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good sports



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LAUREN GOULD



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winter issue : 2020 || islandscene.com

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Island Scene (ISSN 1064-8674) is published quarterly by the Hawai'i Medical Service Association — an independent licensee of the Blue Cross Blue Shield Association. HMSA, 818 Ke'eaumoku St., Honolulu, HI 96814-2365.

Island Scene is published as a benefit for HMSA members. A copy of each issue is mailed to plan subscribers. Additional copies are available to dependents on request. Subscription: No cost for all HMSA plan members. Nonmembers, call 948-6839 on O'ahu for subscription information. Periodicals postage paid at Honolulu, HI, and other additional mailing offices.

POSTMASTER: Please send address changes to *Island Scene*, P.O. Box 3850, Honolulu, HI 96812-3850.

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COVER: McKinley High School's Alexandria Buchanan was Hawai'i's first female high school quarterback to throw a winning touchdown pass. Read about Buchanan and other Good Sports starting on page 14. Photo by Brad Goda.

dear friends,

Welcome to our strength issue. As we planned this issue, we had the opportunity to talk about different types of strength.

One idea that resonated with me was how strong caregivers need to be. Family caregivers are often thrust into their role with little or no warning, finding themselves in unfamiliar territory and needing many new skills all while dealing with the health issues of a loved one. It can be exhausting, emotional, and stressful, as my family learned when we cared for my grandparents and parents.

My good friend and co-worker, Claire (Akamine) Mizushima, has found a way to work with her family to share this responsibility. Her parents on Kaua'i have chosen to age in place and their adult kids (one on Kaua'i and four on O'ahu) are working together to support their parents and each other.

As Claire's younger brother says, "In this family, we don't keep track." The focus is always on what's best for their parents. No lists of whose turn it is to do what, who should fly to Kaua'i, or who's helping more than someone else. The siblings stay in touch to make sure appointments and errands are covered and that their parents have personal time with family members two to three times a week.

Everyone pitches in to help when they can, including their spouses and kids. And through this shared



PHOTO COURTESY CLAIRE MIZUSHIMA

Ryne and mom Claire Mizushima

experience, their family has developed a stronger bond.

Claire was one of my inspirations as we worked on this issue. We also learned how Claire and her son and their family and friends supported each other during another very difficult time. Claire's son, Ryne, was bullied as a teenager. We were honored and touched that Ryne was willing to share his story. Read about it in "Beyond the Rough" on page 24.

Claire is a small-but-mighty powerhouse. And she bakes awesome scones. She's worked to serve HMSA members for over 35 years and is so much stronger than I realized in all the years we've worked together. Mahalo to Claire and Ryne for sharing their stories with us.

Love,

Lisa Maneki Baxa
Publisher and Editor

making a difference

the wai'ale'ale project: with education comes strength



College isn't just a place of learning. It's a place of growth, both personally and intellectually. College can open your eyes to new experiences in and out of the classroom and set you on a course for the rest of your life. But for many people, college is beyond reach. The high cost of tuition and lack of resources lead many to give up on higher education.

Through the Wai'ale'ale Project at Kaua'i Community College, Lahea Salazar is empowering students on Kaua'i and Ni'ihau. The program, which Salazar's predecessor, Kimo Perry, started in 2010, has made a difference in the lives of more than 800 young people and adults. It put them on the college track and gave them new opportunities.

Island Scene: What's the goal of your program?

Lahea Salazar: We're trying to reach into the gap to students who wouldn't have the chance to attend college. Everyone wants to try, but often there are so many barriers that they don't think college is possible. Our program guarantees tuition and fees for the first year. They can take as little as one class, just put their toe in, get a taste of college. We have had kids who come in and can barely talk. Now they're talking in front of crowds.

interview Robyn Kuraoka

photos Earl Yoshii



Wai'ale'ale Project Program Coordinator Lahea Salazar (in green) and her team of Wai'ale'ale Scholars.

IS: What if they want to go beyond one year?

LS: If students want to continue, they're offered support to earn an associate degree.

IS: Is this program is aimed at first-year college students?

LS: Not necessarily. Our students are from all walks of life, a lot of them are just graduating from high school, others are adults. If you're 30 years old and want to come back to school and can't do it, you can be referred.

That's the real success story. When you have an adult, maybe a recovering drug addict who's turning her life around or a student who was in special education now getting all As and Bs. We're basically reducing student barriers – paying for tuition, books, and fees; giving each student a mentor; and walking them through everything from filling out the college application to navigating the requirements needed to enroll.

IS: You mentioned referrals. Is that how you find those who need help?

LS: Interested students can apply but we strongly recommend a referral.

Community agencies have been huge supporters in referring people to us. High school counselors connect us with seniors who aren't getting a lot of support at home. We also work with those who lack motivation or chose to drop out of high school and earn a GED or alternative high school diploma.



The first semester can be pretty tough, but we give them a sense of place. We have open doors, a place to stay. We give them a place to hang out, feel welcome, and belong.

IS: Why is your program so successful?

LS: We have a great group of mentors who make up the Wai'ale'ale Scholars. They help with midterms, workshops, scholarships, and federal student aid, and keep students on track. Our motto is hānai aku, hānai mai – nourish and be nourished. This year, we help you. Next year, you help the next one.

For more information on the Wai'ale'ale Project at Kaua'i Community College, call 245-0105 on Kaua'i or visit waiale@hawaii.edu.

Did you know?

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- It can add seven years to your life.
- You can earn 35% more over your lifetime.
- You're 28% less likely to be unemployed.

around the 808

big island



Aloha bags of hope

There are currently more than 400 keiki in foster care in East Hawai'i, many of whom have suffered neglect and abuse. Some will move from foster home to foster home. In the past, many were given a trash bag to carry their belongings each time they moved.

The Friends of the Children's Justice Center of East Hawai'i (FCJCEH) and a local fabric store wanted to change that, so they started the aloha bags project.

Aloha bags is a community effort. The fabric store hosts volunteers who sew duffel bags. To date, more than 450 bags have been sewn or donated to FCJCEH. "We wanted to make sure a child would never have to put their clothes in a trash bag again," says Stephanie Oshiro, FCJCEH president.

To learn more, visit fcjceasthawaii.org or call 935-8755 on the Big Island.

Have dentists, will travel

For any number of reasons, many people can't go to a dentist. That's why Big Island dentists like Steve Pine, D.D.S., dental director at West Hawai'i Community Health Center, are taking the office to them.

Teams arrive at Head Start Program or Women Infant and Children (WIC) locations on the Big Island and Maui complete with a portable dentist chair and dental equipment. They provide cleanings, X-rays, fluoride treatments, and other basic services to help curb the prevalence of dental

health issues in Hawai'i, especially among keiki.

"This is an absolutely wonderful program and we're just getting started. We would love to have teledentistry in the schools," says Dr. Pine. "The whole reason that we do all of this is to improve the lives and health care of the people."



Dr. Pine (right) with a young patient.

kaua'i

Worth preserving

One of the Garden Isle's grandest gardens has reopened to the public. Limahuli Garden & Preserve on the North Shore was closed for more than a year after taking a beating from record-breaking rainfall in April 2018. Staff and volunteers cleaned up damage from flood and landslides. Residents and visitors can now enjoy the 17-acre garden, which is one of three National Tropical Botanical Gardens on Kaua'i.

Take a rare opportunity to walk through a native Hawaiian forest that's home to some of the rarest and most endangered native plants in the world. A new feature is a stone pathway leading to the river; the pathway was made from boulders from the landslide.

For information on visiting or volunteering, visit ntbg.org and click Limahuli or call 826-1053 on Kaua'i.



maui, moloka'i, and lāna'i

Fri-yay!

Maui residents have a fun reason to look forward to the end of the week: Friday Town Parties.

The Maui County Office of Economic Development spearheads these free community gatherings. Each party highlights a historic town in Maui with food, entertainment, and local vendors.

Longtime Pukalani residents Alvin and Sandy Yoshimori enjoy the town parties. "I like getting out into the different communities and seeing how each creates its own unique atmosphere," Sandy says. "It's the perfect way to end the week."

Alvin agrees. "I bump into people I haven't seen in a long time," he says. "I also like having all different kinds of food in one place. The choices are so amazing. These events really bring Maui together."



Wailuku Town Party

There's no better way to spend your Aloha Friday.

- First Friday: Wailuku, 6–9 p.m.
- Second Friday: Lahaina, 5–8 p.m.
- Fourth Friday: Kīhei, 6–9 p.m.
- Fifth Friday: Lāna'i, 5–8 p.m.

For more information, call 270-7710 on Maui or visit mauifridays.com.

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.



Tara and Tim McBride cross the finish line at the Ironman Triathlon in France.

we are ironman

words Michelle Regan

At the start of the Ironman

Triathlon in Nice, France, 3,000 people plunge into the glassy Mediterranean Sea. These are the first 2.4 miles of a 140-mile race.

Last summer, Tara and Tom McBride were among those thousands. They'd set out to finish the race together, but when she hit the water, all Tara could see were hands, feet, and bubbles. At around 200 yards, she'd lost Tom.

But she was feeling great. This was the swim of a lifetime. "The sun was coming up. It was just so beautiful," she says. "I remember looking at the French mountains and the warm water, such a beautiful gray-blue, and I was in a wonderful rhythm. Just enjoying it."

As she neared the end of the swim, she heard her name. She could hardly believe it when Tom's head popped up behind her.

Can't stop

The McBrides have always been athletes, from high school sports to becoming health coaches, and professors to opening the Ko'olau Wellness Center last year. Tara is Hawai'i's

Olympic weightlifting champion and Tom is an accomplished CrossFit athlete. They agree that the work they put in at the gym prepares them for difficult situations outside its walls.

Six years ago, Tom was forced to put this theory to the test when he was diagnosed with a degenerative spinal condition. It started with numbness in his foot that felt like rocks in his shoe and progressed to intense pain radiating from his lower back and partial paralysis in his left leg. The first doctor he saw said his active days were over.

But Tom got a second opinion and a third. Seven doctors later, he found a spinal specialist who told him that there was hope despite the fact that he had the spine of an 80 year old. He agreed to perform surgery to align Tom's vertebrae and relieve inflammation.

The surgery worked. "It was a miracle," says Tom. "Pains that I had, even as a teenager, that I thought were growing pains, gone. It was crazy waking up from that first surgery. It was kind of like taking off your boot at the end of the day, that relief. It was like that for my whole body."

