



UNIVERSITY OF HAWAI'I

A MAGAZINE FOR ALUMNI AND FRIENDS

SPRING 2018



# LIVING LONG

Geriatrician Lauren Okamoto, 38, and son Peyton, 5, may expect to live into their 80s and possibly 90s. Find out why.

## FAMILY & SPORTS

The Kahuanui sisters, Shelley and Charlene

---

## Q&A

Isla Young on STEM for girls and minorities



Whether you're just starting to develop a wellness program or it's well underway, we have customized solutions for your team. If you're interested in learning more about:

- pro active goal setting
- nutritional tips and food challenges
- fitness programs and benefits
- value added programming
- private group exercise classes for your team

Make an appointment with a business membership advisor and receive more information by contacting us at (808) 585-9626

*\*The corporate wellness program is free and open to all companies with 5 or more team members.*

## FEATURED CLASS

If you're ready for a one-two power punch, then make sure to check out the hybrid cycle/yoga class every Tuesday and Thursday night in Studio 2. This hybrid class is designed to be taken as two back to back classes, beginning with Express Cycle from 5:30pm to 6:05pm and segueing into a Power Vinyasa session ending at 6:50pm. You are also welcome to take just a single module of the hybrid class as well.

Trying classes is one of the best ways to stay energized about your workout routine and to meet new members. The Honolulu Club offers over 100 classes every week and we continue to welcome your feedback.



**HONOLULU**  
CLUB

Hawaii's Premier Athletic, Social, & Business Networking Club

(808) 585-9626 | 932 Ward Ave. 7th Floor, Honolulu, HI 96814 | [www.honoluluclub.com](http://www.honoluluclub.com)



12

# LONGEVITY IN HAWAI'I

UH geriatrics' cutting edge research and data sheds light on why we live so long in Hawai'i

## 6 NEWSMAKERS

Kaua'i's Village Harvest fresh produce program, Mānoa helps invent tech to explore the deepest ocean depths, "Moana" in Hawaiian language: a Disney first

## 9 UPDATE

UH's latest achievements in new rail transit career training, first O'ahu homeless street youth study in 40 years, sold-out public seminar on medical marijuana

## 11 Q&A

Maui's Women in Technology's Isla Young on STEM education for girls and minorities



20

## SISTERS IN SPORTS

The Kahuanui family legacy: Shelley Fey and Charlene Kahuanui Christenson

## 30 MILESTONES

Queen's West O'ahu's Susan Murray and BoxJelly's Meredith Mawhar on new beginnings

## 33 ALUMNI EVENTS

Alumni gather for fellowship, learning and community service

## UH MAGAZINE

**Sharon Spear**

PUBLISHER

[sharons@pacificbasin.net](mailto:sharons@pacificbasin.net)

**Gail Miyasaki**

EDITOR/WRITER

**Tiffany Hill**

CONTRIBUTING WRITERS

**Lance Tominaga**

CONTRIBUTING WRITERS

**Elena Bragg**

ART DIRECTOR

**Dora Culahara**

ADVERTISING DIRECTOR

[dorac@pacificbasin.net](mailto:dorac@pacificbasin.net)

808-534-7183

**E.S. Adler**

ACCOUNT MANAGER

[esadler@pacificbasin.net](mailto:esadler@pacificbasin.net)

808-534-7127

**Margie Memminger**

ACCOUNT COORDINATOR

[margiem@pacificbasin.net](mailto:margiem@pacificbasin.net)

808-534-7110



UNIVERSITY  
of HAWAI'I  
FOUNDATION

## UH FOUNDATION

**Janet Bullard**

VICE PRESIDENT FOR MARKETING  
AND COMMUNICATIONS

ALUMNI AND DONOR RELATIONS

**Margot Schrire**

DIRECTOR OF COMMUNICATIONS

SEND FEEDBACK TO

[news@uhfoundation.org](mailto:news@uhfoundation.org)

UH MAGAZINE IS PROVIDED  
THANKS TO THE SUPPORT OF THE  
FOLLOWING BUSINESSES:

Aloha Harvest

Arcadia

Honolulu Club

Island Slipper

Kahala Nui

Pohai Nani

Securitas

St. Francis Healthcare  
System

UHA Health Insurance

University of Hawai'i  
Foundation

University of Hawai'i  
at Mānoa College of  
Tropical Agriculture  
and Human Resources

"UH MAGAZINE is published by PacificBasin Communications in partnership with the UH Foundation. All contents copyright ©2018 by PacificBasin Communications, 1088 Bishop Street, Suite LL2, Honolulu, HI 96813. Printed in Hawai'i. All information contained herein is based on information currently available and is subject to change at any time without notice. No rights or benefits of any type are inferred by this publication."

**ON THE COVER:** JABSOM alumna geriatrician Lauren Okamoto and her five-year-old son, Peyton. (Photo: Ryan T. Foley)

# Looking for a CAREER?

Join Hawaii's leading  
security provider



**NOW HIRING ON ALL ISLANDS**

- **Flex Officers**
- **Mobile Patrol Drivers**
- **Security Guards**

**Securitas USA provides security  
positions for Hawaii businesses.**

Hotels • Retail • Shopping Malls • Commercial High Rises  
Gated Communities • The Convention Center • Hawaii's Airports

up to  
**\$1500** Hiring  
Bonus\*  
IF HIRED WITH GUARD CARD

**NO EXPERIENCE NECESSARY, ALL TRAINING WILL BE PROVIDED.  
INCLUDING GUARD CARD CERTIFICATION.**

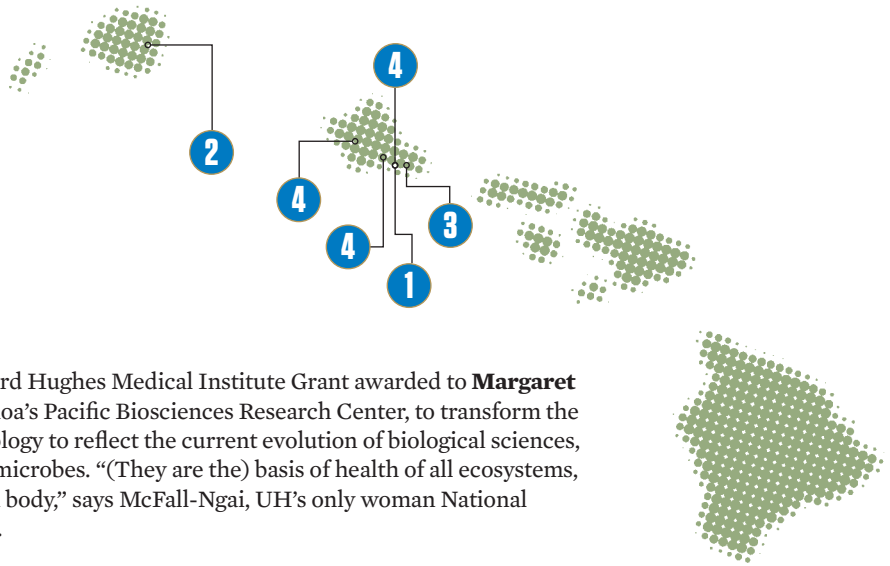


Pre-Apply online at [www.securitasjobs.com](http://www.securitasjobs.com) for priority processing  
**CALL US! (808) 539-5000 TEXT US! (808) 225-4365**  
**EMAIL US! 808.JOBS@SECURITASINC.COM**

