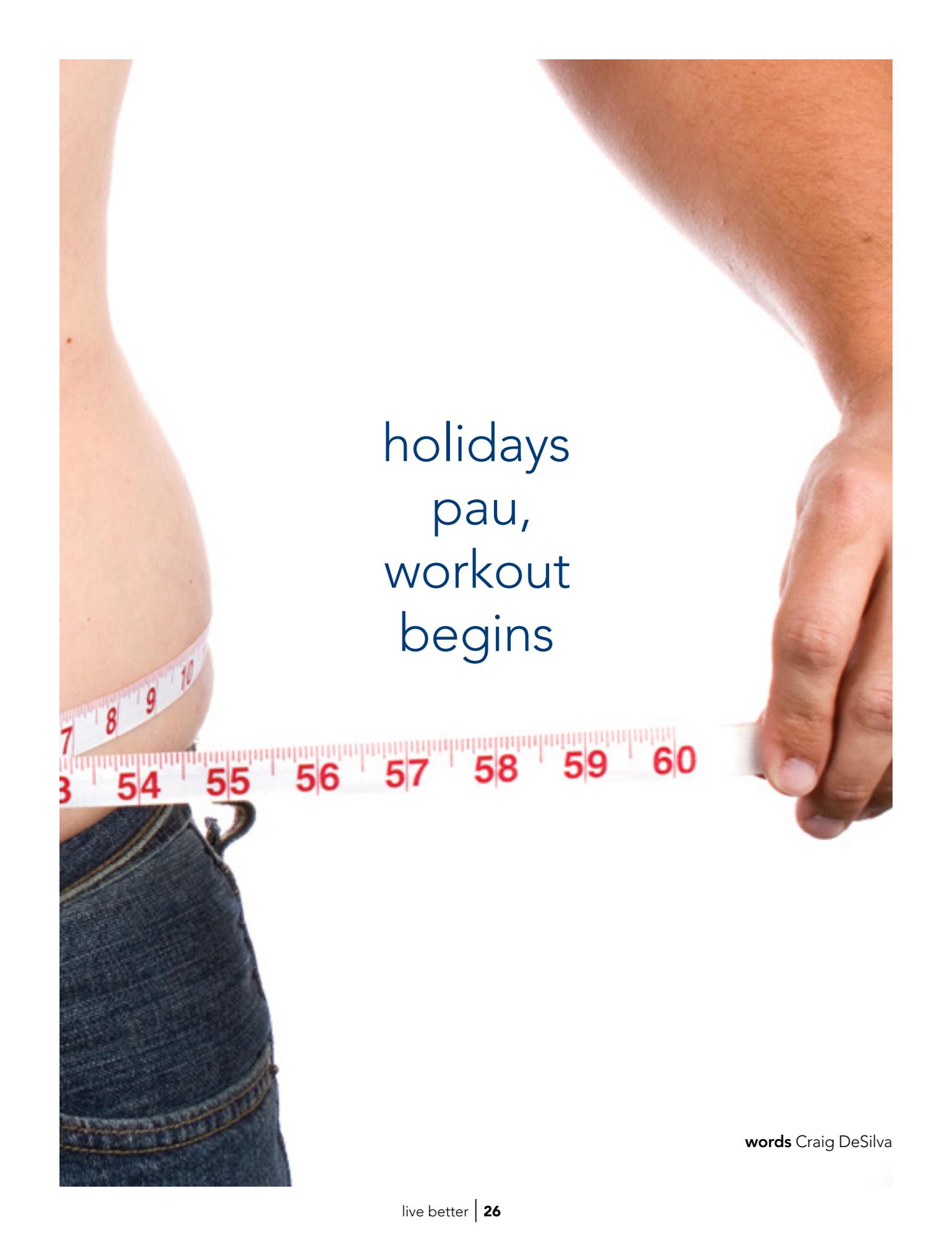
Real or unreal? Eating carrots can benefit your vision.

Real: Carrots are high in a compound called beta-carotene that helps to protect the retina in the eye. Also, beta-carotene can be converted into vitamin A, a nutrient essential for good vision. Consequently, eating carrots can contribute to both eye health and good vision. Many other vegetables and some fruits provide beta-carotene. Sources of actual vitamin A include milk, cheese, egg yolks, and liver. However, too much vitamin A can be harmful and you may want to talk with your doctor before starting a vitamin A supplement or changing your diet, especially if you plan to get pregnant or are taking medications. 

historical footnote:

DURING WORLD WAR II, the British Royal Air Force's top night fighter pilot was John Cunningham. His skills were attributed to a steady diet of carrots. Cunningham actually had another tool to help him successfully locate Luftwaffe bombers at night: British scientists had secretly developed a sophisticated airborne radar system.

For more on how to protect children from computer eyestrain, go to healthychildren.org from the American Academy of Pediatrics and search for "screen time."

A photograph showing a person's waist and arm being measured with a red and white tape measure. The person is wearing blue jeans. The tape measure is held by a hand, and the numbers 54, 55, 56, 57, 58, 59, and 60 are visible on the tape. The background is white.

holidays
pau,
workout
begins

words Craig DeSilva

If there's one thing you could improve about your body, what would it be? Maybe you have a trouble area you wish were smaller, bigger, or more defined. We asked certified personal trainer and Medical Exercise Specialist Tim Rabetoy about basic exercises you can do to work off your holiday feasting and help you stay in shape in the new year.

Get moving

- If you're a beginner, start with three sets of 10 reps for each exercise. For a more intense workout, do each exercise until failure, which is when your muscle gets fatigued until it can't work anymore.
- Focus on quality rather than quantity. Doing these exercises with proper form can help prevent muscle injury and maximize your workout.
- Keep your abdominals tight and pulled in for a strong core and to prevent back injury.
- Check with your doctor before starting an exercise program.

Man Up

Push ups

What it targets: Pectorals (chest)

1. Lie on the floor on your stomach.
2. Place your hands a little wider than shoulder-width apart on the floor. Your feet should be shoulder-width apart.
3. Lower yourself to the floor.
4. Press back up to a full arm extension.

Keep in mind: Your body must stay straight.

Variation: For less intensity, place your knees on the floor or use an elevated surface like a desk or bench.



Got a spare tire?

Crunches

What it targets: Abdominals (stomach)

1. Lie on the floor on your back.
2. Extend your arms and legs upward.
3. Lift your trunk and head off the floor while raising arms and legs straight up. Bring your toes and hands as close together as possible.

Exercise is just one part of losing fat and firming up trouble areas. Maintain a healthy, portion-controlled diet that could include whole foods, lean meats, and fresh fruits and vegetables.



Don't skip leg day

Squats

What it targets: Quadriceps, hamstrings, and glutes (legs and butt)

1. Stand with your legs a little wider than shoulder width and point your toes slightly outward.
2. Look at a spot slightly higher than eye level and bend your knees until your thighs are almost parallel to the floor.
3. Press yourself back up.

Keep in mind: Don't let your knees go beyond your toes as you squat.

Variation: To increase the intensity, hold dumbbells at your shoulder or a barbell across your shoulders.



Wings are for the birds

Tricep dips

What it targets: Triceps (upper arms)

1. Sit on a bench or chair with your hands next to your hips.
2. Extend your legs in front of you with your heels down and toes up.

3. Lower yourself off the chair and down as far as you can.

4. Straighten your arms to lift your body up and hold for a second.

Keep in mind: Your elbows should stay as close to your body as possible. Your upper body should be straight and close to the bench or chair.

Variation: For increased intensity, put your feet on another bench or chair. The higher your feet are, the harder the exercise.



Build up those chicken legs

Standing calf raises

What it targets: Calves

1. Stand with your feet shoulder-width apart.
2. Press down into the balls of both feet to raise your heels and body up.
3. Hold for a second.
4. Lower your heels to starting position.

Keep in mind: Hold on to something to prevent you from losing your balance.

Variation: For added intensity, do this exercise at the edge of a step.



Feel the love, not the love handles

Side bends

What it targets: Obliques (waist)

1. Stand with your feet shoulder-width apart.
2. Hold a dumbbell at your side in your right hand with your arms relaxed.
3. Engaging your core, bend at your waist toward the right.
4. Return to starting position.
5. Repeat on the other side.

Keep in mind: Don't lean forward or backward during the movement.

Fitness models: Iokepa Bahilot and Carrie Thompson.