Tom has had three surgeries in three years, the last of which brought him to a dark place. During his recovery,

Over a thousand athletes wouldn't finish the race, but Tara and Tom finished together in under 14 hours as the announcer proclaimed them an "Iron Couple."



MERSADI OLSON PHOTOGRAPHY



BOTTOM PHOTOS COURTESY TARA & TOM MCBRIDE



"I feel like we take a piece with us every time we go somewhere," says Tara. "It becomes a value and experience that we hold close."



there were many days he couldn't get out of bed or tie his shoes. He says the experience gave him greater understanding and appreciation for depression and mental illness. With Tara's support, along with his friends and family, he was able to find himself again.

There's no way to know if he'll need more surgeries down the line, but Tom isn't wasting time worrying about what the future could bring. It was a year after his last surgery that the couple decided to take on Ironman.

Won't stop

Tara remembers seeing the Ironman on TV for the first time when she was 15. She knew immediately that she wanted to compete. Tom remembers watching it, too. It's been a lifelong bucket list item for both of them.

Taking on Ironman in Nice was a no-brainer because the McBrides are world travelers. Before the two married, Tara backpacked through Southeast Asia and lived in Yellowknife, a mere 250 miles from the Arctic Circle. Together, they've run with the bulls in Spain, cliff-jumped in Croatia, found a church hidden in the Judean desert, visited ISIS-occupied Egypt, and witnessed an erupting war at the Syrian border.

"I feel like we take a piece with us every time we go somewhere," says Tara. "It becomes a value and experience that we hold close."

Ironman was no different. The crowd was electric as race day started. Tom and Tara finished the swim and headed into the French Alps for a 112-mile bike ride in record-breaking heat. Some competitors pulled ahead and others lagged as they rode through forests and villages and passed abandoned castles.

No matter how far they strayed, Tara and Tom kept finding each other. They started the 26-mile run together, which they say was one of their best ever. Over a thousand athletes wouldn't finish the race, but Tara and Tom finished together in under 14 hours as the announcer proclaimed them an "Iron Couple."

The McBrides say anyone can take on this kind of challenge and the idea that Ironman athletes are wired differently is a myth. "Everyone's had a bad day — you're out and the car breaks down on the way home then you have to figure out how to pick up the kids and the groceries are going to melt and the tow company's an hour away. It's just this giant monster. But you get through it one step at a time. This is no different," says Tom. "Except that we chose it," he laughs. ¹⁵



For info on weight training
for women, visit
islandscene.com/more.

good sports

words Craig DeSilva

There's more to these high school athletes than meets the eye.

Despite physical and emotional challenges, they push through.

Their perseverance has made them successful in and out of the classroom, proving that inner strength is as powerful as physical toughness.

photos Brad Goda

photo assistant/DIT Tammy Takimoto

stylist Deb Nishimoto

Throw like a girl and you'll go far

As a sophomore in 2017, Alexandria Buchanan became the first female high school quarterback in Hawai'i to throw a winning touchdown pass, making state history and opening the door wider for female quarterbacks. "There's a lot of talent and I'd be stoked to see them go further than me," she says. "I'm excited to see what girls do next."

Maui's Samari wowee


Although Jerone Samari was born with cerebral palsy that affects his left side, it hasn't stopped him from completing eight triathlons and competing on his school's track, swim, and golf teams. "Competing is fun," he says. "But it's the work ethic you develop from training that's more important."

Back in the game

Myles Machida had back surgery when he was a freshman and thought he'd never play sports again. After a long, painstaking recovery and lots of determination, Machida returned to the track and soccer fields. He hopes to play on the school's volleyball team this year. "I can't imagine life without sports," he says.

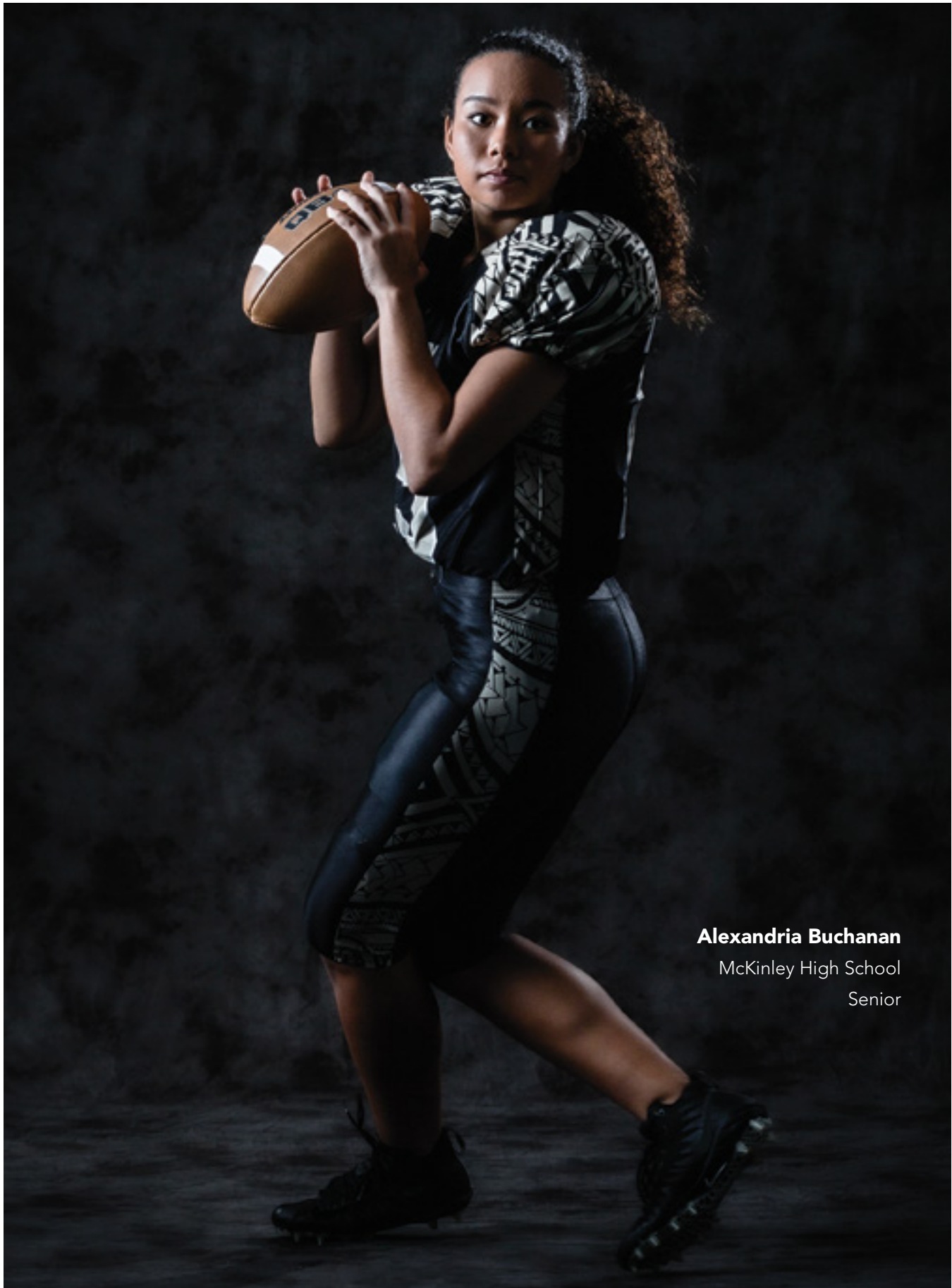
From the streets to the stadium

Despite growing up homeless and in foster care, the McLeod boys excel on the football field and in the classrooms. "Any normal kids in their situation would be screwed up by now," says dad Scott, whose drug and alcohol addiction led to his family's hard times.

Now in his fourth year of sobriety, Scott says he's blessed to have his family together again. "They say they're proud of me for getting sober. But I'm even more proud of them for who they've become." 



Read their full stories
at islandscene.com.