\* Certain Conditions Apply

EOE/M/F/VETS/Disabilities

# \$1M



Value of the prestigious Howard Hughes Medical Institute Grant awarded to **Margaret McFall-Ngai**, director of Mānoa’s Pacific Biosciences Research Center, to transform the teaching of undergraduate biology to reflect the current evolution of biological sciences, particularly new research on microbes. “(They are the) basis of health of all ecosystems, from rainforests to the human body,” says McFall-Ngai, UH’s only woman National Academy of Sciences member.

## 1 MĀNOA

*“The hadal zone, (ocean) waters deeper than 3.75 miles, has pressures ...approximately equivalent to having two rhinoceros on your thumb.”*

**Glenn Carter**, oceanography associate professor SOEST, on the challenges of the deepest 45 percent of ocean depth to be explored by the Hadal Water Column Profiler. This first ever instrumentation is to be built by Mānoa’s School of Ocean Earth Science and Technology and industry partners supported by a three-year \$1.2 million grant from the W.M. Keck Foundation.

[“New Technology Drives New Science,” UH Foundation press release 10/30/17]

## 2 KAUA’I COMMUNITY COLLEGE

### IT TAKES A VILLAGE TO HARVEST FRUIT

Falling fruit on Kaua’i CC’s farm orchards and island keiki missing fresh food at schools with no lunch programs inspired the college’s Master Gardener trainees to create Village Harvest. This ingenious “community gleaning” program provides fresh produce access to those in need from those who produce in abundance. Partnering with Malama Kaua’i, working with volunteers and funded by an HMSA Foundation grant starting in 2014, Village Harvest gathered 4,000 pounds that year from 11 producers, including UH’s orchards.

“We now harvest up to 70,000 pounds annually from 42 producers and serve 28 sites, including Hawaiian

language-based charter schools and food banks,” says Program Manager Kalli Harshman who oversees 120 volunteers and ensures food safety regulations. About 75 percent of volunteers are Master Gardener trainees who take turns harvesting mangoes, lychee, avocados, citrus, greens, varied vegetables and more throughout the island. Farmers get a tax deduction for donating their unsold produce. Now working with organic farmers, Village Harvest, starting this year, plans to install orchards in neediest areas near food pantry sites to effect timely access to produce at its peak freshness.

**For more information:**  
[villageharvest@malamakauai.org](mailto:villageharvest@malamakauai.org)

### 3 KAPI'OLANI COMMUNITY COLLEGE LEARN THE BIZ FOR FREE

One local longtime family-run restaurant sent all of its family members. Others came from a luxury hotel's fine dining restaurant, a bowling alley eatery, a senior community center's food service and a popular after-hours pub. With over 100 apprentices—including some 20-year industry veterans—enrolled in its 2017 launch, Kapi'olani CC's Culinary Apprenticeship Program's highly successful, first-of-its-kind training takes "a new type of approach by going out into the community to work with food service industry partners to send their employees...for free!" says Program Manager Stan Fichtman.

Funded by grants from the State Department of Labor and Industrial Relations and the U.S. Department of Labor, the 20-week program, mindful of employees' work schedules, offers Monday, Friday or Saturday and online instruction (computer skills a must!). Topics include menu planning, sanitation and safety measures, nutrition standards, and an overview of the food service industry. The 210 hours of quality culinary instruction, at no cost to the employer, focuses on back-of-the-house workers to build their hands-on skills and improve their chances of advancement in Hawai'i's food industry. "We want those preparing our diverse cuisines to be the best they can be, whether they are feeding local families or visitors to our islands," says Fichtman.

*For more information: [continuinged.kapiolani.hawaii.edu/hawaii-cook-apprenticeship-program/](http://continuinged.kapiolani.hawaii.edu/hawaii-cook-apprenticeship-program/)*

### 4 WEST O'AHU, MĀNOA, HONOLULU CC ISLAND VOICES CREATE FIRST HAWAIIAN VERSION OF "MOANA"



**"MOANA" GOES HAWAIIAN** – Star Auli'i Cravalho (pictured with Chris Lee, director of UH's Academy for Creative Media and project executive producer) and Kamakakehau Fernandez (inset, voicing the villain, Tamatoa) were among the 23 Native Hawaiian speakers cast for the first Disney picture to be re-recorded in Hawaiian, the 46th language version of the hit animation, in addition to Tahitian and Maori. Wrapping production in April, the project was the first time collaboration of three UH campuses, including translation/casting (Mānoa), recording (Honolulu CC) and production (West Oāhu).

# PEOPLE, PLACE, PROMISE

SINCE 1907



### Seeing the Forest for the Trees

Natural Resources & Environmental Management PhD student **Sita Ekaputri** recently received a field scholarship to assess the performance of initiatives to reduce deforestation and forest degradation in the Berau Forest in Indonesian Borneo. The social and environmental indicators she's studying range from carbon effectiveness, cost efficiency, and equity among stakeholders to poverty reduction and biodiversity protection.



### The Ocean Inside

**Clifford Kapon**, who received his BS and MS degrees from the department of Molecular Biosciences and Bioengineering and is now a PhD candidate at UC San Diego, has been in the news for the fascinating project he has created: the Surfer Biome Project. As he travels around the world to surf, he takes samples from surfers' bodies and boards, which are analyzed to see how intensive exposure to the ocean may alter the human microbiome.



### Baby Nom Noms

**Aly (Case) Akina** (left) may have studied fashion design and merchandising at CTAHR, but since graduation she's been focusing on another area of the college's expertise: food. Baby food, to be exact. With a partner, she recently started Hawai'i's first baby food company, Healthy Baby Hawaii, offering baby and toddler foods made with local and organic produce. They can be found at farmers' markets—but even better for frazzled parents, they deliver!