Fitness photos by Earl Yoshii.

Pregnant?

The **HMSA Pregnancy Support Program** can help. You'll have your own maternity nurse who'll call you throughout your pregnancy and answer any questions or concerns along with your ob-gyn.



Participants love the HMSA Pregnancy Support Program:

“ Meg was an amazing resource throughout my pregnancy and after. ”
– Joy P.

“ I would highly recommend your program to others and I would especially recommend Kandi. ”
– Michelle T.

“ My nurse Kandi was wonderful and very supportive. ”
– Mura T.

You'll also receive a copy of *Your Pregnancy and Childbirth: Month to Month*.

To enroll, call 948-6079 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands. Or visit hmsa.com/pregnancysupport.





something's afoot

We walk on them.

Stand on them. Tap them when we're agitated. We make them run for miles. But until we step on a Lego, we mostly take them for granted.

Do we need to take care of our feet? Why? They're just ... feet.

"Our feet allow us to move easily, efficiently, and independently," says Nathalie Sowers, D.P.M., an HMSA participating provider who knows all things feet. "If we enjoy walking, running, climbing, or dancing, feet offer us the privilege to do that without much forethought or planning.

"They're remarkable in terms of architecture and construction," she adds. And since feet are the foundation for the rest of our body, conditions such as flat feet or high arches may cause knee or hip pain, shin splints, stress fractures, and more.

People in Hawai'i love rubber slippers. To the beach! To the grocery store! To Auntie's house! Sowers says that rubber slippers are fine if our feet are healthy and pain-free. "Feet can put up with a lot." But did you know that one of the most common causes of foot pain is wearing footwear with little or no arch support? That includes rubber slippers.

The good news is that there are slippers that provide arch support and have an elevated heel. They cost a bit more than the average rubber slipper, but they're a great alternative for people who can't wear shoes because of wide feet, bunions, or hammertoes, and for those of us who like to let our toes hang loose.

Sowers says that the best thing we can do for our feet is to wear good supportive shoes with a 1 1/2-inch heel to stabilize our stride.

Feet are the "interface" between our bodies and the environment, says Sowers. "They allow us to lift off and move forward and upward." 

"Did you know that one of the most common causes of foot pain is wearing footwear with little or no arch support?"

Your newest choices for quality care statewide



Hawaii

Ryan J. Brimley
Will E. Chapple
Carly Correa
Stephanie G. E. Daniels
Erwin Danzer
Kara Eldridge
Joshua R. Johnson
Emily M. Kaup
Natalie K. A. Kong
Kimberly A. Kuklis
Scot A. Liepack
Jodi Leslie Matsuo
Catherine A. Okumura
Dana K. Petersen
Melissa E. Pulling
Gina Reyes
Amanda Scarbrough
Kimberly A. Schueler
Bethyl J. Shepperson
Paris N. Stowers
Jasun Mittaark
Sulla-Menashe
Brent K. Tatsuno
Peter Viavant
Mark R. Villarin
Michael H. Walczyk

Kauai

Daniel Sunglim Choi
Meghan M. Fredet
Eugene Lao
Richard B. Lewan
Crystal K. Okamoto
Melissa D. Wilson

Lanai

Jennifer K. Hashimoto
Jared Medeiros

Maui

Anna J. Bennett
Aaron B. Boor
Ellen R. Caringer
Paige N. Cook
Deanna Coschignano
Erwin Danzer
Erin M. Ehrecke
Elliot M. Epner
Tanya Noelle Gabriel
Jenean N. Garcia
Scott D. Hoskinson
Fatima M. Imara
Andrew M. Janssen
Samuel E. W. Johnsen
Sarah Chin Kasai
Marcus Aleksander Kuikka
Amanda Louise Markell

Todd R. Miller
Heather Milovina
Melissa Susan Nicoletti
Cynthia D. Reed
Kathryn R. Ruliffson
Kenneth L. Scott
Scott H. Smith
Caroline Koley Stoner
Daniel N. H. Vo
Shawna Wiley

Molokai

Dino Akai
Jean Paul Colon Pons
Briana I. Mullen
Tonia D. Stevenson

Oahu

Anitalei D. Alexio
Zaid Alirhayim
Stefanie A. Allen
Archibald B. Aseron
Maria O. Balingit
Leahna P. Barton
Ludmila S. Bautista
Jennifer Marie Bear
Edith S. Beverly
Craig S. Boddy
Eric M. Boorman
Christa Marie Braun-
Inglis
Jonathan D. Carlson
Shaylin P. Y. K. Chock
Jean Paul Colon Pons
Lynn A. Craft
Ryan N. Crete
Martha L. Cruz
Anna Josephine
Daddario
Fil Beth G. Davis
Aki W. de Leon
Anna Ruslanovna DeGolier
Angela C. G. DeJong
Joda P. Derrickson
Arthur Domingo
Robert Douk
Rebecca K. Elbare
Ryan James Erlenbach
Gina H. Eustaquio
Shannon M. Flynn
Kathy M.H. Gadaingan
Cody V. Gilliss
Deborah S. I. Glenn
Jennifer L. Hernandez
Anthony J. Herrera
Teralyn Green Hobbs
Tia Alane Hoffer
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Dennis Paul Itoga
Amar S. Kapur
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Angela Lantang
Randy K. M. Lau
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Patsy E. Uehara
Tanya K. Von Detten
Tricia M. Wahl
Keith N. Williams
David R. Worthen
Darin L. Wright
Maritess M. Yamada
Jennifer Matsukawa
Yamashita
Shea M. Yonamine

For a complete list of providers, contact information, and plans accepted, visit hmsa.com and click Find a Doctor. These providers joined HMSA's network June 22 to September 21, 2018.

the k-beauty craze



Bright lights. Beautiful people.

Face masks for days. Where are you? A Korean beauty store, of course.

Also known as K-beauty, Korean beauty stores have popped up throughout Hawai'i. But what is it about K-beauty products that attracts celebrities like Chrissy Teigen and Drew Barrymore? Why do people swear by K-beauty products? And are those face masks really anything special? We talked with Miki Shirakawa Garcia, M.D., dermatologist, to find out.

What's K-beauty?

It's the term for skin-care products and routines that come from South Korea, focusing on fresh, hydrated skin and natural-looking makeup. Gadgets are also part of K-beauty and tools can help with hair loss, acne, and skin tightening.

Is K-beauty safe?

Though products are known for being natural, eco-friendly, and good for sensitive skin, you should learn about the main ingredients in products and see if they're appropriate for your skin type. And don't use too many of a similar product at the same time. For example, if you use too many acne products at once, they may cause dryness, irritation, and a rash.

Are Korean face masks special?

These single-use sheet masks are soaked in nutrients called serum. They're easy to use: apply, wait, remove, and pat in the excess moisture. No rinsing necessary. Garcia says sheet masks are a good quality, affordable option for skin care.

If you're ready to delve into the world of K-beauty, remember to have reasonable expectations. Though K-beauty may seem magical, Garcia says it can require a lot of time every day before you see improvement. If you have questions about your skin or skin care routine, it's best to check with a dermatologist. [15](#)

words Courtney Takabayashi



doing the heavy lifting

As you get further away from your teenage years, it's no surprise that some things don't come as easily. And when you try to do them against your better judgment, your body may pay the price.

Take lifting, for example. A box that you could pick up easily years ago may cause injuries if you tried to lift it now—especially if you don't do it correctly. Face it. It's a sad fact, but as we age, we lose muscle strength and muscle mass.

Blake and Karen Choo of Mililani run their own moving company and often do the heavy lifting themselves. Blake has been in the business for more than 10 years. Karen met Blake after moving to Hawai'i from the Philippines, married him five years ago, and has been working with him ever since.

Blake, now 46, says lifting started to get a little harder in his late 30s. "There were back, knee, shoulder, and even forearm problems." So as he got older, he had to start thinking more about how to do the job right. Blake offers the following tips to stay injury free.

Know your limits

Don't assume that you can lift a heavy object now just because you could a few months ago. "If you haven't lifted something for a long time, you don't know what muscles have weakened.

Muscles deteriorate and lose their capacity to lift things if you haven't used them."

Prepare your body

Stretching can be a big help, not only before you lift, but as a part of your daily routine. "People can injure their back just by picking up a piece of paper off the ground." Keep your muscles loose by stretching daily or doing warm-up stretches throughout the day.