Alexandria Buchanan

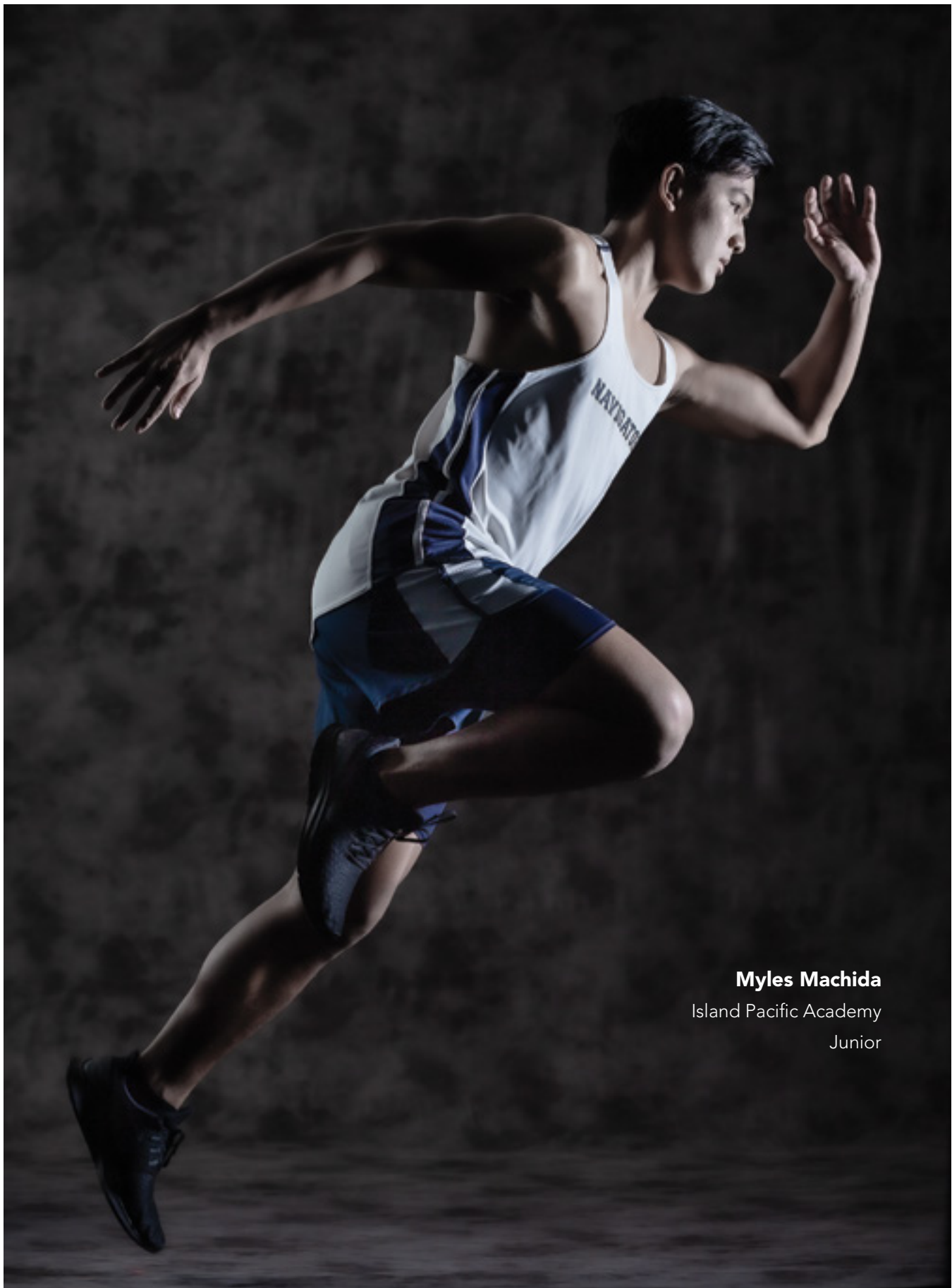
McKinley High School

Senior



Jerone Samari

Maui Preparatory Academy
Senior



Myles Machida

Island Pacific Academy

Junior



The McLeods

Wai'anāe High School

From left, Keali'i (junior),
Keoni (freshman), dad Scott,
and Sheldon (senior)

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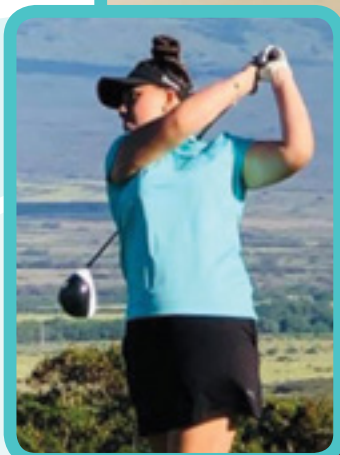
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getting there

Access. An almost-forgotten key to caring for those most in need of health services. It doesn't matter if the health care that's available is the best in the world if people can't get to it.

Community health centers, also known as Federally Qualified Health Centers (FQHCs), fill in the gaps where access to health care can be difficult. FQHCs often provide services in rural or hard-to-access areas regardless of an individual's ability to pay.

In this issue of *Island Scene*, we'll visit the Big Island and Maui to look at the critical work these health centers do to address the needs of their communities.

words David Frickman



Hamakua-Kohala Health

One of the greatest problems for people seeking health care in the rural parts of northern Hawai'i Island is the lack of transportation.

"Disabled patients can get some access to transportation, but kūpuna and people who can't drive or afford a car can be stuck taking the bus all day just to go to one appointment," says Irene Carpenter, Hamakua-Kohala Health CEO. Also, caretakers of elderly parents must take a day off from work to take them to an appointment.

To solve this problem, Hamakua-Kohala Health began providing transportation to anyone who needs it. "We have a van that picks patients up at home, takes them to the clinic or to get their prescriptions, and takes them home," Carpenter says. "This enables patients to see their medical providers as soon as possible and not put off coming in when they're already very sick."

One mobile care coordinator was approached by someone who he thought was going to make a complaint. Instead, Carpenter says, "the man wanted to say thank you for



picking up his grandmother and taking her to the doctor and bringing her home safely. The man was grateful because the family had no other way to get the grandmother to the health center."

Hamakua-Kohala Health has centers in Honokaa on the Hamakua Coast and in Kapa'au in North Kohala. The centers provide a variety of primary care services with a free or low-cost prescription drug program and counseling for nutrition, disease management, and substance abuse.



Hāna Health

Sassie Keaulana works at the only health care provider in Hāna. “We’re miles and miles away from the nearest hospital,” says Keaulana, the healthy lifestyles coordinator at Hāna Health on Maui.

A huge issue in the community is the prevalence of diabetes and hypertension. The center’s chronic disease management program teaches participants how to change their lifestyle to manage and even reverse the conditions. It builds on evidence-based programs used throughout the state with great success, including diabetes prevention programs that help patients with pre-diabetes.

Keaulana recalls one patient in her 70s who came to the program overweight and suffering from diabetes and high blood pressure. “She had been on blood pressure medication for some years,” she says. After a few months in the program, her numbers and quality of life were much improved.

“The patient says it has a lot to do with attending weekly group meetings, exercising, and changing the way she was eating,” Keaulana says. “I see her now in public and she says she’s fine and she’s doing what she learned.”

The services provided at Hāna Health range from routine physical exams and cancer screenings to dental care, mental and behavioral health care, and even around-the-clock urgent care.

Keaulana is also proud of their community health programs. One program called Mai’e Ai provides healthy meals to families with tips on how to shop for groceries and prepare meals on a budget. “They can also take home fresh food for the family to prepare,” she says. “We give them recipes to go with the ingredients.” ¹⁵



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beyond the rough

words Courtney Takabayashi

photos Romeo Collado

Bullying can happen to anyone. It happened to Ryne Mizushima.

Laid back and likable, Mizushima may remind you of a lifelong friend, kind classmate, or funny cousin when you first meet him. He looks like a local boy born and raised in Hawai'i who enjoys golf and works in finance, but what you don't see is his pain.

For years, Mizushima was severely bullied. And though he doesn't let that negative experience define him, he still grapples with his past. Yet he somehow finds the strength to continue to move on.

An estimated 3.2 million American students are bullied every year. Of these students, 10 to 15% experience chronic bullying or continual distress for six months or more. Bullying isn't a joke or just a part of growing up. Persistent peer victimization can lead to lower academic achievement, higher unemployment rates, depression, anxiety, post-traumatic stress disorder, substance abuse, and self-harm and suicidal thoughts.

Sticking up for a friend

Though Mizushima describes his childhood as "typical," he accomplished a great deal at a young age: he made it onto the headmaster's list, was French horn first chair in band, played basketball and baseball, and was one of Hawai'i's representatives to the Junior World Golf Championships when he was 8. Then, one day in intermediate school, a group of boys started picking on his friend.

"We were both kind of on the short side, so I stood up for him," Mizushima says. Then, the bullies turned on him. "Looking back, I should've said something to an adult right away. At first, I tried to handle it myself. But I didn't know what else to do."

For two years, he endured severe teasing, verbal threats, aggressive physical harm, and more. He eventually told his parents. There were meetings at school with teachers and counselors. "But none of it helped," Mizushima says. "They wouldn't stop."

He changed schools after the eighth grade. The bullying stopped, but the effects remained. "I carried a lot of anger and sadness with me."

Ryne navigating the sand traps at the 18th hole of the Ko'olau Golf Club.





various organizations that supported him such as his alma mater and sports programs.

He also believes golf played a significant role in his recovery.

When Mizushima was a child, golf was simply a fun game. Then, he was able to play competitively as a junior golfer and during high school. But, during the darkest days, he stopped playing. Today, he uses golf to enjoy the outdoors and center his mind. "Concentrating on my game helps my brain settle down. And fresh air always makes me feel better."

Looking to the future

Mizushima knows that life doesn't wrap up neatly like in a movie. But today, he's stronger than ever. He's learned that living in the present helps to keep him from dwelling too much on the past.

"There's ups and downs," he says. "But after everything I've been through, I'm happy. I actually look forward to the future." ¹⁵

A fresh start

Through therapy and the unconditional love and support of his mom, Claire, dad, Gary, and his extended family, Mizushima started piecing his life back together. Instead of dwelling on unanswerable questions like "Why me?" and "What did I do to deserve it?" he focused on the positive. He made friends at his new school, Kalani High School. And after he graduated, Mizushima headed to the University of Hawai'i at Hilo.

"I didn't know if I'd be able to handle life on my own. I think my family worried about me," Mizushima says. "But I was fine. I cooked and did my own laundry. I met all kinds of people from around the world and helped them with culture shock. For the first time in a long time, I felt OK."

Giving back

After all he's been through, it would be understandable for Mizushima to look out only for himself.

But that's not an option for him. He volunteers at his church whenever he can, cooking and serving food for the homeless. "If it weren't for my family and the people who cared about me at church, I don't know where I'd be today," he says. He also gives back to



Top: A younger Ryne getting ready to tee off.
Above: Celebrating a successful putt.



SHHH!