### Pod People

CTAHR helps growers raise, process, and market locally grown cacao, an award-winning new crop. But cacao pods aren't just for chocolate any more—they can also be turned into fearsome, locally grown Choco-lanterns! Colin Hart (left) inaugurated a Cacao-Pod Carving Contest at the Komo-hana Research & Extension Center, which fellow Tropical Plant and Soil Sciences graduate student Russell Galenti (right) won with the scariest pod of them all!



### Conservation for the Community

**Francesca "Frankie" Koethe**, a Natural Resources and Environmental Management alumna, works as a conservation assistant with the O'ahu Resource Conservation and Development Council, where she helps farmers to steward natural resources and supports agriculture and conservation throughout the island. She recently promoted a series of workshops for women farmers sponsored by the Council and held on O'ahu, Kaua'i, Maui, and the Big Island.



### Eat (Very) Local

Sustainability and empowering youth are key for **David Fuertes**. With a degree in Tropical Agriculture and a certificate in education, he's now executive director of the nonprofit Kahua Pa'a Mua (KPM), which offers educational and cultural programs for youth and adults based on growing food and caring for the land. KPM provides mentorship in agriculture construction, animal husbandry, and crop farming, incorporating Korean Natural Farming techniques.

Visit us at [www.ctahr.hawaii.edu](http://www.ctahr.hawaii.edu) to apply and learn more about our achievements!



Also follow us on facebook  
[www.facebook.com/UHCTAHR](http://www.facebook.com/UHCTAHR)



COLLEGE OF TROPICAL AGRICULTURE  
AND HUMAN RESOURCES  
UNIVERSITY OF HAWAII AT MĀNOA

*The founding college of the University of Hawai'i*



# Top 25%

Rank of UH Mānoa's School of Nursing and Dental Hygiene—the only one in Hawai'i—among the nation's best online graduate nursing programs by U.S. News and World Report for 2018.

[“UH Mānoa online graduate nursing program rises to top 25 percent nationally,” UH press release 1/10/18]

“They have a mandate to hire local...our part (is) to make sure we have qualified candidates.”

**William Labby**, Leeward CC's new Integrated Industrial Technology (IIT) program coordinator, on IIT's newest two-year associate degree in manufacturing and electro-mechanical systems in industrial automation, including operating and maintaining train control systems for the Honolulu rail transit system, projected to hire 100+ new employees.

[“Integrated Industrial Technology program prepares Leeward CC students for rail transit jobs,” KITV News 11/16/17]

“It brought to light how beautiful our backyard is.”

**Austin Ibanes**, Wai'anae High School Youth Video Project student team member, mentored by UH West O'ahu Academy for Creative Media, on the Project's three short films, highlighting local sites as potential historic landmarks, screened January 26 at the Asian American, Native Hawaiian and Pacific Islander Heritage Forum, East-West Center.

[“UH film experts guide budding Wai'anae High filmmakers,” UH press release 2/01/18]

# 14

Average age when youth become homeless on O'ahu, according to the “Street Youth Study,” first of its kind in 40 years of 151 homeless, ages 12-24 in Waikiki, by Waikiki Health, Hale Kipa and UH Mānoa Center on the Family.

[“Some homeless youth on Oahu forced into ‘survival sex,’” Honolulu Star-Advertiser 2/09/18]

# 16M

Number of seeds held by the Hawaiian Rare Plant Program in the world's largest Native Hawaiian plant species collection (more than half of all endangered plants in the U.S.), now enhanced with a

new 4,000-sf expanded propagation laboratory at the Lyon Arboretum.

[“Critical piece of Native Hawaiian plant conservation completed,” UH press release 1/28/18]

“Everyone should know the side effects.”

**Amy Brown**, JABSOM associate professor of complementary and integrative medicine, on UH medical school's “Medical Cannabis: What's the Evidence?,” the first symposium—a sold-out turnout—on research-based facts of marijuana now medically legal in Hawai'i.

[“First UH seminar on medical pot a hit,” Honolulu Star-Advertiser 11/24/17; “Get the Facts on medical cannabis,” Honolulu Star-Advertiser 10/30/17]



BRING AN ISLAND HOME



ROYAL HAWAIIAN CENTER • BLDG A, LEVEL 2  
808.923.2222



ALA MOANA CENTER • EWA WING, LEVEL 3  
808.947.1222

FINE FOOTWEAR FOR KANE AND WAHINE • ISLANDSLIPPER.COM

# Q&A

STEM—science, technology, engineering and math—has long been batted around in education circles with the aim of bolstering 21st century classrooms and creating future careers. For Hawai'i students, **Isla Young** is taking it a step further. The Maui-based executive is at the helm of the Women in Technology project, launched in 1999 by the Maui Economic Development Board to create a partnership between educators and local businesses. For 15 years, it's been Young's job as the STEM education and workforce development director to make STEM relatable and relevant for Hawai'i students, especially girls and minorities. Women in Technology does just this through hands-on curriculum, after-school tech clubs, summer internships and an annual all things STEM conference. The program works with schools and businesses statewide, giving today's youth the tools and resources they need to succeed in the technology industry.



**It's been 19 years since Women in Technology started. What have been the most notable accomplishments?**

I think one of the biggest and proudest (accomplishments) is our signature program, STEMworks, a STEM service-learning program embedded within the Department of Education system throughout the state. We've got 29 schools as active program participants, engaging our young people with the community and having them solve problems that are relevant to them, utilizing high-end tech tools. What we do is provide industry-standard software programs and opportunities for our young people to understand where they're at and how they can make a difference both here locally throughout the state and globally. We train nearly 500 teachers per year and our student reach is a little over 40,000.

**STEMworks is the project's in-classroom program. How is technology being harnessed to strengthen existing curriculum and inspire future careers, especially for girls?**

One of our key areas is curriculum development that is specific to the different software programs and then how that aligns with Hawai'i. For example, we tie every piece of our geospatial curriculum to Hawai'i; that way they're learning about the ahupua'a, about Hōkūle'a, the different native species in the Islands. We want to make ev-

erything relevant to them. That way, as they're utilizing these tools that industry is using, we're preparing them to have varied skills, which will be applied in all parts of life. They have access to CAD products, to geospatial, 3-D printers, drones. We are trying to replicate what is being utilized now (in the workforce) ... Our programs are all designed for equity and to be inclusive. We want our girls and our underrepresented minorities, our Native Hawaiians, to understand and be exposed. Sometimes when you say STEM or engineering, it doesn't naturally draw in those types of students, but if it can help them understand the connection between the tools and how that improves their world, then that creates the nugget that attracts these young people to our program.