"You can easily injure something if you lift too quickly ..."

Take your time

Lift slowly using the muscles in your hips and knees. "You can easily injure something if you lift too quickly, especially if you haven't lifted anything for a long time. If you think you have to lift something quickly to get it off the ground, maybe you shouldn't lift it at all." Also, go slowly when you put the object down.

words David Frickman

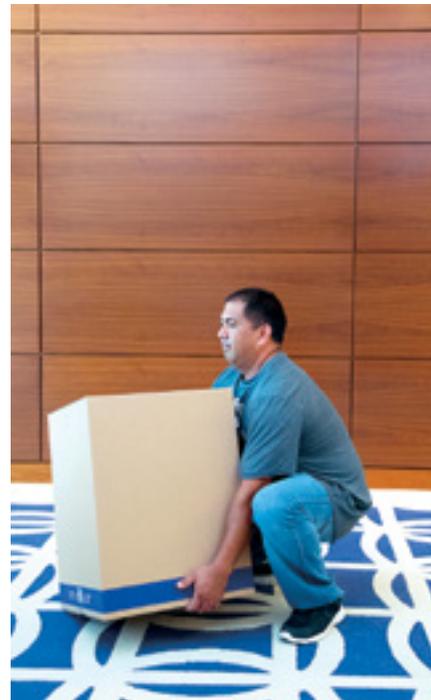
photos Earl Yoshii

Practice good form

Spread your feet apart. "If you carry something a little heavier and your feet are closer together, you can lose your balance or do a lot of damage to your back or knees with a jolt." And the closer you get to your item when you lift it, the less you have to stretch your back and risk injury.

Bend at your knees, not at your waist or back. "Tighten your stomach muscles as you lift the object up or lower it down. This will help keep your back straight."

Hold the object close to your body and don't twist your back while you carry it. "It doesn't take much of a twist to put something out of line." 

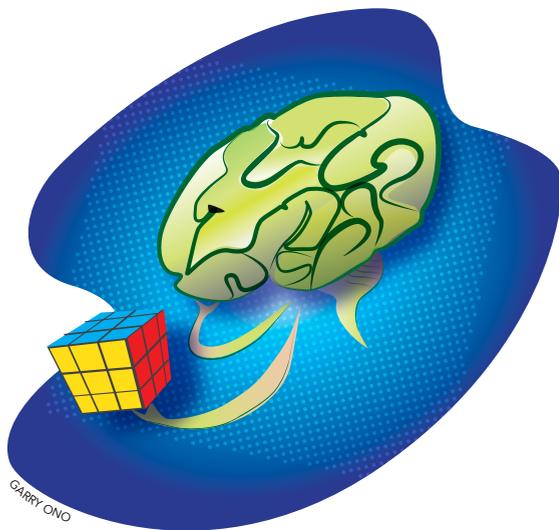


For a video on dual lifting, visit [islandscene.com/more](https://www.islandscene.com/more).



mind your thoughts

words Lynn Shizumura



Mindfulness
is the state of
being aware in
the present.

It's easy to be intimidated by the concept of mindfulness. It sounds like a practice for yogis, not busy working moms who don't have much time for themselves. But being mindful can help you overcome frustration and boredom in everyday life. And that can be good for your health. Here's how mindfulness can help you.

What's mindfulness? Mindfulness is the state of being aware in the present. "It's the practice of letting go of all the thoughts you have buzzing in your head and deeply focusing on what you're doing," says James Westphal, M.D., medical director at Beacon Health Options®, a behavioral health care company.

Is mindfulness the same as meditation? The short answer is that mindfulness is a form of meditation, which is the practice of quieting your thoughts through techniques like deep breathing. Meditation and mindfulness both require you to focus on something other than your thoughts.

What are the benefits of being mindful? The American Psychological Association calls mindfulness an "age-old practice" that can help people reduce stress and improve their memory and mood. There's also evidence that suggests that a mindfulness practice can strengthen your immune system.

How can you be mindful? Westphal says you can be mindful at any time, but especially during routine tasks like washing dishes, eating a meal, or sitting in traffic. For example, notice the colors and textures of your lunch instead of rushing through your meal. Being mindful can also help you remember the details of happy moments.

Interested in meditation or mindfulness? Try a smartphone app. There are apps for guided meditation, mindful eating, and mindfulness reminders. One to try: the Calm app is the leading app for meditation and sleep.

"Anyone who wants to try mindfulness or meditation should," Westphal says. "There's plenty of evidence that it works for people and it may work for you." 

Beacon Health Options® is an independent company providing behavioral health utilization management and quality improvement services on behalf of HMSA.

health matters

MOVE OVER, SECONDHAND SMOKE.



There's a new hazard in town. It's called thirdhand smoke, the chemicals from cigarette smoke that linger on clothing, bedding, furniture, and indoor surfaces. So far, research shows that particles from thirdhand smoke are toxic and can even cause cancer.

How can you protect yourself and your keiki from it? Lila Johnson from the Hawai'i Department of Health says to stay away from places where smoking is allowed even if no one is smoking there at the moment.

Picture this

Got old magazines and a couple of hours to spare? Make a collage. It can help you commit to your New Year's resolutions or help you through a difficult time. Kate Collinson, an artist from Ha'ikū, says to start by looking through magazines. Then, cut out pictures you like and arrange them on a board before gluing them down. "Don't overthink it," Collinson says. "I've created a collage and had no idea what it meant to me. Later, I went back and it made total sense."



Basic Training

Want to lose a few pounds after the holidays? Go back to basics. Eat five servings of fruits and vegetables and drink lots of water every day. And don't forget to strength train. "Fitness and nutrition go together like a married couple," says Justin Yanagida, founder and head coach of Yanagida Fitness, a gym in Wailuku that offers a membership discount to HMSA members. To learn more about the discount and others statewide, go to hmsa.com/well-being.



COURTESY AMY POTTINGER

Bowled over with goodness

Need more vitamin C? Make a papaya bowl for breakfast. Start with a papaya, seeds removed. Then add your choice of yogurt, fruits, nuts, and seeds. This idea from Food Network Star finalist Amy Pottinger is easy, refreshing, and delicious. Plus, you won't have to wash a bowl. For more recipes, go to islandscene.com.

waterman

words Craig DeSilva

photo Rae Huo

A leader doesn't always have to be at the front. As a lifelong paddler and coach, HMSA Board member Ronald Williams steers his crew members from the back of a six-seat canoe, helping navigate through choppy waters toward their destination.

"I'm not there to help myself," says Williams, president and chief executive officer of Atlantis Adventures, which includes Atlantis Submarines, Sea Life Park Hawaii, and Waimea Falls Park. "I'm there to help them succeed and get them where they're going."

"Everyone has a gift and it's gratifying when I can match their gifts to their job"

Williams says that running a business is similar to paddling a canoe. Everyone needs to pull together to move forward. He believes that a good leader empowers people to use their talents to succeed. "Because the worst feeling is being powerless," he says. "But with empowerment comes the kuleana of great responsibility."

And it's OK if there's a huli (the canoe flips) along the way. "Because part of being successful is also about making mistakes," he says. "What's important is that you learn from those mistakes and keep moving forward."

Williams believes in giving young people the same opportunities that his mentor, Hilo business leader Glenn Furuya, gave him when he was starting his tourism industry career fresh out of the University of Hawai'i. "Everybody has a gift and it's gratifying when I can match their gifts to their job," he says. "Because people are happiest when they're using their gifts."

Spoken like a true leader, both in and out of the water. 





You don't
have to be
Einstein
to know it all

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you'll find:**

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- HMSA's quality improvement report.
- And more.

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is diabetes in your future?

words Lisa Maneki Baxa

We love it when there are homemade cookies at work or dinner includes a sweet treat at the end, but how much sugar is too much? Now there's a simple test that can tell you if you're at risk for diabetes.

Take the easy assessment on the next page. You can also take the assessment online at healthyhawaii.com/prevent-diabetes-2/.

Remember, if you're at risk for diabetes, there are things you can do to prevent it. It's not too late! Even if your family has a history of diabetes, you can take your well-being into your own hands and keep yourself and your kids healthy.

What's diabetes?

With diabetes, your body doesn't properly process food to use as energy. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. Your pancreas makes insulin to help glucose get into your cells.