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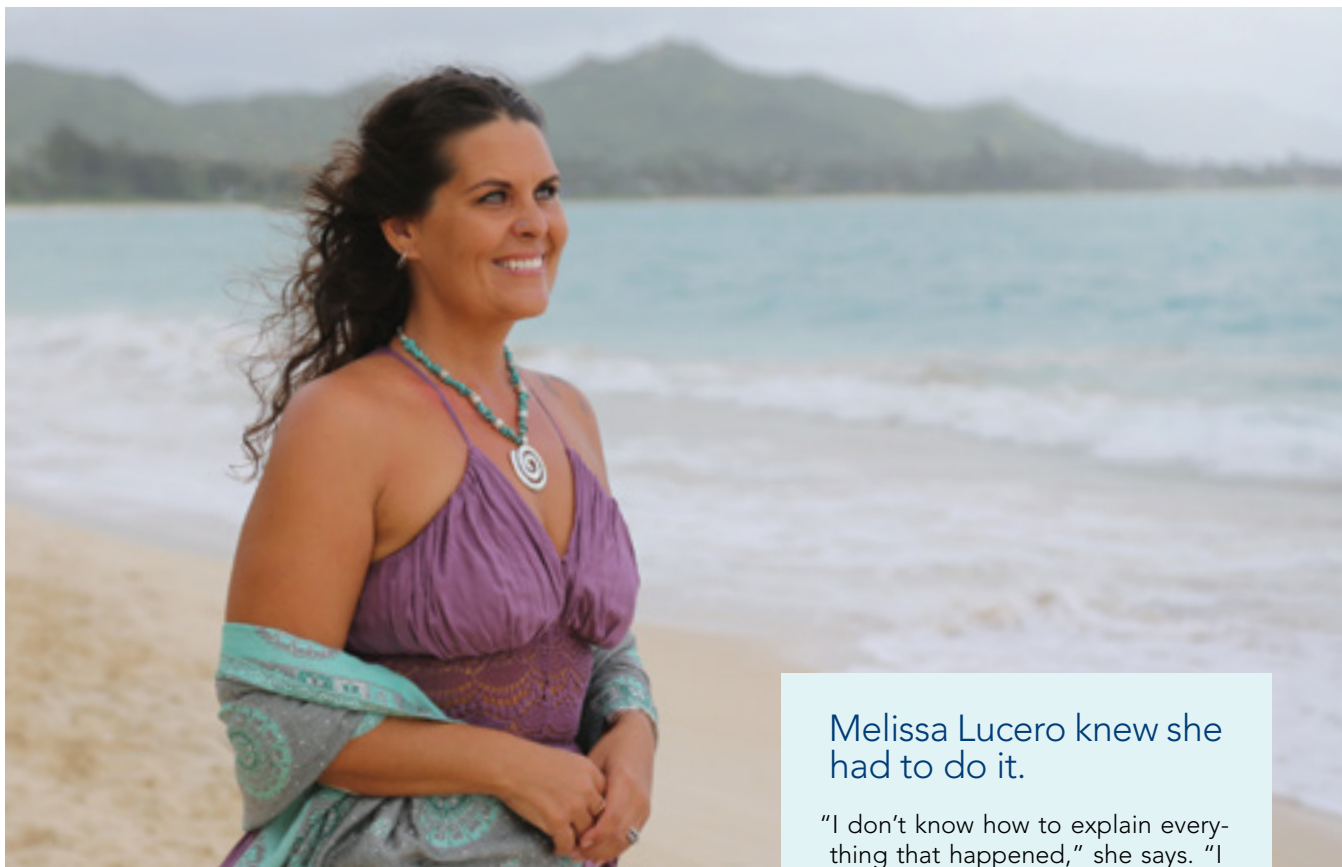
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getting past the past to save a life



Melissa Lucero knew she had to do it.

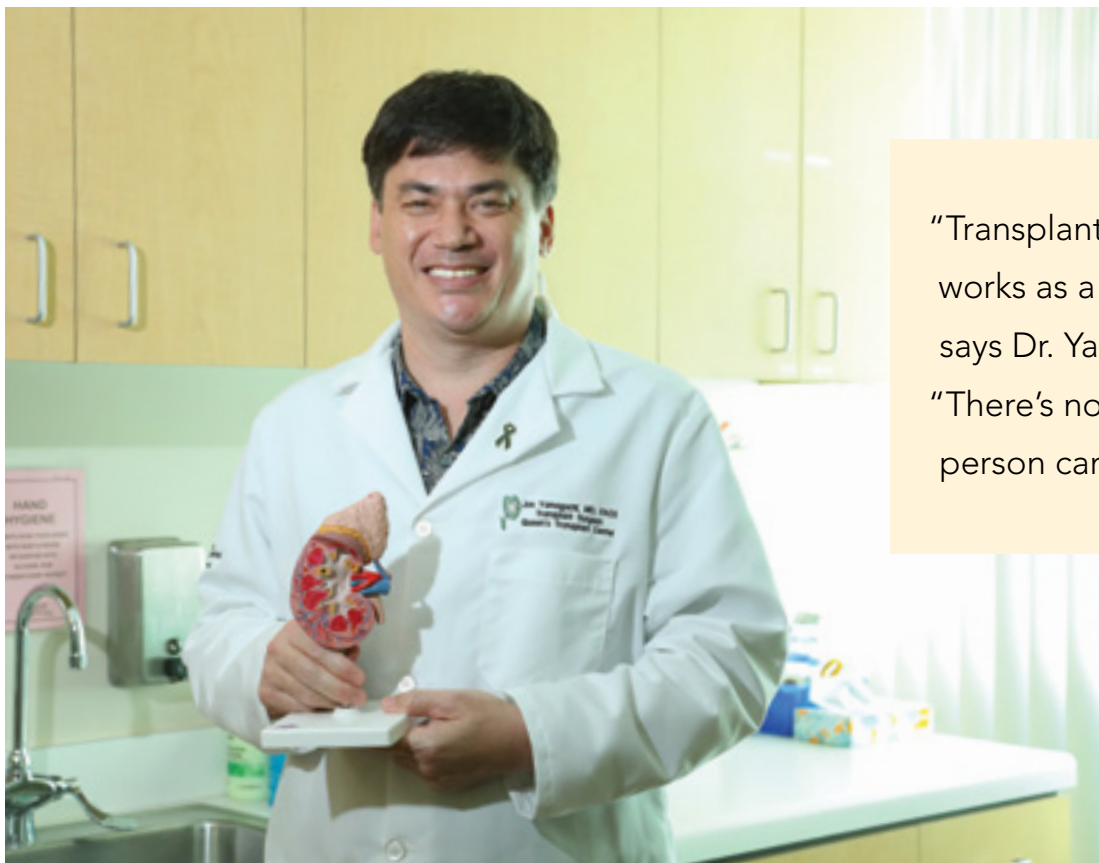
"I don't know how to explain everything that happened," she says. "I just knew in my gut that I was this girl's match."

When a friend in Colorado posted on social media that she had kidney disease and needed a transplant, Lucero felt drawn to see if she was a match. When test results came back positive, she had an even tougher decision — whether or not to become a donor.

Her decision was made more difficult by the memories of another surgery that almost took her life.

words David Frickman

photos Earl Yoshii



"Transplant only works as a team," says Dr. Yamaguchi. "There's no way any one person can do it."

From a physical standpoint, Lucero was a prime candidate. A donor who Kai Yamaguchi, M.D., a kidney transplant surgeon at Queen's, might describe as "the healthiest of the healthy."

But what Lucero didn't know was that distressing memories from a past surgery would present an unexpected challenge. "Eight years ago, I had a traumatic hysterectomy where I nearly lost my life," the retired nurse says. "I didn't realize that stuff was still underlying."

"Early on in the days of living kidney donation, as transplant professionals, we didn't appreciate the mental stressors that donation could place on somebody," says Dr. Yamaguchi.

"That's been a focus of some of the regulations to protect those donors and to make sure that we're trying to be as emotionally and physically conscious of them as possible."

The Queen's Transplant Center has a team that helps potential donors work through all of the issues that could arise. The team includes patient care coordinators, social workers, donor advocates, and many others.

"Transplant only works as a team," says Dr. Yamaguchi. "There's no way any one person can do it. I absolutely couldn't do my job without the patient care coordinators, the social workers, and other people too many to list. It really, really takes a team."

Lucero's team approach has proven successful for others. A lot of people helped Edith Navarro through the donation process when she made the decision and gave a kidney to her husband Raymond 10 years ago. After she found out that she and her husband were a match, Edith still had questions about whether donating was a good idea. She found her answers by talking with her doctor and from seeing examples of others who went through the procedure.

Today, Edith and Raymond speak to groups about the organ donation process. While the results can be positive, Raymond says the process leading up to it can be challenging.


The Navarros
enjoying life after she
donated her kidney
to her husband 10
years ago.



"It's a long process to qualify. I don't think people realize that," he says. "We have to be honest with them and tell them that they go through a stringent test," which takes about four months. After the battery of physical tests, Raymond says the last important piece is the psychological tests.

With all of the tests out of the way for Lucero, all that's left is clearing that final mental barrier. Her transplant surgery is scheduled for early 2020.

Through it all, Lucero is glad she made the decision to donate. And with the help of her family and her medical team, she's confident that she'll find the strength to see it through.

"I am a nurse and one of the things that I signed up for was to help people," she says. "If I have the ability to help people in whatever aspect it is, I've always wanted to be there to help." 

giving of yourself

While many people have committed to donating their organs when they die, it takes a special kind of inner strength to donate an organ like a kidney while they're still alive.

"Unfortunately, the need continues to rise as the wait list continues to rise," says Kai Yamaguchi, M.D., a kidney transplant surgeon at the Queen's Transplant Center in Honolulu. The center says more than 400 people are waiting for a kidney transplant in Hawai'i, but only a small percentage will receive a kidney because of the shortage of donors.

Maile Reddy, the living donor patient care coordinator at The Queen's Transplant Center in Honolulu, says there are some factors that would rule out a potential donor, such as being significantly overweight or having diabetes.

"You can have well-controlled high blood pressure in certain circumstances," Dr. Yamaguchi adds, "but we're essentially looking for the healthiest of the healthy patients."

To find out more about the Living Kidney Donor Program at Queen's, call 691-1179 on O'ahu.



For a bone marrow donation story, visit islandscene.com.



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Hilo

**Island Heart
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Kailua Kona

breathe, heal, repeat

words Michelle Regan
photos Lauren Gould

The night of the accident was the last time Dina Knight had a drink.

She'd been out partying in Honolulu's Chinatown and doesn't remember how she ended up driving so far from home. What she does remember is hitting the concrete barrier that caused her car to flip. The rest of the night comes to her in bursts — two men helping her out of the car, fainting on the highway, flagging down a stranger to take her home.





Throughout the course of the accident and its aftermath, Knight damaged City and County property, left the scene of an accident, reported her car stolen, committed insurance fraud, and notarized a false statement. At this point, lying was second nature. But for the first time, she realized it wasn't tenable.

"Making the decision to change and to stick with sobriety is rooted in the realization that everything you've done in the past and the way you've done it didn't work," says Knight. "You have to do things differently now."

In pieces

Knight's addiction started when she was a teenager. She was a latchkey kid with parents who loved her deeply but didn't always agree on how to raise her. Her extreme independence at an impressionable age made it easy for her to manipulate them. Within months of going away to college, she'd been expelled after two hospitalizations related to her substance use. Her dad helped her get into another school, where she made it to her senior year before two more hospitalizations.

She says that many of her parents' efforts to bail her out only enabled her. She tears up talking about all the people who are overwhelmed and hopeless because of their addiction, those who don't have the support that she did. She



**"Yoga is a
therapeutic
psychological
tool to work
through trauma,
to work through
stress, to work
through physical
blockages."**

:Dina Knight

encourages addicts and their families to seek professional help and to accept the fact that those close to us aren't always the best ones to help us.