**How is Women in Technology bridging the gap between the classroom and the workforce when it comes to Hawai'i-based tech jobs?**

We're industry-driven. Our board of directors works in (a variety of) career fields, so we're always trying to stay on the pulse of what is currently available and what we should be shaping the programs around. We have a summer internship, a six-week paid program placing (students) with industry partners throughout the state. Every island will have a STEMworks intern working for a host company.

**The Hawai'i STEM Conference, which took place in April, spotlights the work of the program. Has exposure from the conference led to increased interest in STEM-related fields?**

Absolutely. We have a separate track for students with all kinds of breakout sessions and a whole track for our teachers for professional development. We also have a STEMworks playground, where all high-tech companies, both locally and nationally, come in so the students and teachers can see all the cool tools and devices that are hot. This year, we added on a special STEMworks Spotlight, a chance for all of the industry to participate in speed-networking with students—it's called our five-five-five sessions—where the students have access to five industry professionals working in STEM fields, for five minutes (often longer) each, and get to hear what they love about their job and how they got there.

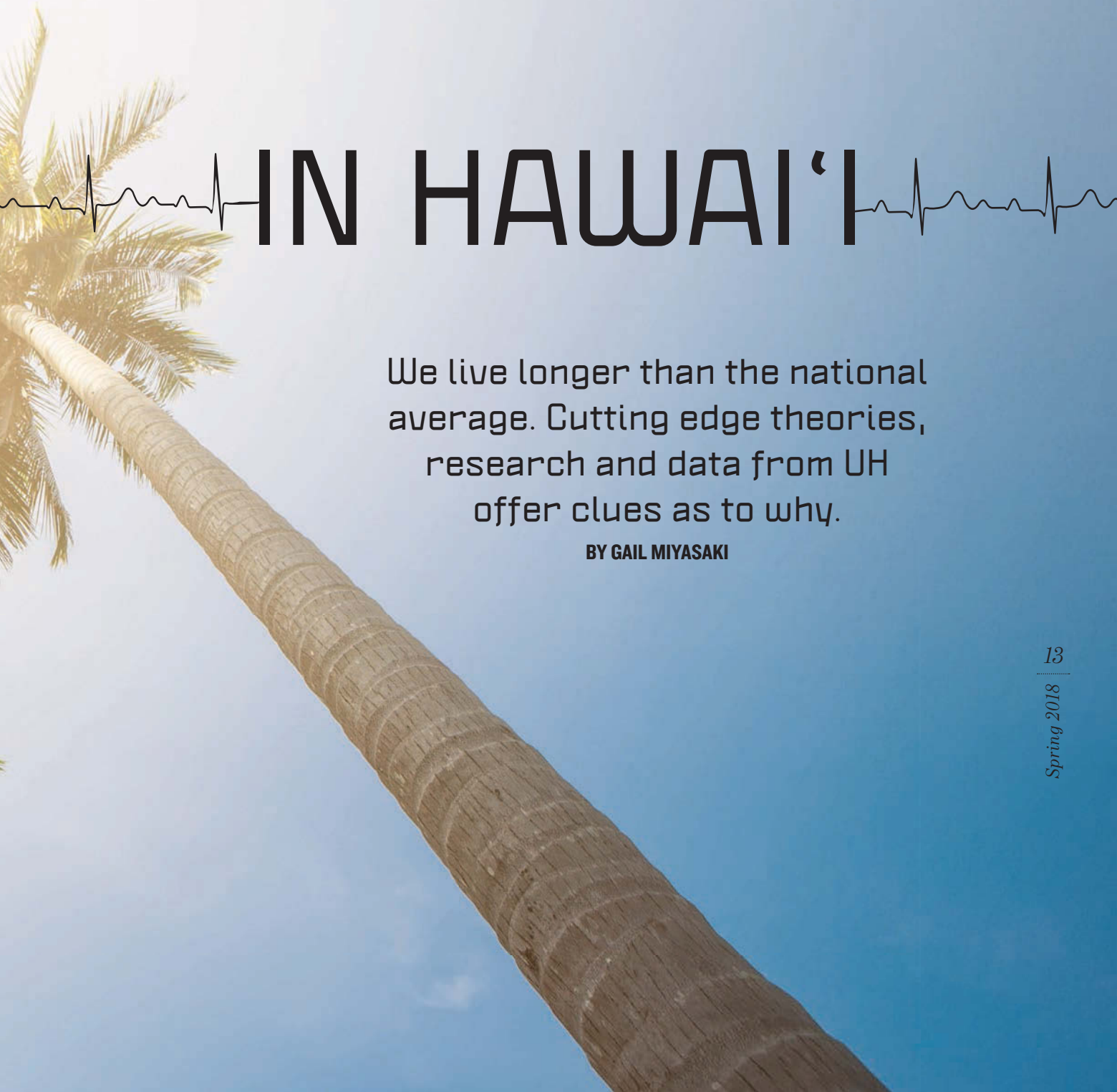
**What are the biggest STEM challenges we continue to face in Hawai'i?**

I think the biggest challenge is making sure that there's equity in programs. Throughout the state, no matter where you are, you should have access. You should have these opportunities and this exposure, and that's not always easy.

— TIFFANY HILL




# LIVING LONG



# IN HAWAII

We live longer than the national average. Cutting edge theories, research and data from UH offer clues as to why.

BY GAIL MIYASAKI



Hawai'i is a "natural population laboratory," a unique island state where researchers can compare people of different ethnic groups,

says Patricia Blanchette, founder in 1984 of the geriatrics department at UH Mānoa's John A. Burns School of Medicine, ranked among the nation's top 20 schools for geriatric education, clinical and research programs.

"There are various theories on why we live so long here," says Blanchette, originally from the East Coast. Currently JABSOM's interim associate dean for clinical affairs, the alumna of Leeward Community College and UH Mānoa trained at Ivy League schools and was the first fellowship-trained geriatrician in Hawai'i.

One of the "most intriguing" is the "super population" theory: Over generations on isolated islands, strong gene pools clustered here destined for long life. By accidents of history, starting with intrepid voyaging Polynesians, Hawai'i's multi-ethnic population grew from a select group

of certain robust, hardy and adventurous peoples, including immigrant plantation laborers from Asia and Europe.

"Add to that the military presence, and you end up with a diverse population ideal for research studies," says Blanchette. Little wonder that JABSOM, a leader in minority longevity research, has attracted world-renowned specialists in geriatrics to make Hawai'i their permanent home over the past three decades.

According to the State of Hawai'i Data Book, life expectancy at birth in Hawai'i is 82.4 years, compared to 78.7 for the U.S. population. Life expectancies here for both women at 85.6 years and men at 79.2 surpass the national average for women at 81 years and men at 76.2.