When you have diabetes, your body doesn't make enough insulin or doesn't

use it well. This causes sugar to build up in your blood. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States.

What's prediabetes?

With prediabetes, blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes increases your risk for heart disease, stroke, and, of course, diabetes.

In Hawai'i, 442,000 adults have prediabetes and two-thirds of these adults don't know they have it. Without any action, 15 to 30 percent of people with prediabetes will develop diabetes within five years. But prediabetes can be reversed. If you have it, there are things you can do to prevent getting diabetes.

Regular exercise such as walking five days a week for at least 30 minutes can lower your risk for developing diabetes. In addition, eating healthy, managing stress, and getting support from your doctor will help. 

**I need to see a specialist,
but can't find a participating
provider nearby.**

Now what?

Work with your primary care provider and visit the HMSA Help Center online 24/7 for info plus lots of other health plan details.

hmsa.com/help-center

Search "request services from nonparticipating provider."

Or call 948-6079 on O'ahu or 1 (800) 776-4672 toll-free on the Neighbor Islands. TTY: 711.

Diabetes Prevention Program for HMSA members

HMSA has a new scientifically validated program at no cost for eligible members with prediabetes. A lifestyle coach leads a series of classes to teach you how to make healthy decisions, increase physical activity, and manage stress. People who complete the program are one-third less likely to develop diabetes after 10 years when compared with people who weren't in the program. For more information, call 948-6499 on O'ahu or 1 (800) 776-4672 toll-free on the Neighbor Islands. Hours are Monday through Friday, 7 a.m. to 7 p.m., and Saturday, 9 a.m. to 1 p.m.

ARE YOU AT RISK FOR DIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but it's not too late to lower your risk. Type 2 diabetes can be delayed or prevented by making lifestyle changes such as exercising, eating a healthy diet, and controlling your weight. Type 2 diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Take this test to find out if you could be at risk.

STEP 1: TAKE THE TEST TO KNOW YOUR SCORE

1. Are you a woman who has had a baby weighing more than 9 pounds at birth?

Yes (1 point) No (0 points)

Score

2. Do you have a parent with diabetes?

Yes (1 point) No (0 points)

3. Do you have a sibling with diabetes?

Yes (1 point) No (0 points)

4. Find your height on the chart to the right. Do you weigh as much as or more than the weight listed for your height?

Yes (5 points) No (0 points)

**Asian Americans may be at higher risk for developing prediabetes or type 2 diabetes at a lower body weight. If you are Asian American, subtract 15 pounds from the weight shown on the chart for your height to find your at-risk weight.*

5. Are you younger than 65 years of age and get little or no exercise in a typical day?

Yes (5 points) No (0 points)

6. Are you between 45 and 64 years of age?

Yes (5 points) No (0 points)

7. Are you 65 years of age or older?

Yes (9 points) No (0 points)

HEIGHT	WEIGHT
4'10"	129 lbs
4'11"	133 lbs
5'0"	138 lbs
5'1"	143 lbs
5'2"	147 lbs
5'3"	152 lbs
5'4"	157 lbs
5'5"	162 lbs
5'6"	167 lbs
5'7"	172 lbs
5'8"	177 lbs
5'9"	182 lbs
5'10"	188 lbs
5'11"	193 lbs
6'0"	199 lbs
6'1"	204 lbs
6'2"	210 lbs
6'3"	216 lbs
6'4"	221 lbs

Total

STEP 2: ADD UP YOUR SCORE

3 to 8 Points: Your risk is probably low for having diabetes now. Maintain a healthy weight, be active, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your healthcare provider about your risk for type 2 diabetes.

9 Points or more: Your risk is high for having prediabetes now. Please make an appointment with your healthcare provider soon.

STEP 3: BRING THIS FORM TO YOUR DOCTOR OR HEALTHCARE PROVIDER

To see if additional testing is needed, present this form to your doctor or healthcare provider. He/She may refer you to a Diabetes Prevention Program, or recommend lifestyle changes to help you lower your risk.

For more information visit PreventDiabetesHawaii.com

PREVENT | Diabetes
HAWAII



build a stronger, healthier brain

words Lynn Shizumura

Has it been a while since you've felt the rush of learning something new? An HMSA health education workshop may be just what you need. You can learn about sleep health, smart grocery shopping, and stress management from friendly and knowledgeable health and well-being educators. Here's what you could learn at a workshop.



Be in the know

The American Heart Association says that many people with high blood pressure don't even know they have it. Not sure where you stand? Try the health screening station at an HMSA Center @ Hilo, Honolulu, Kahului, or Pearl City. Use these tips for accurate results.

- Refrain from caffeine, exercise, or smoking before your test.
- Sit down and relax before starting your test.
- Remove excess clothing where the cuff will be placed.
- Don't talk during your test.



Learn more at the Hypertension Explained workshop.

Step away from the chocolate

Late night munchies got you down? Try sleeping earlier. According to the National Sleep Foundation, it's estimated that people who sleep less than eight hours eat twice as much fat and more than 300 calories more than those who sleep for eight hours.

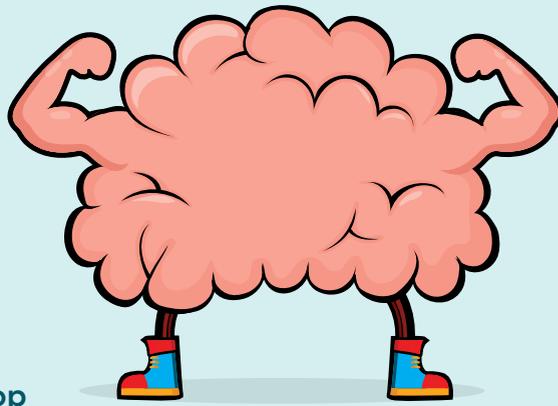
Learn more at the Sweet Dreams workshop.



Read all about it

The U.S. Food and Drug Administration is introducing a refreshed nutrition label with bigger text for calories, servings per container, and serving size. They're also updating serving sizes and labeling requirements for some package sizes based on how much people actually eat. Check out a sample of the new label at www.fda.gov/Food/LabelingNutrition.

Learn more at the Supermarketing workshop.



Find Your Workshop

Start the New Year right. Register for an upcoming workshop. Workshops are open to HMSA members at no cost. Nonmembers can attend if space is available. To register, call 1 (855) 329-5461, option 1, toll-free. Please register at least three days before the workshop.

After this issue, our calendar will be available only at hmsa.com/well-being/workshops and on islandscene.com. Putting the schedule online means we can keep it current and get information to you faster.

Diabetes 101: Understanding Diabetes

Basic facts, risk factors, and more.

- Kahului: 2/11, 10-11 a.m.
HMSA Center @ Kahului
- Mililani: 3/21, 12:15-1:15 p.m.
YMCA Mililani

Digestive Health

Help your tummy stay well.

- Hilo: 1/31, 10-11 a.m.
HMSA Center @ Hilo
- Honolulu: 1/18, 10-11 a.m.
HMSA Center @ Honolulu
- Kailua-Kona: 2/7, 10-11 a.m.
HMSA Kailua-Kona Office
- Pearl City: 1/24 and 3/15,
10-11 a.m.
HMSA Center @ Pearl City

Eating on the Run

Eat healthy on the go.

- Mililani: 1/17, 12:15-1:15 p.m.
YMCA Mililani

Germ Busters

Prevent and treat colds and the flu.

- Kahului: 2/6, 10-11 a.m.
HMSA Center @ Kahului

Hypertension Explained

Prevent and control high blood pressure.

- Hilo: 3/5, 10-11 a.m.
HMSA Center @ Hilo
- Honolulu: 2/26, 10-11 a.m.
HMSA Center @ Honolulu
- Līhu'e: 2/27, 5-6 p.m.
Kuhio Medical Center
- Pearl City: 2/28, 10-11 a.m.
HMSA Center @ Pearl City

Meditation

Relax and restore.

- Hilo: 3/16, 10-11 a.m.
HMSA Center @ Hilo
- Kailua-Kona: 3/29, 10-11 a.m.
HMSA Kailua-Kona Office

Men's Health

Real men get health screenings.

- Kahului: 3/22, 10-11 a.m.
HMSA Center @ Kahului

Supermarketing

Shop smart.