In total, Knight was hospitalized eight times before the accident. "Knowing what I know now, I was playing with death on a daily basis. Just no regard for the consequences," Knight says. "I was a corpse trying to make it through life."

After the accident, Knight had to face the consequences of years of lying. Her relationships were superficial and she'd lost the trust of the people she cared about most. She barely knew herself.

It was time to get sober.

Becoming whole

Knight credits her recovery to familiar interventions — working the steps with an addiction professional, finding community support, and medication.

But she credits much of her lasting success to yoga.

Although she walked away from the accident with barely a scratch, Knight had lingering back pain and severe anxiety. She started stretching in her living room to find some relief.

"It started as a very informal practice. It was an acknowledgement that through drinking and drug and alcohol abuse, I totally lost any connection with how my physical body was feeling," she says. "So I started stretching and really being able to affect the way my body felt."

Knight says many addicts find yoga in recovery because they feel disconnected from their lives. Yoga requires presence of mind. It requires physical and mental discipline. And it requires you to slow down. That's a tall order for most people, but especially for those who are used to delirium and detachment.

The benefits can't be denied. Yoga and meditation test practitioners' mental and physical limits, asking them to repeatedly control their response to stress. Over time, these practices change the shape of the brain, improving mental resilience.

Today, Knight works as a yoga teacher and helps others build their own home practice. "Yoga is a therapeutic psychological tool to work through trauma, to work through stress, to work through physical blockages," she says.

"It's an acknowledgement that we have all these different levels that we function on so that we can be complete, balanced, happy, healthy people." She says it's the perfect metaphor for recovery: you need to go deep to find deep healing. ¹⁵

If you or someone you love is battling addiction, visit the Hawaii Department of Health website at health.hawaii.gov/substance-abuse/prevention-treatment or call (808) 692-7506.



The more the merrier!

Here are the newest additions to our provider network. More choices, more care.

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Gail E. S. Boltron
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Brenda J. Wong
Rainbow Zeng

Kauai

Kelsey Alpeter
Frank Bartolone
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Jaryd Gin Kei Yee

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Kambrie Y. Kato
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For a complete list of providers, contact information, and plans accepted, visit Find a Doctor on hmsa.com. These providers joined HMSA's network between June 21 and Sept. 20, 2019.

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rock on

words Craig DeSilva

Does the thought of rock climbing seem beyond your reach?

The sport helps build upper-body strength and maintain a good cardiovascular system. Figuring out how to reach the top is also a mental challenge. Just remember to stay safe.

Who can rock climb?

Preschoolers to adults in their 60s and beyond enjoy rock climbing.

What are the physical benefits?

Rock climbing is a full-body workout that requires you to lift your body weight. It targets your forearms, back, and core and increases flexibility and endurance.

What are the mental benefits?

Climbing is like solving a mental puzzle. You need to figure out where to place your hands and feet. And the feeling you get when you reach the peak is oh, so satisfying.

What do I need for rock climbing?

Proper shoes and safety gear, including a harness, carabiners, ropes, and chalk for a strong grip.

How do I get started?

Climb at an indoor or other man-made rock wall with safety harnesses and a crash pad. You may also want to take lessons from an experienced rock climber.



COURTESY DEANNE KENNEDY

Love on the rocks

The strength of DeAnne Kennedy's and David Bachler's relationship is found on the rocks.

Rock climbing requires two people — the climber and the belayer who holds the climber's rope so they don't fall. "Just like in a relationship, you decide how much slack to give or get from your partner," says Bachler.

"Climbing is life," says Kennedy. "When you're hanging 50 feet high, you're relying on your partner and trust he'll hold that rope so you don't fall."

Kennedy started rock climbing with friends when she lived in Colorado. She met Bachler after moving to Hawai'i and convinced him to go

rock climbing with her. A former professional ballet dancer and all-around athlete, Bachler gave rock climbing a try and was hooked on her and the sport.

"It's important that I'm with someone who 'adventures' with me," Kennedy says.

The couple climbs outdoors at Makapu'u or Mokulēi'a or indoors at The Arch Project rock climbing gym in Waipahu. And just like in their relationship, they continue to push each other to reach new heights with support and positive reinforcement. **is**

build strength

words Lynn Shizumura

photos Earl Yoshii



What's strength training? It's a general term for resistance exercises that increase lean muscle tissue.

Why do it? People lose about 1% of muscle mass every year after age 25. "Strength training will tone your body, burn body fat, and improve muscle endurance," says Tim Rabetoy, a certified personal trainer and strength and conditioning specialist. Rabetoy is a professional athlete, certified personal trainer, and strength and conditioning specialist. He has more than 20 years of experience in fitness, rehab, and physical therapy.

Ready to work it? Try these exercises at home or at the gym. Do three sets of 12 repetitions for each exercise (except plank and power crunches). Remember to watch your form and alternate your workouts. For example, if you work arms on Monday, do legs and abs on Tuesday. Also, exhale on the exertion and inhale on the release.

Squats

Targets lower body.

Stand with feet shoulder-width apart. Keeping your weight on your heels, tighten your core, and bend your knees as if you're about to sit on a chair. Return to starting position.



Standing bicep curls

Strengthens arms and torso.

Stand and hold dumbbells at your sides. Raise one weight toward chest, bending elbow with palm facing up, then return to start. Repeat with the other weight. This counts as one rep.



Seated overhead press

Strengthens shoulders.

Sit on a chair with feet flat on the floor. Keeping your back straight, hold dumbbells at shoulders. Press dumbbells above your head until arms are fully extended. Return to starting position.



Elbow plank

Works entire body.

Start face-down on the floor, supporting your weight on your forearms and toes. Keep your back parallel to the floor and in line with your shoulders and heels. Hold as long as you can.



Power crunches

Tones upper and middle abdominals.

Lie on your back with knees bent and feet flat on the floor. Place fingertips behind ears and quickly lift your head and shoulders from the floor. Just as quickly, return to starting position and repeat the movement as many times as you can.



Leg raises

Works lower abs.

Lie on your back with legs outstretched and feet together, arms at your sides, palms facing down. Raise legs without bending your knees then slowly return to starting position.



For more strength training exercises, visit islandscene.com/more.

HMSA Health Resource Center at Kuakini

Renovated and ready to help you.

The HMSA Health Resource Center at Kuakini offers convenient services for HMSA members, including:

- Visits with a clinician, such as a nurse, health coach, certified diabetes educator, or pharmacist.
- Annual wellness checkups and diabetes education.
- Case and care management.
- Diabetes retinal eye screening and heel scans to measure bone density.
- And much more!

Depending on your health plan, some services may require a copayment.

The center is located in the Kuakini Physicians Tower, 10th floor, 347 N. Kuakini St., Honolulu.

If you have questions or would like to make an appointment, call 547-9723 on Oahu. Or stop by Monday through Friday, 8:30 a.m. to 4:30 p.m.

for real?

spilling the beans on coffee

words Robyn Kuraoka

a fresh cup of joe in the morning can jump-start the day. For heavy coffee drinkers, going without can lead to headaches and fatigue. But how unhealthy is your coffee habit? We asked the experts to separate fact from fiction.

Fact or fiction: Coffee stunts your growth.

Fiction: Sorry Mom, this one's not true. While it's good to discourage your 12-year-old from ordering a double Frappuccino with Thai walls (condensed milk), the folks at Johns Hopkins All Children's Hospital say that coffee does NOT stunt growth. But more than a cup or two a day – in addition to caffeine from sodas or energy drinks – can interfere with normal sleep.

True or false: Dark roasts have more caffeine than light roasts.

False: Dark roast coffee beans are roasted longer at a higher temperature. As a result, the beans lose moisture, making them less dense and less caffeinated. By comparison, says Master Roaster Charles Asselbaye, owner of Local Joe in Downtown Honolulu, light roast coffee beans retain more of its chocolaty and fruity notes and more of its caffeine. So if you're looking for a caffeine boost, choose a light roast.



Right or wrong: Coffee is good for your heart.

Right: Habitual coffee drinking has been linked to a lower risk of coronary artery disease in women. And the American Heart Association says that it's also associated with a lower risk of type 2 diabetes and Parkinson's disease. But go light on the cream and sugar.

For real? Coffee can help you lose weight.

Sort of: Good ol' black coffee has just a couple of calories per cup. And thanks to the magic of

caffeine, coffee gives you energy that may help you lose weight and even improve performance during exercise.

Yes or no: Decaffeinated coffee is great if you can't have caffeine.

No: *The Journal of Analytical Toxicology* published a study in 2006 that said it depends on the brand. Decaf can have 8 to 14 milligrams of caffeine per cup compared with 85 milligrams in regular coffee. If you're pregnant, nursing, or have health conditions, discuss your caffeine intake with your doctor. ¹⁵

health matters

The moais have it

"Find your right tribe and you'll not only add years to your life, but you'll enjoy your time here just a little more," says Blue Zones Project®, the organization that shares best practices from longevity hotspots called Blue Zones.

Here's a tip from Okinawa, one of five of the world's Blue Zones: Join or start your own moai, or group, that meets for a shared purpose. In Hawai'i, moais meet for healthy potlucks, walks in the park, and giving back to the community.

At Hawaiian Telcom, a knitting moai combines passion and purpose. The moai meets regularly to knit beanies that are donated to babies born at The Queen's Medical Center. About 60 beanies are donated to the center each month. "Knitting was something we wanted to do for community service and it became one of our missions," says Geraldine Joy Ibarra, the moai leader.

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Cloudy with a chance of pain

You don't need Guy Hagi to tell you that it's increasingly hot, humid, and overcast in the islands. But did you know it can affect your health? Here's how.

If you have a long-term health condition, humidity can be more than an inconvenience. According to a British health study, people with conditions like arthritis and fibromyalgia are 20% more likely to suffer from pain on days that are humid and windy. If humidity affects you, check the weather forecast and save harder tasks for days that are less humid.

Kinder than fiction



Empathy is the ability to understand and share another person's feelings. If you want to relate to others better, read fiction. Research shows that small doses of fiction encourage small but reliable improvements in empathy.

If you don't have time for fiction right now, here are some quotes that may inspire you to relate better to others.

- "For me, the best introduction is the human face. When I see two eyes, one mouth, one nose, I know I'm dealing with another human being like me." – The Dalai Lama.
- "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia.
- "Sometimes I think, what is friend? And me think, friend someone you give up last cookie for." – Cookie Monster.