And yes, ethnicity seems to matter (with high socio-economic status and access to better healthcare as contributing factors). Hawai'i residents of Chinese descent have the highest life expectancy, 87.7 years, followed by Japanese at 84.7 years, Filipinos at 84.3 years, Caucasians, 80.6 years, and Hawaiians or part-Hawaiians, 76.6 years.

Four years ago, Hawai'i led the nation for seniors age 85 and older. Making up 2 percent of Hawai'i's population in 2010, these super seniors are expected to more than double to 5 percent by 2040.

## Pioneering clinical-research partnership

"We see healthy, older people here who are physically, socially and mentally more active," observes Kamal Masaki, JABSOM professor and current chair of the department of geriatric medicine who also serves as director of research at Kuakini Medical Center, a clinical practice and academic training partner for JABSOM's geriatric research.

"I'm grateful to Kuakini, which has supported our research from the start," says Masaki, originally from Bombay (now Mumbai), India, and one of UH's first



geriatric fellows in the late 1980s.

The clinical-research longevity partnership has proven historic and impactful beyond Hawai'i's shores. For more than 50 years, Kuakini has been the site of groundbreaking studies on aging, most notably the "Kuakini Honolulu Heart Program," begun in 1965 to track coronary heart disease and strokes in 8,006 Japanese-American men, some of them World War II veterans of the famed 442nd Regimental Combat Team, who were born on O'ahu between 1900-1919.

"They were an amazing, tough group of people, very quiet but very dedicated," Masaki says. Of the original group, fewer than 100 were alive as of February 2018. The youngest is 98 years old, and the oldest passed away at 108 years.

She also notes that longevity tends to run in families here and that "our weather of year-round sunshine and clean air void of industrial toxins allows for lifestyle factors that are healthier, such as exercise.

"What we now know and take for granted—good and bad cholesterol, smoking-related diseases, obesity and lack of physical activity—came from the Heart Program," Masaki says. Kuakini's Honolulu Heart Program influenced modern public-health policies, including smoke-free programs in schools and the U.S. government's recommendations on dietary guidelines.

It also led to outgrowth studies, including the "Kuakini Honolulu-Asia Aging Study," started in 1991 to track the original group of Japanese-American men for signs of dementia, Parkinson's Disease, depression and other brain-aging conditions. It also spawned the "Kuakini Hawai'i Lifespan Studies," which analyzed the men's environmental and genetic factors linked to longevity.

The "Kuakini Hawai'i Healthspan Study" is based on brain and frozen blood samples of more than 1,000 participants housed on the Kuakini campus. The oldest specimens, preserved for over 50 years, are critical to



Patricia Blanchette



Kamal Masaki



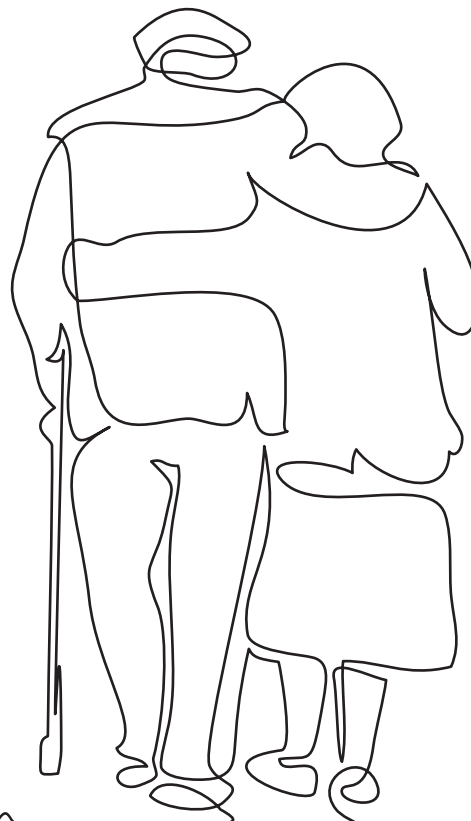
Bradley Willcox

this ongoing research project that studies key factors for healthy aging.

## Unique research, life-changing data

"It was amazing that something like this existed on the tiny island of O'ahu," recalls Bradley Willcox, who first heard about the decades-long Kuakini Honolulu Heart Program while an undergraduate student in Canada in the 1980s. Intrigued, he followed the Heart Program through medical school, eventually joining the JABSOM faculty in 2003 and now serves as a professor and director of research in the geriatrics department.

Willcox today also serves as principal investigator for both the Healthspan Study and Lifespan Studies at Kuakini. For many island folks, he may be best known as the lead investigator on the Kuakini Lifespan discovery of a longevity-associated gene called FOXO3. All humans have the FOXO3 gene.





Dr. Lauren Okamoto and her two children.





Willcox's team found only one in three people has the variation associated with longevity. Their genetic research made international headlines in 2014 when it showed that shorter men (5 feet 2 inches and under) live longest. Most likely, shorter men have the protective form of FOXO3 that provides an added-layer of protection against the risk of death from coronary heart disease.

The collaborative partnership between Kuakini Medical Center and JABSOM geriatric medicine has also yielded data that showed untreated high-blood pressure in mid-life is strongly linked to the development of dementia in later life; calcium amount in the heart's arteries is a predictor of death risk, compared to traditional risk factors of heart disease; and low-intensity exercise, such as walking, protects against future risks of dementia. Noteworthy is that men walking the least at 1/4 mile daily had a higher risk of developing new dementia compared to men walking the most (at least 2 miles daily).

Willcox is globally recognized for the "Okinawa Centenarian Study," which investigates the lifestyle and dietary habits of Okinawa's elderly residents who have the world's longest life expectancy (women at 90 years and men at 84 years). Makoto Suzuki, the cardiologist who established the study in 1975, continues to work with Willcox and his twin brother Craig Willcox, a healthy-aging expert and author.

Their research has focused on the traditional Okinawan diet, low on the glycemic index, minimal in saturated fats and rich in antioxidants. Researchers

**"The village concept in Hawai'i is alive and well from the old plantation days. I hear of neighbors helping elderly with yard work, picking up groceries, cooking and helping with medications. This type of social construct may have a positive influence on our longevity."** Lauren Okamoto

also noted a typically laid-back, stress-resistant lifestyle and outlook among elderly Okinawans; and strong, supportive ties to family and neighbors among villagers.

## Next-generation geriatrics

Lauren Okamoto, assistant professor of geriatric medicine at JABSOM, represents a new crop of geriatricians now coming out of JABSOM. They're fast-thinking and tech-savvy, easily filling prescriptions and viewing lab results from smartphones. But they're also quick to hit the brakes for elderly patients who might move and speak slowly every day.