- Hilo: 1/8, 10-11 a.m.
HMSA Center @ Hilo

- Honolulu: 1/15, 10-11 a.m.
HMSA Center @ Honolulu
- Kahului: 1/30, 10-11 a.m.
HMSA Center @ Kahului
- Līhu'e: 1/16, 5-6 p.m.
Kuhio Medical Center
- Pearl City: 3/12, 10-11 a.m.
HMSA Center @ Pearl City

Sweet Dreams

Improve your sleep.

- Kahului: 3/11, 10-11 a.m.
HMSA Center @ Kahului

Take a Look at Stress

Relax and unwind.

- Honolulu: 2/9, 10-11 a.m.
HMSA Center @ Honolulu
- Mililani: 2/14, 12:15-1:15 p.m.
YMCA Mililani
- Pearl City: 2/22, 10-11 a.m.
HMSA Center @ Pearl City

Women's Health

Real women get health screenings.

- Kahului: 3/1, 10-11 a.m.
HMSA Center @ Kahului

aloha. hello. konnichiwa. ni hao. ola. anyoung. kumusta.



At HMSA, we believe that getting great care should be easy. That's why we provide resources like language, translation, and text relay services. Our members are our neighbors and 'ohana and we don't discriminate when it comes to your care. Call us with questions, requests, and complaints. We're here to help.

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

Services that HMSA provides

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

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

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

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

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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 toll-free
- TTY: 711
- Email: Compliance_Ethics@hmsa.com
- Fax: (808) 948-6414 on Oahu
- Mail: 818 Keeaumoku St., Honolulu, HI 96814

You can also file a civil rights complaint with the U.S. Department of Health and

Human Services, Office for Civil Rights, in any of the following ways:

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

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

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, ການຊ່ວຍເຫຼືອດ້ານພາສາ, ບໍ່ມີຄ່າໃຊ້ຈ່າຍ, ແມ່ນມີໃຫ້ທ່ານ. ໂທ 1 (800) 776-4672 ຟຣີ. TTY 711.

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brace yourself

words david frickman



Dr. Errol Yim

It's a dilemma many parents may face at some point: your keiki may need braces for their teeth, but how do you know for sure?

Errol Y. W. Yim, D.D.S., is an HMSA network orthodontist in Kāne'ohe on O'ahu and in Kona and Waimea on the Big Island. Yim sat down with *Island Scene* to answer a few questions about braces and to help parents start thinking about it.

Why would children need braces?

Your child may need braces for several reasons, including crooked or overcrowded teeth. If the lower jaw is a different size than the upper jaw, this may cause an overbite or underbite. Sometimes kids' upper and lower front teeth don't meet and remain apart when they bite down, causing an open bite, which can cause problems with speech and with chewing food. With an excessively deep bite, the bottom front teeth completely overlap the top teeth.

What's the best age to consider braces?

We recommend taking your child to an orthodontist for an evaluation at age 7, even though most children may not start orthodontic treatment until their teens or preteens. An early checkup may identify a developing problem that needs early intervention.

What happens at the first orthodontic visit?

The goal is to determine if your child

needs orthodontic treatment and what type of treatment would be best. After a clinical exam, including X-rays and photographs, the orthodontist will discuss the diagnosis, treatment options, costs, and care plan.

What are the most popular types of braces?

Braces can be metal or clear, traditional or self-ligating. Self-ligating braces have wires that are held in a bracket with clips or doors, so they don't need the elastic or rubber bands that traditional braces do. Self-ligating braces are more hygienic, less painful, and shorten the treatment period.

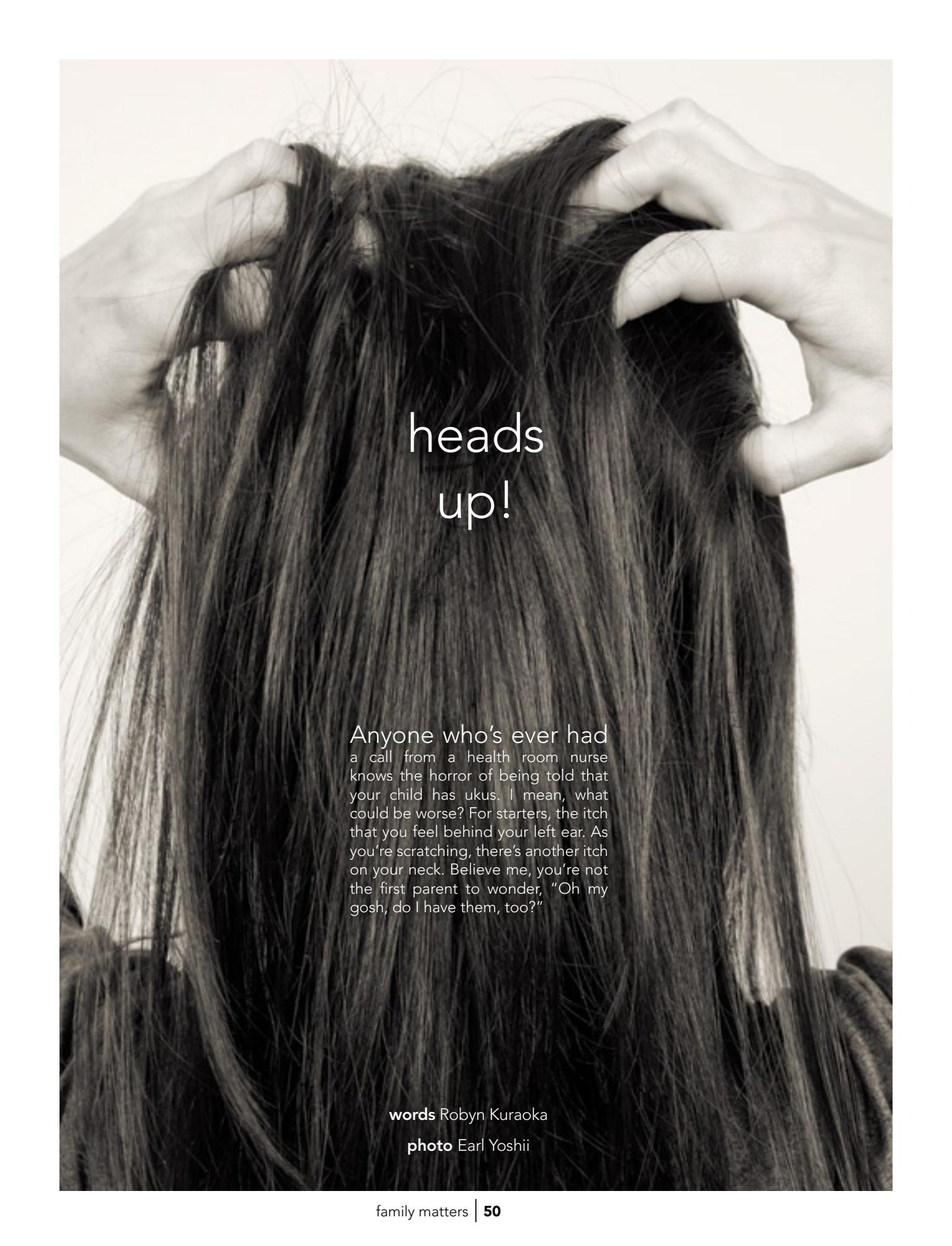
There are also clear aligners, which are modern and nearly invisible. They can be more comfortable than braces and can be removed to clean the teeth, which is a major advantage. On the other hand, patients have to change aligners weekly or biweekly to continue to align their teeth correctly and if the patient doesn't wear the aligners consistently or often loses them, the treatment time can be prolonged.

How long will treatment take?

It depends on the severity of the issue. Most kids with traditional braces can expect to have them for about 24 months. Self-ligating braces, clear aligner therapy, and other tools can speed up the process and complete it in 12 – 18 months. Of course, patient compliance also plays a major role in treatment time and results. **IS**

Check your dental plan benefits before starting orthodontic treatment for yourself or your child.

Dr. Yim wants to give a shout out to Satya Nayak, D.D.S., for helping with this Q & A.



heads up!

Anyone who's ever had a call from a health room nurse knows the horror of being told that your child has ukus. I mean, what could be worse? For starters, the itch that you feel behind your left ear. As you're scratching, there's another itch on your neck. Believe me, you're not the first parent to wonder, "Oh my gosh, do I have them, too?"

words Robyn Kuraoka

photo Earl Yoshii

Relax. Unlike when we were kids, we now know ukus are nothing to be ashamed of. Not only are there a lot of legitimate suggestions and recommendations on how to get rid of those itchy buggahs, there are even people who (for a price) will do it for you. But how do you know what to do?