Can we talk?

On average, babies make a thousand sounds a day. But babbling isn't just filler. Researchers say it's a sign that babies are ready to learn and engage with their parents and caregivers.

So, when babies "talk," take time to reply or acknowledge that you heard them. It can make a difference in their growth and development.

Good to know

National Health Observances are days, weeks, or months dedicated to raising awareness about important health topics. Here are some to take note of:

- January: Cervical Health Awareness Month, National Glaucoma Awareness Month, National Drug and Alcohol Facts Week.
- February: American Heart Month, World Cancer Day, National Eating Disorders Awareness Week.
- March: National Colorectal Cancer Awareness Month, World Kidney Day, American Diabetes Alert Day.

Source: U.S. Department of Health and Human Services



**CERVICAL HEALTH
AWARENESS MONTH**

January



super moms, super women

words Powell Berger
art Garry Ono

"People think it's about the weight, but that's the least of it," says "Christina," mom of a happy, healthy 3-year-old girl. "No one tells you how much you'll give up being a mom. No one tells you about the weird things your body does."

Christina had an unusual experience during her pregnancy. She had a placenta previa (where the location of the placenta blocks the ability to have a normal delivery). Her scheduled Caesarean section ended with a delivery at a different hospital due to complications.


"Women are told we can have it all, but you can't have it all," she says, pointing to the sleep-deprived nights and the ongoing balance between being a good mom, good partner, good at your work, and meeting life's many obligations. "You feel like a failure."

Christina found her wisdom from a hui of women — moms with babies her daughter's age, moms with teens, grandmothers, working moms, and stay-at-home moms. "They bring so many different perspectives," she says, perspectives and experiences that greatly broadened her understanding of pregnancy, mothering, and life (and body) after childbirth.

A woman's body does Herculean work during pregnancy, pumping twice as much blood as it previously managed, reorganizing the body's organs

to make room for baby, stretching and straining well beyond its original shape, and enduring everything from constipation to hemorrhoids to incessant itches and rashes.

"There are all sorts of physiological changes during pregnancy," says Janet Burlingame, M.D., an ob-gyn who specializes in maternal fetal medicine, "and not all of it is reversible." She points to changes ranging from body shape to heart and kidney function to DNA. She discourages the notion of "getting back to normal," echoing Christina's perspective that normal has forever changed. "Broader hips and stretch marks speak to an amazing accomplishment," she says. "Don't tell a woman her body is damaged just because she had a baby."

Dr. Burlingame also encourages moms to find their hui of women at all stages of pregnancy and motherhood to help make motherhood a community experience. "Each doctor is unique and focuses on different things," she says. "Having a community of different perspectives brings common sense and support to pregnancy." 

before- and after-baby care

Prenatal care as soon as you know

Schedule your first prenatal visit as soon as you know you're pregnant. That's the recommendation from the American College of Obstetricians and Gynecologists (ACOG).

Regular prenatal care is the only way to make sure that you and your baby are healthy throughout your pregnancy.

Prenatal care allows your doctor to find and treat problems early. It plays a big role in preventing premature birth, which can lead to lifetime health problems for your baby.

HMSA Pregnancy Support Program

This program pairs you with a maternity nurse who'll provide personalized education and counseling over the phone. Nurse support doesn't replace the care you receive from your

ob-gyn, but provides additional services to complement your regular prenatal care.

You'll receive:

- Support from a maternity nurse to complement the care from your ob-gyn.
- Referrals to resources and services.
- Help with your doctor's instructions and answers to questions about care.
- Additional postpartum support during the first two months after delivery.
- A copy of *Your Pregnancy and Childbirth: Month to Month*, written by women's health experts and published by ACOG.

For more information on the HMSA Pregnancy Support Program, go to

hmsa.com/help-center/pregnancy-support/ or call 948-6079 on O'ahu or 1 (800) 776-4672 toll-free on the Neighbor Islands.

Postpartum care focused on you

ACOG recommends that you see your ob-gyn within three weeks after having your baby.

Instead of a single visit, postpartum care should be an ongoing process, says ACOG. At postpartum visits, you and your doctor may discuss your emotional well-being, physical recovery from giving birth, sexuality and contraception, chronic disease management and, of course, caring for baby.

These postpartum visits can transition to well-woman care to ensure that you continue to get individualized care.

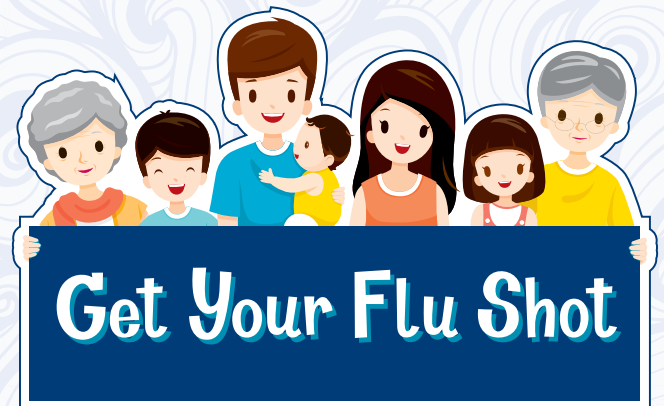
for your benefit

Flu shot: Too late?

So you didn't get a flu shot last fall and think you missed your chance? Think again.

January isn't too late to get a flu shot (unless the vaccine supply runs out). Flu season peaks from December to February, but can last until May. Even after the first strain of influenza has waned, the Centers for Disease Control and Prevention says another strain can start later in the season.

Getting vaccinated protects you, your family, friends, and co-workers from the flu. Don't put it off any longer. Call your doctor or pharmacy to find out where you can get a flu shot, often at no cost.



Discounts for HMSA Members

With HMSA365, your HMSA membership lets you save money on health and well-being products and services statewide. To get a discount, just show your HMSA membership card at participating businesses. There's no paperwork to do or claims to file.

Check out these discounts:

- The Gym Maui: \$40/month (reg. \$55/month). 891-8108 on Maui.

- Yoga Hanalei: 20% discount on classes. 826-9642 on Kaua'i.
- Lailima Food Patch: 10% off build-your-own protein bowls. 329-8378 on the Big Island.

For more discounts, go to hmsa.com/hmsa365 and browse by island or categories. For more information on HMSA365, visit the website or call 1 (855) 329-5461 toll-free.





Learn a thing or two

If you've ever wanted to find new ways to get healthy and stay that way, HMSA can help. These free workshops for members focus on a variety of topics to support you wherever you are in your well-being journey.

Here are a few workshops that may catch your interest:

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

Is an ounce of prevention really worth a pound of cure? It is! This session reviews the benefits of screenings even when you feel healthy.

Hearty Advice

Hypertension and high cholesterol can put you at risk for heart disease, a serious condition that can be prevented. Join us to learn how your cardiovascular system works, what can go wrong with it, and strategies for living better.

Digital Access to Your Care

Bring your smartphone or tablet as we walk you through the steps to make the most of digital tools at hmsa.com such as HMSA's Online Care®, Find a Doctor, Check Drug Cost, and more. Your regular message and data rates may apply.

For more information and the workshop schedule, visit hmsa.com/well-being/workshops/. To register, please call 1 (855) 329-5461 at least three days before the date of the workshop.



trust in a better future

Butch and Remy Alegre started participating in Hale Kipa's Therapeutic Foster Care Program after seeing so many homeless kids. "Hawai'i has lots of kids on the street and it breaks my heart to see them," Remy says.

The Alegres have two grown children and five grandchildren. In more than a decade, they've cared for over 60 at-risk children and teens on O'ahu. "When kids in the Therapeutic Foster Care Program come to your house, you can show them you care about them and you want to help them and help the community."

Hale Kipa works with children and teens, ages 3 to 17, connecting them with foster parents for a few days or up to 11 months. It also offers the Kamala Homes program, providing temporary emergency foster homes on O'ahu for those ages 12 through 17.

"It takes time to make a decision to become a foster family," says Jessica Carter, Hale Kipa's foster home

developer. But once you're ready and you make that decision, "opening your home and family up to a child can be incredibly rewarding and can change the trajectory of an adolescent's life."

Therapeutic Foster Care helps children who have additional emotional and behavioral needs and includes 24-hour support and regular visits from staff. The kids also see a therapist/case manager weekly. This program keeps children in a healthy family unit until they can be reunited with their natural or adopted family or learn to live independently. The length of their stay with a foster family depends on the child's treatment plan.

Remy says some of her foster kids still call her and talk about life as an adult and share important milestones such as living on their own, starting a job, getting married, and having children. "When I help them have a better future in life, that's my reward," she says.



The Alegres with their 3-year-old grandson Christian Alegre Jr.



Hale Kipa Transitional Family Home staff from left: Jason Redick, Brittaney Jefferson, Jessica Carter, Michelle Niitani, and Michelle Rocca.

EARL YOSHII

She focuses on teaching the youth basic chores, such as cleaning their room and preparing dinner staples like rice. "I tell them that if they do it here, they can do it when they get home and their parents will be so proud," she says. "The most important thing you can do is show them that you trust them."

Remy works with up to two children at a time. Her dedication to the program recently earned her an official recognition from the Office of the Mayor of the City and County of Honolulu.

She appreciates the support from the dedicated Hale Kipa staff as well as the program's training. Each parent receives 36 hours of initial training on topics such as therapeutic communication and skill building, understanding childhood and adolescent development, and Hale Kipa program policies.

"I tell other prospective parents that it feels good to encourage, advise, and help these youth," she says. "You can give them a new life and help them. These kids can be a handful, but they make us stronger." ¹⁵

For more information, visit HaleKipa.org or contact Jessica Carter, O'ahu foster home developer, at 589-1829, ext. 407, on O'ahu or jcarter@halekipa.org.

"When I help them
have a better
future in life,
that's my reward."

: Remy Alegre



The Alegres and grandson Christian (yellow shirt) with his cousins Jacob and Yzabella.

When was the last time you saved someone's life?

HERE'S YOUR CHANCE.
One donation can save up to three people.



Blood Bank of Hawaii

A public service announcement

It takes 200 blood donors a day to help supply the needs of patients on every island, and all the blood collected stays here in Hawaii.

Visit BloodBankTough.org or call 808-848-4770 to make an appointment.