Geriatricians like her, who can draw on their advanced training and their island roots, are growing in demand in Hawai'i, especially as our population ages.

"The village concept in Hawai'i is alive and well from the old plantation days," says the Wahiawā native. "I hear of neighbors helping elderly with yard work, picking up groceries, cooking and helping with medications. This type of social construct may have a positive

influence on our longevity."

"I enjoyed interacting with the elderly or the 'old folks,'" Okamoto recalls of an idyllic childhood surrounded by multigenerational families and neighbors. After receiving her medical degree from JABSOM and completing her residency and fellowship training in Hawai'i, she works closely with medical students, fellows and residents as a clinical educator in local nursing homes. Okamoto has an infant daughter and preschool-age son.

Visiting nursing-home patients with dementia reminds Okamoto of her late grandmother, who struggled to speak, eat and recognize her family in her latter days. Grandmother's physician made a lasting impression on Okamoto. Not only did the doctor show compassion toward her grandmother, but to her grieving family as well.

"I wished I had the omnipotent ability to alleviate her pain and give her back her youth; however, I understood the reality of her condition," says Okamoto. "Our specialty is truly at the core of why many of us pursue a career in medicine in the first place, to gain that satisfaction of helping others."



# Live here,

# Live well.....

Long ago, the divine wind and rain gave birth to a beautiful daughter known as Kahalaopuna. She lived in the Manoa Valley where she danced across the rocks and sky, painting a rainbow bridge of colors. Her beauty was so striking that two chiefs fell in love with her—Kauhi of Waikiki and Mahana of Kamoilili. Kauhi belonged to the family of the shark god, and he was jealous and cruel. When Kahalaopuna refused to marry him, he became furious and decided that if he could not be her husband, no one could. So he killed Kahalaopuna and buried her body for no one to find. Her guardian owl, or Pueo, saw this and began to scratch away at the dirt until he reached her body. He brought her back above ground and reunited her body with her spirit. Kauhi was furious, so he killed her a second time. Again, the Pueo rescued her and again, Kauhi killed her. This went on many times until at last, Kauhi buried Kahalaopuna beneath the koa tree. With the tree's enormous roots, the Pueo scratched at the dirt but he could not reach her.

Her tenacious spirit did not give up. Though Kahalaopuna's body was gone, her spirit wandered the land for help and found Mahana, the noble Kamoilili chief. Led to her grave, Mahana began to dig until at last, he found Kahalaopuna's lifeless body. He carried her home to his elder brother, a sorcerer, who invoked the family guardians, two spirit sisters, who coaxed Kahalaopuna's spirit back into her body. Kahalaopuna returned to life while Mahana nursed her back to health. As he did, their love for each other deepened, but Kahalaopuna feared that as long as Kauhi was alive, she would never be safe.

Mahana visited Kauhi, telling the chief, "You failed to kill Kahalaopuna. She is safe and she loves me." Kauhi scoffed and said, "Kahalaopuna is dead. The woman you love is an imposter." He challenged Mahana to present the woman he loved to the chiefs of the village. "If I am wrong," Kauhi said, "you may bake me alive. But if this is only a spirit, you will die." Kauhi became suspicious when Mahana quickly agreed, so he went to his own family sorcerer and asked him to invoke the spirits of the underworld. "Tell them to capture any wayward spirits and carry them to the underworld to be punished," Kauhi said. The sorcerer spread leaves of the ape plant over the ground. "If a human walks over these leaves," he explained, "they will be scattered and torn, but

the spirits will leave them undisturbed. If there are any spirits that surround Kahalaopuna, they will be banished to the underworld and she will be baked alive."

When the day of judgment arrived, the chiefs, gods and judges assembled. Kauhi watched carefully for Kahalaopuna's arrival. As she made her way toward the path, strewn with ape leaves, her spirit sisters recognized the test. If they left, they knew Kahalaopuna would not be safe so they whispered, "As you walk this path, scatter as many leaves as you can so the spirits of the underworld won't discover we're here." So as she walked, Kahalaopuna left a wide trail of scattered, broken leaves. "Here comes Kahalaopuna, the rainbow goddess," the chiefs declared. The guards seized Kauhi and he was baked alive for his crimes. The land was given to Mahana and Kahalaopuna, and they lived a long and happy life, sheltered by the rainbow.

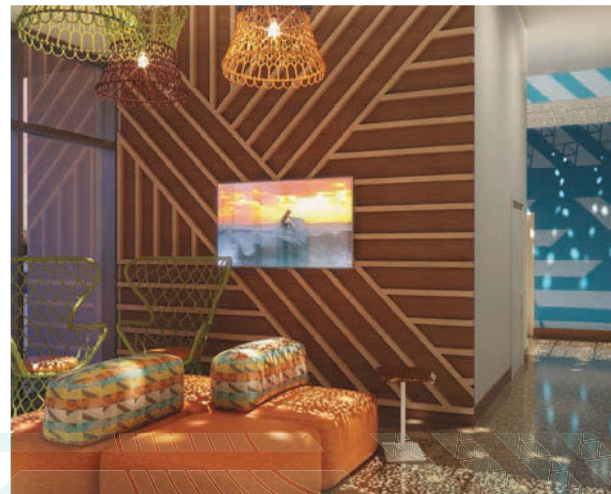
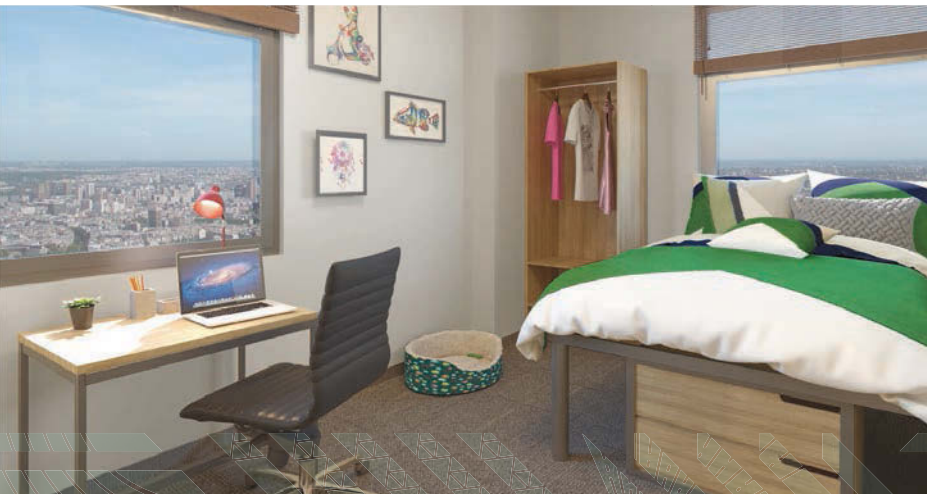
The name Hale Mahana brings us closer to our community of Manoa and Moiliili