The facts

Let's start with the facts. Like anything, the more you know about a problem, the easier it is to deal with. Here are some uku basics:

Ukus aren't an indication of poor hygiene. Ukus don't discriminate. Ukus can attack anyone regardless of their ethnic background, socioeconomic status, or age. Having ukus says nothing about you or your child.

Ukus don't jump. According to the Centers for Disease Control and Prevention (CDC), ukus' feet are specially adapted for holding on to human hair. They can't jump or fly, but they get around through direct contact with the hair of an infested person.

Ukus don't carry diseases. Ukus are NOT a health hazard. However, Jazzmina Moore, an elementary school nurse practitioner on the Windward side of O'ahu, tells us that while ukus can't spread disease, you should get rid of them as soon as possible. Excessive scratching can lead to sores and scalp infections.

Tools of the trade

If you've never dealt with ukus before, it's a good idea to talk to a health aide, your primary care provider (PCP), or your child's pediatrician. A provider can help recommend an over-the-counter solution, a prescription medication, or maybe even a home remedy. Whatever treatment you agree on, here are some other tools that can help:

- **Uku comb.** Buy a metal or plastic "nit comb" from the drug store. The comb has teeth that are really close together to help pull the nits, which are uku eggs, off the hair.
- **Hot water and a vacuum.** It's a good idea to wash the bed sheets and pillowcases in hot water and vacuum the mattress, carpets, and car seats. Ukus can't live for more

than 24 hours away from your scalp, so cleaning these areas can help prevent a repeat infestation.

- **Patience.** It's important to be thorough and remove all of the eggs. Combing through each section of hair can take a while, but it's worth getting the job done right the first time.

Ukus don't
discriminate.
Ukus can attack
anyone.

Yes, getting ukus is scary, especially if it's your first time. But now that you've joined the club, if you're willing to talk to others, you'll probably find out that a lot of the kids and adults you know have been in your slippers. And more than likely, they have good advice to share. **15**



home is where the healthy body image starts

words Powell Berger

The next time you skip the gym for happy hour with the girls, remember this: your kids are watching. You know it's true. They see everything and listen selectively. If you want your kids to grow up with strong, healthy bodies and a positive body image, you've got to practice what you preach.

Here's the thing. It's not hard. You get more quality time with your kids, you feel better, and you have fun together. "Modeling healthy eating and lifestyles in a fun way is crucial to establishing healthy habits," says Kailua-based pediatrician Brit Reis, M.D. She counsels parents to keep it light and fun, not competitive, and make it as much a part of your family's routine as brushing teeth and bedtime stories.

Talk the talk

Reis also reminds parents to watch what they say. "Never discuss weight, particularly your own weight," she says. "Don't say things like 'I look fat (or skinny) in these jeans.'" Instead, shift the conversation to how you feel and what matters to you, saying things like, "I feel great now that I'm exercising more" or "I love how much more I can do now!"

Shift the
conversation to
what matters
to you.

Teaching your children to focus on internal drivers of self-esteem and accomplishment empowers them to value themselves for who they are and what they can accomplish — not what media and peer pressure might be forcing on them. In the groundbreaking documentary *Miss Representation*, writer and director Jennifer Siebel Newsom zoomed in on the huge impact parents have when they say things like, "You are so smart and so capable!" instead of "You look so cute!"

In her work as director of The Transformation Project, Newsom also reminds parents to apply the same practice when talking to their friends, changing the conversation from appearance and media norms to focus instead on talents, strengths, and real-life issues. "We'll have a culturally healthier nation," she says, "impacting the environment, health care, education."

A foundation for healthy habits

Life's not an all-or-nothing endeavor. Sometimes you need that happy hour with your girlfriends, so do it and have fun. Just remember to hit the gym the next day and maybe take your kids along.

Teaching kids to make smart decisions, to love themselves and their bodies, and to act with moderation doesn't happen overnight, but it does happen. And it starts at home. "Spending time together, going to the beach together, and eating meals as a family establish healthy habits and foster a lifelong relationship with your children," Reis says. Now *that's* good parenting. 

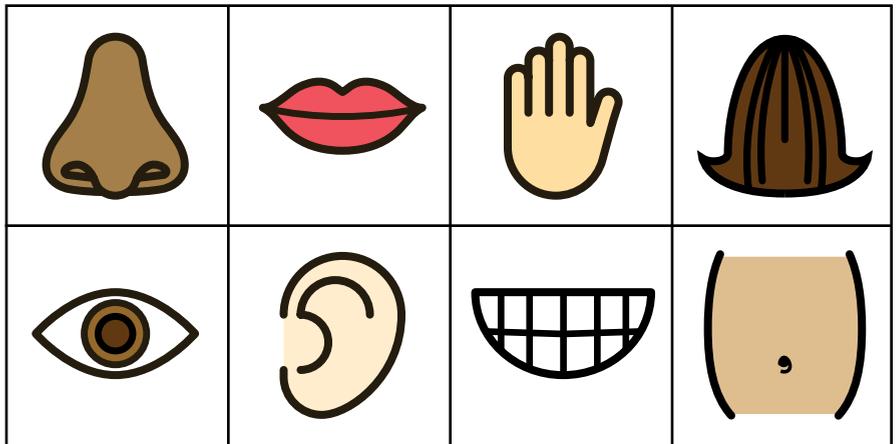


keiki corner

Say it in Hawaiian: Body parts

Whether you already know how to speak Hawaiian or are just learning, figure out what the body part is below.

- a. You use your **ihu** to smell the beef stew cooking in the kitchen.
- b. When you want to talk or sing, you use your **waha**.
- c. Your **'opu** may seem to rumble or growl when you're hungry.
- d. If it gets tangled, you brush your **lauoho**.
- e. In school, you raise your **lima** if you have a question.
- f. You use your **maka** to read, watch movies, and see your friends.
- g. Your **piko** is either an innie or an outie.
- h. You wear hats or caps on top of your **po'o**.
- i. When there's a loud noise, you cover your **pepeiao**.
- j. You use your **nihō** to chew your food.



Let's Face It Word Search

Find the parts of your face in the word search.

- | | | |
|--------|----------|-------|
| Cheeks | Eyes | Lips |
| Chin | Forehead | Mouth |
| Brows | Lashes | Nose |

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

Answers: a. nose, b. mouth, c. stomach, d. hair, e. hand, f. eyes, g. navel, h. head, i. ears, j. teeth

Spot the difference

Find 10 differences between the two pictures.

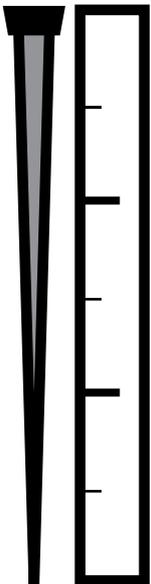
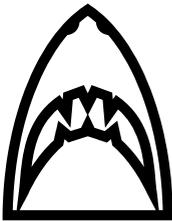


GARRY ONO

Five Body Mindblowers

Impress your friends with these facts about the human body.

- Your teeth are as strong as sharks' teeth.
- During your lifetime, you'll produce enough saliva to fill two swimming pools.
- How many megapixels does your phone have? Your eyes have about 576 megapixels.



- Your nose can detect 50,000 different scents.
- There's enough iron in your body to make a three-inch-long nail.

Answers: 1) In the bottom picture, there's a cloud missing. 2) The kite doesn't have a tail. 3) The number on the sail is different. 4) The dog is not wearing a bandana. 5) A flower is missing. 6) The boy on the slide has a purple cap. 7) The girl is missing the bow in her hair. 8) The back tire of the bike is missing spokes. 9) There's a palm tree missing. 10) The middle building is missing.



GUNG HEE FAT CHOY

The lunar calendar dictates the start of the new year for Chinese and Vietnamese people. The Year of the Earth Pig will start on February 5, 2019. To bring good luck to your family and your home, eat lucky foods on this auspicious day.

One popular and easy dish is char siu ribs. This pork dish is considered good luck because of its red color. You can substitute chicken, turkey, pork chops, or boneless pork for the pork ribs.