On Oahu, our Young Street Donor Center (1907 Young Street) welcomes donors 7 days a week.

We visit the neighbor islands every 8 weeks.

1010-174954

Notice of Annual Meeting

Hawai'i Medical Service Association (HMSA)

The Annual Meeting of HMSA will be called to order on Thursday, April 23, at noon in the Hawai'i Convention Center's Kauai Ballroom, 1801 Kalakaua Ave., Honolulu, Hawaii.

At the meeting, financial and annual reports will be presented. Election results for HMSA Directors will be announced and HMSA Directors will take office.

Current HMSA members are able to attend; proof of HMSA membership required.

To register for the meeting, please call 948-5263 on Oahu.

1010-160551



keiki corner

Word Scramble

Unscramble the activities you can do to get stronger.

mwis _____

Do this at the beach or in a pool.

shuppus _____

Work your arms with this exercise you can do on the floor.

pigmunj casjk _____

Get your heart pumping with this activity.

iggojgn _____

Faster than walking but slower than running.

aigndcn _____

Whether you're into hula, hip-hop, or even ballet, you'll be doing this.

yingicbcl _____

Once you learn how to do this, you'll never forget.

keih _____

Grab your family and go to places like Diamond Head or Makapu'u to do this.

tretcsh _____

Remember to do this before and after you exercise.

Bonus:

kingpic eilapepnsp _____

Stand with your feet wider than shoulder-width apart, bend knees slightly, and bend at the waist. Reach out in front of you, aiming to touch the ground, then reach directly below, then reach behind your legs.

Choose Healthy

Nutritious food keeps your body strong. Circle the food and drinks that are healthy and delicious.



apple



potato chips



cupcake



carrot



french fries



ice cream



water



chicken



lollipop



donut



banana



sugary cereal



broccoli



pizza



soda



milk

Look and find

Can you find the following?

One nene goose

One rainbow

One wild boar

Two cats

Two dogs

Three frisbees

Three bananas

Three geckos

Three tennis rackets

Four backpacks

Four pairs of sunglasses

Five bottles of water

Five hats

Five pineapples

Six trophies

Someone blowing a conch shell

Someone giving a shaka

Someone playing the 'ukulele





protein power

Protein is key to maintaining a balanced diet, giving your body the nutrients it needs to be healthy and strong. In addition to keeping you feeling full and satisfied, protein helps build and maintain your muscles, bones, and immune system.

Ready for more protein power? Here are a few high-protein dishes to try.

Teriyaki Chicken Kebabs

- ½ cup reduced-sodium shoyu
- ½ cup pineapple juice (reserved from canned pineapple)
- ¼ cup light brown sugar
- 1 ½ Tbsp. sesame oil
- 1 tsp. garlic powder
- 1 tsp. ground ginger
- ½ tsp. pepper
- 1 Tbsp. cornstarch mixed with 1 Tbsp. water
- 1 lb. boneless skinless chicken breasts, cut into 1-inch cubes
- 8 bamboo skewers
- 1 cup canned pineapple chunks in juice, drained and juice reserved
- 1 green bell pepper, cut into 1-inch chunks
- ½ red onion, cut into 1-inch chunks
- Cooking spray

Combine first seven ingredients in small saucepan and bring almost to a boil over medium heat. Stir in cornstarch slurry and cook 3 minutes or until mixture thickens, whisking constantly. Cool. Reserve about 1/3 cup and pour remainder into a large bowl. Add chicken and toss to coat evenly with sauce. Cover and refrigerate several hours.

Soak skewers in water for 20 minutes. Thread skewers with chicken, pineapple, bell pepper, and onion. Brush kebabs with reserved marinade.

Arrange kebabs on broiler pan coated with cooking spray. Position oven rack about 6 inches from heat. Preheat broiler on low. Broil kebabs 15 minutes or until chicken is cooked, turning once halfway through. Watch carefully. Makes 4 servings.

Per serving: Calories 270, protein 27 g, carbohydrates 28 g, total fat 6 g, saturated fat 1 g, cholesterol 60 mg, sodium 1,390 mg, fiber 2 g, total sugar 21 g

words Andrea Wright Agustin

photos Lew Harrington

food styling Marjie Beaton



See a mahi mahi taco salad recipe video at islandscene.com/more.



Ono Tofu Stew

Adapted from an 'Ekahi Health System recipe.

1 onion, chopped
2 stalks celery, chopped
1 green bell pepper, seeded and chopped
1¼ cups water, divided
2 tomatoes, cubed
2 tsp. pepper
1 tsp. Hawaiian salt
2 tsp. raw sugar
1 bay leaf
15 oz. can tomato sauce
2 12-oz. cans low-sodium vegetable juice

2 carrots, cut into chunks
3 red potatoes, cut into chunks
14 oz. can kidney beans, drained and rinsed
20 oz. firm tofu, cubed

In a Dutch oven over medium heat, "sweat" onion, celery, and bell pepper in ¼ cup of the water until tender, about 5 minutes. Stir in tomatoes, pepper, salt, sugar, bay leaf, tomato sauce, vegetable juice, and remaining 1 cup water. Bring to a boil over

medium-high heat. Reduce heat to low, then cover and simmer 20 minutes. Add carrots, potatoes, and beans. Cook over medium heat until carrots and potatoes are tender, about 20 minutes, stirring occasionally. Add tofu and simmer 10 minutes. Makes 12 servings.

Per serving: Calories 140, protein 9 g, carbohydrates 24 g, total fat 3 g, saturated fat 1 g, sodium 610 mg, fiber 5 g, total sugar 8 g

Spicy and Sweet Pork Chops

1/3 cup reduced-sodium shoyu
1/4 cup Sriracha
3 Tbsp. honey
1 Tbsp. sesame oil
3 garlic cloves, minced
2 tsp. minced ginger
4 boneless center-cut pork chops, about 1-inch thick
2 Tbsp. canola oil
1/4 cup chopped green onion

Whisk together first six ingredients and pour on pork, coating evenly. Cover and refrigerate 30 minutes.

Heat canola oil in a large skillet over medium heat. Add pork and cook 5 to 6 minutes on each side or until internal temperature reaches 145 degrees.

Garnish with green onion. Makes 4 servings.

Per serving: Calories 380, protein 27 g, carbohydrates 19 g, total fat 21 g, saturated fat 3 g, cholesterol 80 mg, sodium 1,220 mg, total sugar 16 g







not bad, just strong

Have you ever eaten lunch at work only to have a co-worker say loudly, “What’s that smell?”

It’s just kimchi, you say to yourself. Or dinuguan. Or dried aku. Takuan. Shrimp in black bean sauce. Garlic chicken wings.

Pungent odors of any kind are always noticeable in a work area, but this is especially true for strong food odors. They’re out of context, which makes them especially offensive.

In these Islands, we’re familiar with many cuisines and embrace them all. Still, everybody doesn’t like everything, so eat your smells-delicious-to-me lunch in the break room. Someone may catch a whiff of it and think nothing of it.

Harm Ha Pork with Ong Choy

Fermented shrimp, anyone?

- 1 bunch ong choy
- 2 tsp. peanut oil
- 3 garlic cloves, crushed
- 2 tsp. oyster-flavored sauce
- 2 tsp. harm ha* (fermented shrimp paste)
- ½ lb. pork loin, thinly sliced
- 1 tsp. sugar

Rinse ong choy in a large bowl of water and slice into 2-inch pieces, separating stems and leaves. Drain. Heat oil in a wok or large nonstick skillet over medium-high heat. Add garlic, oyster sauce, and harm ha, stirring quickly for a few seconds. Add pork and stir-fry until done, about 3 minutes. Stir in stems and cook about 3 minutes. Sprinkle with sugar and add leaves, stir-frying until leaves are wilted, about 5 minutes. Makes 6 servings.

*Available in the Oriental food section in grocery stores.

Per serving: Calories 120, protein 11 g, carbohydrates 4 g, total fat 7 g, saturated fat 2 g, cholesterol 30 mg, sodium 200 mg, fiber 2 g, total sugar 1 g

words Marlene Nakamoto

photos Lew Harrington

food styling Cedric Fujita



Natto Fried Rice

Highly aromatic

- 3 eggs
- 3 oz. package natto
- Cooking spray
- 1 slice bacon, diced
- 2 cups cold cooked brown rice
- 1 Tbsp. soba tsuyu*
- ¼ tsp. salt
- ½ cup chopped green onion

In a small bowl, beat eggs with natto. Set aside. Prepare a large nonstick skillet with cooking spray and heat over medium-high heat. Pour egg mixture into skillet. Cook and scramble the eggs just until they start to firm up and are still a little runny. Remove egg mixture to a bowl. Wipe skillet clean with a paper towel and return it to the stovetop. Sauté bacon in skillet until brown but not crisp, about 3 minutes. Add rice and stir-fry about 5 minutes or until heated through, breaking up any large clumps. Return egg mixture to skillet, mix well, then add soba tsuyu and salt. Cook a couple more minutes then remove from heat and stir in green onion. Makes 4 servings.

*Available in the Oriental food section in grocery stores.

Per serving: Calories 250, protein 13 g, carbohydrates 27 g, total fat 10 g, saturated fat 3 g, cholesterol 145 mg, sodium 320 mg, fiber 3 g, total sugar 2 g



Obatzda

Beer cheese dip from Bavaria

- 8 oz. limburger
- 8 oz. spreadable cheese,
such as Laughing Cow
- 1/3 cup unsalted butter
- 2 tsp. sweet paprika
- 2 tsp. caraway seeds, crushed
- Salt and pepper to taste
- 1/4 cup dark German lager
- 1/3 cup minced Maui or
Ewa sweet onion
- 2 Tbsp. chopped chives plus
more for garnish

Cut cheeses and butter into small pieces and place in a medium mixing bowl. Cover and allow to come to room temperature. Add paprika, caraway seeds, salt, and pepper. Press mixture with a fork until well blended. Add 2 tablespoons beer, continually mixing and adding beer until consistency is spreadable but not runny. (You may not need all the beer.) Cover and refrigerate 3 hours. Just before serving, fold in onion and chives. Garnish with more chives. Makes about 2 cups.

Per serving (1/4 cup): Calories 120, protein 4 g, carbohydrates 1 g, total fat 10 g, saturated fat 6 g, cholesterol 30 mg, sodium 260 mg, total sugar 1 g



See how to make Vietnamese
Daikon and Carrot Pickles at
islandscene.com.