Perfectly located close to University of Hawaii at Manoa, we are preparing to welcome our new residents this August. Enjoy being one of the first to live in a brand new, all-inclusive apartment at the neighborhood's exclusive off-campus collegiate housing option. Each apartment includes all utilities, high-speed Internet access, and HD cable service as part of the monthly rent. There are also retail shops and restaurants on the ground level for added convenience. The community amenities at Hale Mahana are unbeatable. We offer laundry rooms on every floor, bike storage, a rooftop fitness center, indoor and outdoor recreation spaces, grilling stations, computer lab with free printing, study breakout rooms, and more! Hale Mahana provides a comfortable environment where you will make lifelong friendships, grow as a student, and lead a productive lifestyle. Our individual leasing helps simplify living and maximize convenience to make your life easy.

Visit our Leasing Office located at Puck's Alley, right across the street from the apartment building. You can take a tour of our mini model in the office, schedule a construction site tour, and apply with us directly. Our Applications and Leasing can also be done online at [HaleMahana.com](http://HaleMahana.com).

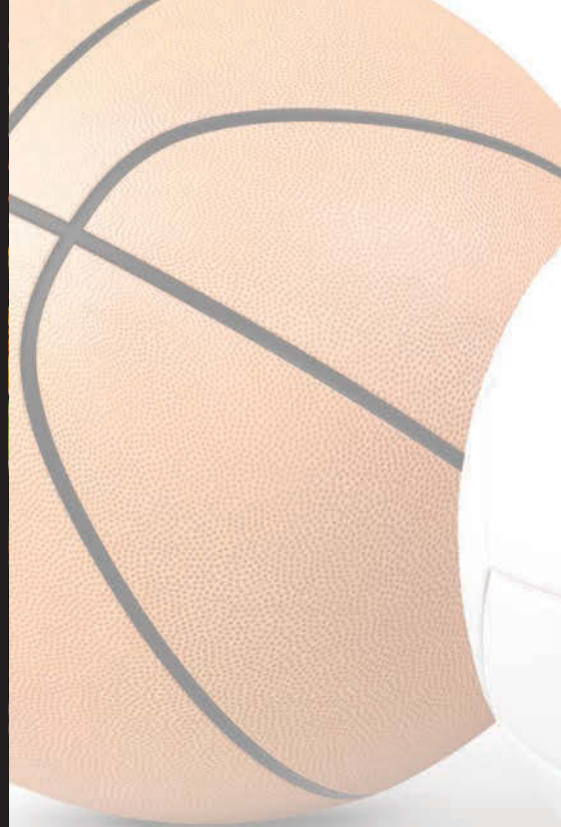


..... Hale Mahana  
APARTMENTS





Mānoa's Shelley Fey (left) and Hilo's Charlene Kahuanui Christenson (right).



**I**nside Starbucks Coffee in Mānoa, Charlene Kahuanui Christenson carefully sets her laptop on a table. Seated next to her, sister Shelley Fey nods in approval.

"I hope you don't mind," Charlene says apologetically. "Micah's got a tournament match in Italy right now."

"Micah" is U.S. National Team member Micah Christenson, widely regarded as the premier volleyball setter in the world. In 2016, he and fellow Hawai'i players Erik and Kawika Shoji led Team USA to an Olympic bronze medal in Rio.

From basketball to volleyball and seemingly every sport in between, the Kahuanui 'ohana maintains a special legacy that stretches across eight decades and three generations. (And a fourth generation of athletic success could be on the horizon: Micah and his wife, Brooke, are expecting their first child in August.)

Charlene, Micah's mom, is herself a former volleyball All-American and three-time national champion at UH-Hilo. Husband Bob was a standout basketball player for the Vulcans. Daughter Joanna played three seasons at Southern Utah on a volleyball scholarship.

Shelley, Charlene's older sibling by three years, played Wahine basketball at Mānoa and later, with

# LEGACY

THE KAHUANUI 'OHANA SPANS THREE GENERATIONS OF ATHLETIC ACHIEVEMENTS

By Lance Tominaga

the Punahou girls basketball program, became the first woman to coach a state championship basketball team in 1994, eventually going on to win three state titles. Her son, Kupono Fey, starred on the UH Mānoa's men's volleyball team and was a recipient of the 2017 Jack Bonham Award, given to the campus' top male senior athlete. And Kupono's younger sister, Keaupo, was a volleyball standout at Winthrop University.

"The term 'legacy' is a hard one for us," says Shelley. "But the fact that all four of our children played sports collegiately, and to see their successes and to see them honor what their grandfather represented, I guess that would qualify as a kind of legacy."

"Grandfather" is the legendary Harry "Clown" Kahuanui. Born on the island of Hawai'i, the gifted athlete starred at Farrington High School and UH Mānoa, where he excelled in both football and basketball. In 1950, Kahuanui became the first player to represent UH at a college all-star event: the East-West Shrine Game in San Francisco.

Kahuanui, who died in 2002, was also a Golden Gloves boxing champion and, as a golfer, qualified for the U.S. Amateur Public Links Championships. In 1984, he was inducted into the UH Sports Circle of Honor.

Harry and Lily Kahuanui raised their three children (oldest sibling, Lance, played defensive end for UH from 1972 to 1975) in Lāi'e on O'ahu's North Shore. The family lived in a teacher's cottage on the campus of Kahuku High School where Harry coached the Red Raiders' football, basketball, and track and field teams. Since 2016, Kahuku High School has presented an annual Kahuanui Award to Hawai'i's top high school interior lineman.

"I remember going with him to the gym on Saturdays," recalls Shelley. "He would be cleaning the equipment, and we'd go out to the courts and play tennis. Our house was just yards away from the football field, and we could



Shelley Fey

hear his voice during their practices. Sometimes we would go to the field and run with the boys."

When the family moved to Kāhala'u, Shelley boarded at Kamehameha School where she began playing basketball in her sophomore year. Later, she attended Windward Community College and played in an interscholastic league organized by former UH Mānoa basketball coach Red Rocha.

"Patsy Dung was Mānoa's women's coach at the time and she asked me if I wanted to play for UH," Shelley recalls. "That was in 1976 (four years after Title IX was enacted, providing equal opportunities for female athletes). We knew that there were going to be a lot of teams better than us, but at least we had the opportunity to play. Many of us who played during those years had a kind of inner strength; we wanted to have better opportunities for girls." Shelley went on to earn a bachelor's degree in physical education and now chairs Punahou's Physical Education Department.