To counter the rich pork, cook an unusual salad made from dried tofu sticks, called *foo jook* in Cantonese. Foo jook is popular in Japan (known as *yuba*) and is made by skimming the top when making tofu or soy milk. This healthy ingredient is sold fresh at tofu factories or sold dried in sheets or sticks.

To complete your meal, make dau lau for dessert. It's so easy that children can make it. The stickiness of the sweet rice flour symbolizes a family that sticks together. Sesame seeds connote children to carry on your lineage.

Good luck and Happy New Year!

words Lynette Lo Tom

photos Rae Huo food styling Lacy Matsumoto



tossed foo jook salad

Foo jook is tofu “skin” that’s a byproduct of the tofu-making process.

- 5 oz. dried foo jook sticks
- 1 cup chopped Chinese parsley
- ½ cup finely slivered carrot
- 2 tsp. sesame oil
- 1 tsp. salt
- ½ tsp. chicken seasoning powder or dashi powder
- 1 fresh Chinese chili pepper or red Fresno pepper or bell pepper
- 1 Tbsp. Chinese red vinegar or white vinegar

Soak foo jook in water overnight. Drain. Cut into 1-inch pieces. Cook in boiling water until tender, about 3 minutes. Drain and squeeze out water. In a bowl, mix foo jook with remaining ingredients. Serve immediately or refrigerate and serve cold. Makes 8 servings.

Per serving: Calories 100, protein 9 g, carbohydrates 1 g, total fat 6 g, sodium 300 mg, fiber 4 g

For another Chinese New Year recipe, visit islandscene.com/more.



char siu ribs

Adapted from *Cooking the P. Lau Way* by Priscilla Lau

5 to 10 lbs. pork ribs (baby back, center cut, rib tips, etc.)

Marinade

2 cups dark brown sugar or Chinese slab sugar

3 Tbsp. Hawaiian salt

1 tsp. Chinese five-spice powder

1-inch piece fresh ginger, peeled and roughly grated

¼ cup soy sauce

¼ cup bourbon, whiskey, sherry, or gin

¼ tsp. red food coloring

1 ½ Tbsp. honey

Slivered green onion or Chinese parsley sprigs

Trim fat and silver skin off ribs. In a medium bowl, mix marinade ingredients and pour over ribs, reserving ¼ cup for later. Refrigerate overnight or longer, turning occasionally.

Barbecue over indirect heat until tender, 45 to 90 minutes, depending on the thickness of the ribs. To roast in the oven, place ribs in roasting pan and cover with foil. Poke some holes in the foil to vent. Bake in preheated 300-degree oven for 45 minutes. Uncover and brush with reserved marinade. Return to oven, uncovered, for 15 to 40 minutes or until meat pulls away from the bone. Makes about 12 servings.

Per serving: Calories 720, protein 84 g, carbohydrates 26 g, total fat 28 g, saturated fat 9 g, cholesterol 250 mg, sodium 1,940 mg, total sugar 25 g

dau lau

These sweet rice balls are a quick, easy treat.

1 ½ cups chopped roasted peanuts

¼ cup toasted sesame seeds

⅔ cup sugar

1 cup grated or shredded unsweetened coconut*

1 lb. sweet rice flour (no mai or mochiko)

2 cups water

In a medium bowl, mix peanuts, sesame seeds, sugar, and coconut until well blended. Set aside. In another bowl, mix flour with water to make a stiff dough. Roll into 1-inch balls. In a large pot, bring at least 10 cups water to a boil. Put 8 to 10 balls into the water at a time. When the balls float to the top (2-3 minutes), cook 2 minutes more. Drain and repeat. Roll balls in peanut mixture until thoroughly coated and serve immediately. Makes about 40.

*Reduce the sugar if using sweetened coconut.

Per serving (1 piece): Calories 100, protein 2 g, carbohydrates 14 g, total fat 5 g, saturated fat 2 g, sodium 2 mg, fiber 1 g, total sugar 4 g



how carb clever are you?

words Andrea Wright Agustin

Carbohydrates get a bad rap, but not all carbs are created equal. Test your carb IQ.

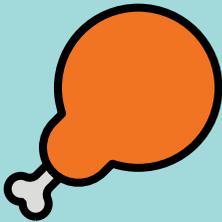
1. What's the main function of carbs in your body?

A. Fight inflammation

B. Provide energy

C. Boost metabolism

2. Which of the following foods don't have carbs?



A. Chicken



B. Broccoli

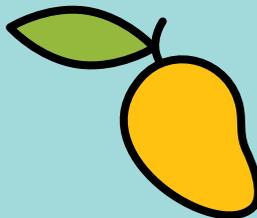


C. Honey

3. Put the following in order from fewest to most carbs:



A. 1 cup cooked white rice



B. 1 cup cubed mango



C. ½ cup vanilla ice cream

Choose carbs that have a lot of fiber, like bananas, beans, and whole-grain bread. These digest slowly, give you long-lasting energy, and keep you feeling fuller longer. If you need your rice (we get it!), watch your serving size and choose brown rice when possible (for more fiber).

Answers: 1: B, 2: A, 3: C, B, A.





boil, simmer, and stew

Television personality

Rachael Ray once said that she cooks dinner for her husband and herself nearly every night. Ray, whose career began with *30 Minute Meals*, is undoubtedly on the superhuman spectrum.

Mere mortals like us, however, may not be as driven and determined as Ray. Even though we enjoy cooking, sometimes it's just another thing on our to-do list that we're too tired to do.

So save the cooking for the weekend when there's a little more time to do things that take a little more time. Like making a stew.

Many stew recipes call for a lot of ingredients, but don't let that scare you. Once you're done with chopping, slicing, and dicing and everything's loaded into the pot, all that's left to do is simmer and lift the lid occasionally to stir it all around and embrace the aroma.

Don't have a favorite stew recipe? Maybe one of ours will do the trick.

words Marlene Nakamoto

photos Lew Harrington

food styling Cedric Fujita

Clockwise from this page: Bowl and pot of pasteles stew, chicken luau, and kimchi stew.

vegetarian kimchi stew

Our kimchi *soondubu jjigae* is flavored with shiitake mushrooms instead of pork.

- 2 ½ cups water, divided
- ½ cup dried sliced shiitake mushrooms
- 1 Tbsp. vegetable oil
- 1 small onion, thinly sliced
- 1 cup chopped kimchi
- ¼ cup kimchi juice
- 1 Tbsp. Korean chili paste (*gochujang*)
- 2 tsp. Korean chili powder (*gochugaru*)
- 8 oz. firm tofu, sliced
- 1 tsp. sesame oil
- Chopped green onion and sesame seeds for garnish

In a small saucepan, boil 2 cups of the water, remove from heat, and add dried mushrooms. Let stand 15 minutes. Remove and discard hard stems, if any, and set mushroom stock aside. In a medium saucepan, sauté onion in oil until soft, then add kimchi and stir-fry about 5 minutes. Add mushroom stock (be careful not to add any grit that came off the mushrooms), remaining 1/2 cup water, kimchi juice, and chili paste and powder. Add mushrooms and tofu. Bring to a boil then reduce heat and simmer 5 minutes. Add sesame oil. Garnish with green onion and sesame seeds. Makes 2 servings.

Per serving: Calories 250, protein 13 g, carbohydrates 20 g, total fat 14 g, saturated fat 2 g, mg, sodium 570 mg, fiber 7 g, total sugar 7 g

the pagan family pastele stew

Richard Pagan and his wife, Dee, maintain a family tradition with this stew, which was known as “matuda” a long time ago.

- 5 – 8 lbs. boneless pork shoulder, cut into ½-inch cubes
- 4 garlic cloves
- 1 bunch green onion
- 1 large onion
- 1 large bunch cilantro
- 1 ½ tsp. salt
- 1 tsp. pepper
- 1 tsp. oregano
- 2 6-oz. cans pitted black olives, drained
- 2 (0.17 oz.) packets Sazon Goya coriander and annatto seasoning
- 1 Tbsp. dried red pepper flakes
- 5 or 6 8-oz. cans tomato sauce, divided
- 2 cups water, divided
- Chopped cilantro or sprigs for garnish

In a large pot over high heat, brown pork in batches. (No need to use any oil.) Discard fat.

Puree garlic, green onion, onion, and cilantro in a food processor. Add mixture to the pot with salt, pepper, oregano, olives, seasoning packets, pepper flakes, five cans tomato sauce, and 1 cup of the water. Bring to a boil, cover, and reduce heat. Simmer 30 minutes or until pork is tender. Garnish with cilantro.