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

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

Federal law requires HMSA to provide you with this notice.

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

Services that HMSA provides

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

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

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

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

How to file a discrimination-related grievance or complaint

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

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

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

- Online: ocrportal.hhs.gov/ocr/portal/lobby.jsf
- 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.

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

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

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

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

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1 (800) 776-4672 번으로 연락해 주시기 바랍니다. TTY 711 번으로 전화해 주십시오.

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

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

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

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

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

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

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

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

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

fat 411

Face the fat facts: Fats do good things for your body. They give you energy, help your body absorb vitamins, and protect your heart and brain. On the other hand, fats are concentrated calories, so it's important to include a healthy balance of different fats in your diet.

yes

unsaturated (aka monounsaturated and polyunsaturated)

- increases good cholesterol
- prevents arteries from hardening

enjoy nuts, seeds, avocados, olives, vegetable oils, fish



not so much

saturated (solid at room temperature)

- some types can raise bad cholesterol
- may increase risk of heart disease

watch the red meat, butter, whole-fat dairy products, palm and coconut oils



minimize

artificial trans fats (liquid oils chemically altered into solids)

- can raise bad cholesterol and lower good cholesterol
 - can increase risk of heart disease, stroke, and type 2 diabetes
- some processed foods — check the Nutrition Facts



words Marlene Nakamoto

stamp of approval Alan Titchenal, Ph.D.

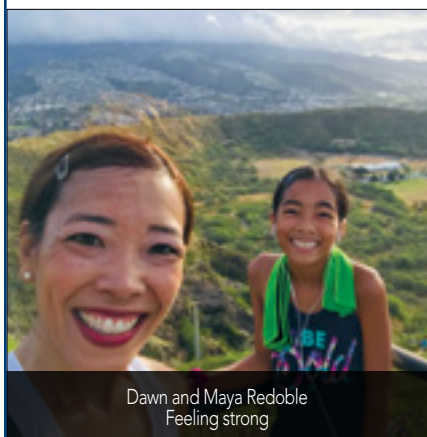
#myislandscene



Everyone has their unique strengths, whether they're physical, emotional, academic, or the way we treat others. Mahalo for sharing your strongest moments with us.

Want to share your HI Notes with us? Post your photos on Instagram or Facebook using the hashtag #myislandscene for a chance to be featured in our next issue.

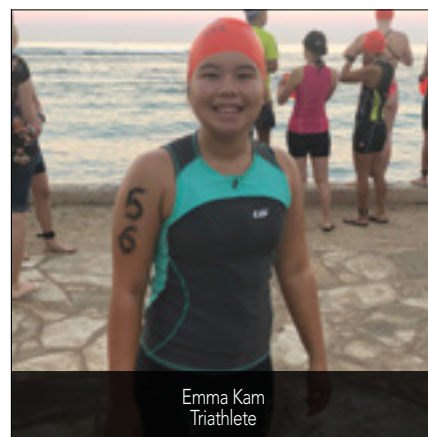
Find us on  askhmsa or  myhmsa.



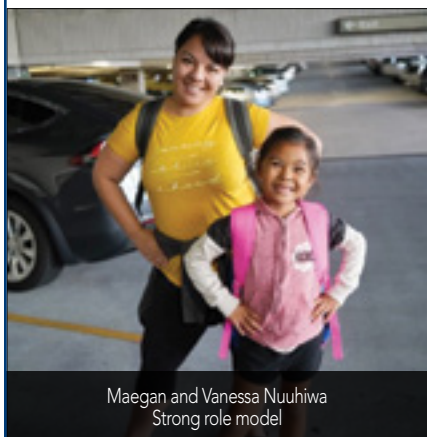
Dawn and Maya Redoble
Feeling strong



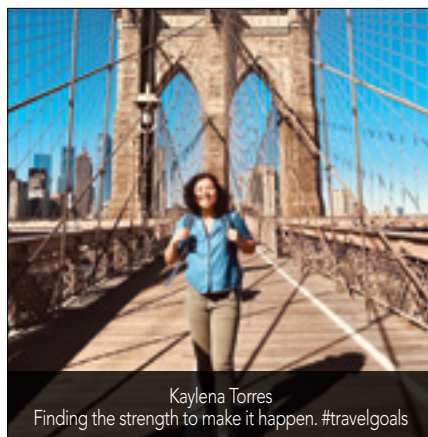
Nā Kane o Nā Maka O Pu'uwai Aloha
Strength in brotherhood



Emma Kam
Triathlete



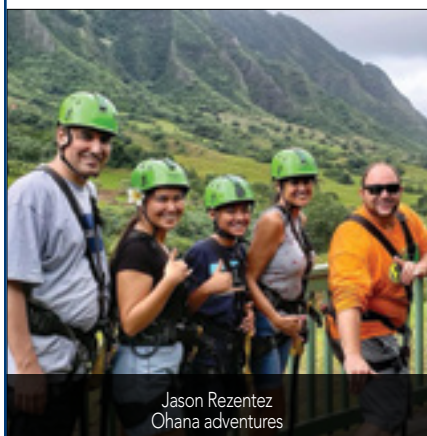
Maegan and Vanessa Nuuhiwa
Strong role model



Kaylena Torres
Finding the strength to make it happen. #travelgoals



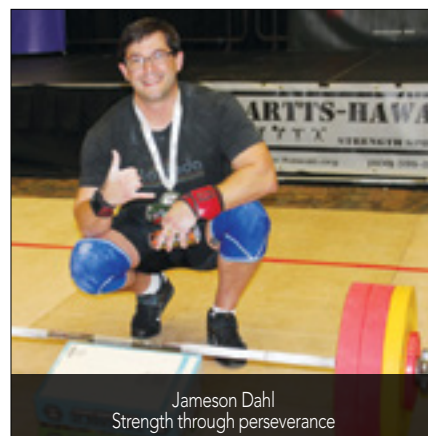
Kailee and Tanner Nitta
Strength from sibling love



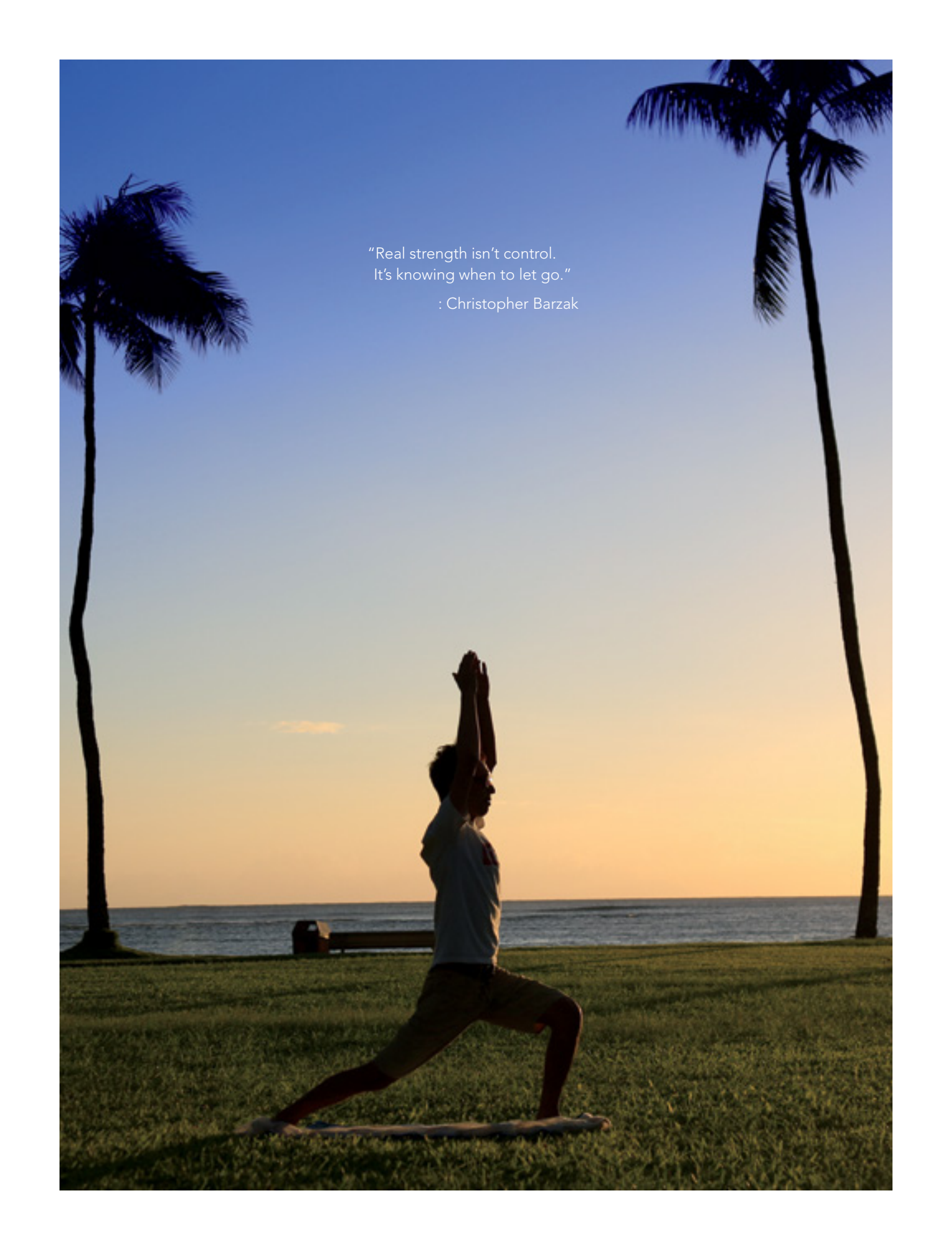
Jason Rezentz
Ohana adventures



Jessica and Zyana Gellert: I feel at my best when I make fitness a family priority. We get stronger together and my kids are learning at an early age that exercise is fun!



Jameson Dahl
Strength through perseverance

A person is captured in a yoga pose, specifically a lunge with arms raised, on a mat in a grassy field. The scene is set during sunset or sunrise, with a warm orange and yellow glow on the horizon. Two tall palm trees frame the scene on either side. In the background, the ocean is visible under a clear sky. The overall mood is peaceful and serene.

"Real strength isn't control.
It's knowing when to let go."

: Christopher Barzak

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1010-152355

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