For a soupier stew, add remaining can of tomato sauce and 1 cup water. Makes 15 servings.

Per serving: Calories 640, protein 43 g, carbohydrates 10 g, total fat 46 g, saturated fat 15 g, cholesterol 170 mg, sodium 1,170 mg, fiber 3 g, total sugar 4 g

chicken lū'au

“Lū'au” are the green taro tops.

- 2 tsp. vegetable oil
- 1 ½ lbs. boneless skinless chicken thighs, cubed
- 1 Tbsp. Hawaiian salt, divided
- Water to cover plus ½ cup
- 13 ½ oz. can coconut milk
- 24 oz. package frozen luau (taro leaves), thawed

Heat oil in a large saucepan over medium-high heat and sauté chicken with 1 teaspoon of the salt until no longer pink, about 5 minutes. Add water to cover and bring to a boil. Reduce heat to medium-low, cover, and cook until chicken is tender, about 30 minutes. Drain and rinse chicken quickly. Return saucepan to stovetop and add 1/2 cup water, coconut milk, and taro leaves. Stir in taro leaves and heat through, mixing well. Add remaining salt. Makes 6 servings.

Per serving: Calories 280, protein 26 g, carbohydrates 6 g, total fat 16 g, saturated fat 10 g, cholesterol 110 mg, sodium 1,090 mg, fiber 2 g, total sugar 2 g

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Spicy Garlic Ginger Chicken

4 Servings

Serving Size

1 1/2 cups

Amount per serving

Calories

345

Total Fat 11g

Saturated Fat 1.5g

Trans Fat 0g

Cholesterol 65mg

Sodium 320mg

Total Carbohydrate 32g

Dietary Fiber 5g

Total Sugars 5g

Protein 30g

Potassium 760mg

Phosphorus 350mg

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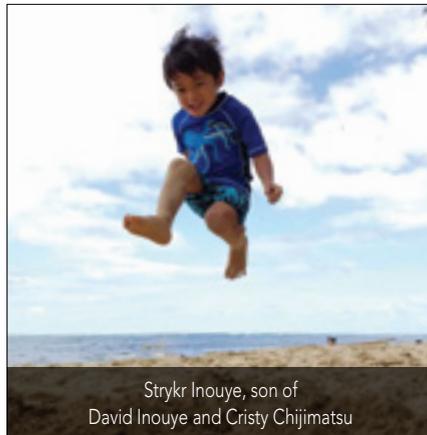
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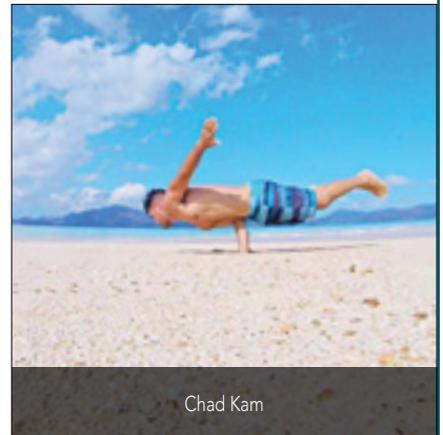
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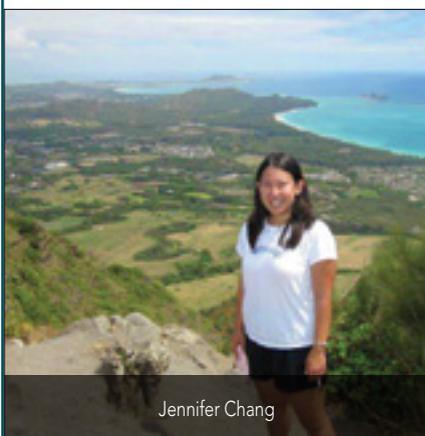
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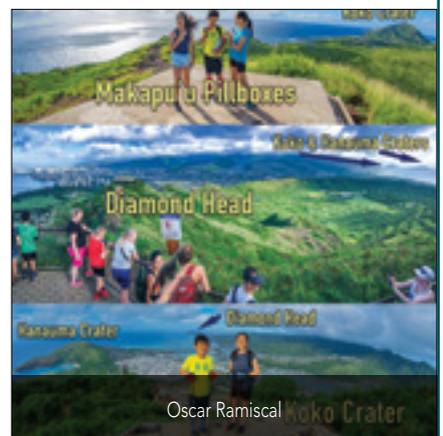
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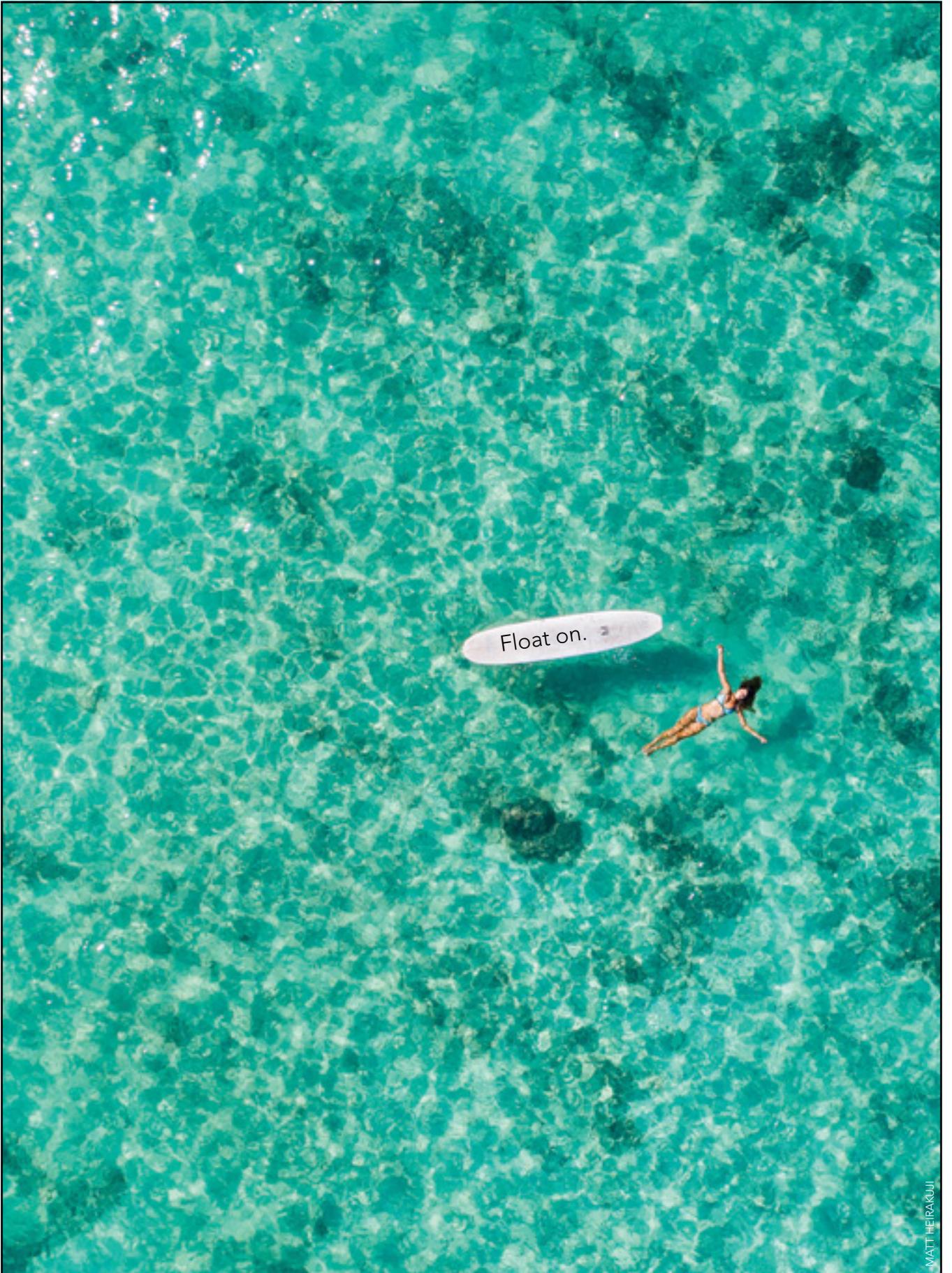
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