Charlene played her college ball at UH Hilo, where she was coached by two-time Olympian and Hall of Fame coach Sharon Peterson. In 1981, Charlene helped the Vulcans capture both the AIAW and NAIA national volleyball titles—an unprecedented feat.



Charlene Kahuanui Christenson

Even then, Harry Kahuanui made a deep impression on his youngest child.

"There were times when my teammates got really excited, and sometimes they crossed the line as far as yelling [at our opponents]," recalls Charlene. "After one game, Dad said, 'You know, it doesn't look good when you have people yelling across the net like that.' That stuck with me. If you're going to yell, do it to build your team up. I've tried to instill that in my kids' lives."

Charlene, who earned degrees in psychology and elementary education, recently retired after 32 years teaching at Kamehameha-Kapālama.

The sisters agree that the Kahuanui legacy is about more than accomplishments on the field or the court.

"Our dad was a humble man who cared about people," says Charlene. "His golfing friends always talk about how they loved to play with him, and how he was so good to them. That was part of his legacy."

Pohai Nani



*4.5* miles of nerves. 630 muscles.  
206 bones. 60 billion brain cells.

Rehabilitating the human body from the effects of injury, illness or stroke is no small undertaking. It requires the help of someone who relies on one other thing we humans have quite a bit of: the human spirit. Rehab therapy from Good Samaritan Society – Pohai Nani. Recovery in body, mind and soul.

To learn more about our post-acute rehab services in Kaneohe, call (808) 349-7077.



The Evangelical Lutheran Good Samaritan Society provides housing and services to qualified individuals without regard to race, color, religion, gender, disability, familial status, national origin or other protected statuses according to applicable federal, state or local laws. Some services may be provided by a third party. All faiths or beliefs are welcome. © 2016 The Evangelical Lutheran Good Samaritan Society. All rights reserved.

# Future of Healthcare

## Mind, Body, Spirit & Soul

Medical science advances at a startling pace. New technologies, treatments, and medications bring fresh hope and prolong lives. But, as we contemplate the future of healthcare, it becomes ever more crucial to focus on the second half of that word: “care.” How can we make sure innovative new treatments reach the patients who need them? How can technology help us manage the vast complexities of modern medicine? In short, how can healthcare work better for patients? »»

# Happy At Home: The Latest Option for Aging in Place

**M**any older adults know that they have at least two options for aging: move into a retirement community or stay at home. In the best of both worlds, kupuna would have access to a network of support while they age in the familiarity and comfort of their own homes. This third option does exist, and it's called Continuing Care Without Walls.

## “What is Continuing Care Without Walls?”

» Picture a retirement community with an array of social activities, wellness amenities, and aging support that covers independent living, assisted living, and long-term (round the clock) care. Until recently, these benefits were only available to residents who moved in; however, certain Life Plan Communities (LPCs) now offer their benefits as a membership plan sans move-in. Members remain independent at home,

but they also gain a network of support at the parent community. They can participate in activities, make friends with the residents, and interact with staff who know them by name. The LPC may also offer members access to its amenities, such as event rooms and a fitness center.

The most important benefits of membership are care coordination and access to a long-term care bed (if or when it is needed). For adults aging at home, care coordination is critical during a health incident. In an emergency, or even for planned events like surgeries, a care coordinator supports members in ways that would be difficult for a member's spouse or family. Care coordination alleviates stress for all parties by advocating for the needs of the member and helping them navigate complex healthcare systems. Furthermore, the member can rely on the Life Plan Community, which is standing by to provide

short-term recovery or long-term care if needed.

## Who Should Join? How Much Does It Cost?

» Continuing Care Without Walls appeals most to older adults in their early to mid-70s. Members in this age group are typically independent, in good health, and able to take advantage of an active lifestyle that includes frequent visits to the parent LPC.

Members usually pay an entrance fee between \$65,000 to \$95,000, which guarantees them access to long-term



Arcadia At Home maintenance



Consuelo Rogers, Arcadia At Home Member and her IT Support Specialist from the Arcadia Family of Companies





care. They also pay a monthly membership fee averaging \$500 to \$700 per month, which provides access to the parent LPC's amenities, care coordination, and aging support services.

### Arcadia At Home

» Arcadia At Home is the only program in Hawaii to offer Continuing Care Without Walls. Members receive guaranteed lifetime care and access to a long-term care bed at 15 Craigside or Arcadia (if or when this care is needed). They also have access to a menu of services that includes care coordination, home maintenance, fitness training, housekeeping, an emergency response system, and personal care.

As part of their benefits, members enjoy priority access to 15 Craigside

and Arcadia. They may participate in group activities like exercise classes, games, educational programs, and other activities that are normally exclusive to residents. Members can also take advantage of the amenities at 15 Craigside and Arcadia, including the dining rooms, gyms, pools, and event venues. Whether members choose to visit the communities regularly or occasionally, they always have the opportunity to

develop friendships with residents and employees.

Arcadia At Home is available to older adults age 62 or older who live in Honolulu, from Salt Lake to Hawaii Kai. As part of the Arcadia Family of Companies, the program offers 50 years of experience in senior living excellence.

*For more information, visit [arcadia.org/AtHome](http://arcadia.org/AtHome) or call 983-5915.*



**ARCADIA**  
AT HOME



# Senior Living Redefined

**Bold.  
Innovative.  
Visionary.**

**St. Francis Healthcare System** is elevating senior living to an exciting new level. Hawaii's seniors want to remain active, vibrant, and full of energy. They're ready to pursue the dreams they may have put on hold. They're redefining the "golden years" in new ways.

St. Francis Healthcare System is reinventing wellness to keep pace with the aspirations of seniors. We are building around their needs. Our decisions on construction, contemporary designs, and program choices are all made to honor kūpuna.



## Fusion.

**We are erasing any boundaries.**

Our Liliha campus is now being completely transformed into the St. Francis Kūpuna Village, Hawaii's first one-stop health and wellness center dedicated to bringing the best quality of life for seniors, caregivers and other family members.

It will be a convergence of medical care and social, recreational and educational activities, all on our eight-acre campus in Liliha.

A game of mahjong, a tai chi session or healthy cooking class at our Quality of Life Center will blend seamlessly into doctor appointments.

SPECIAL PROMOTIONAL SECTION



**Our St. Francis Quality of Life Center** will also offer companionship with other seniors and meaningful, enriching volunteer opportunities. Seniors can also participate in enhanced health and wellness programs to stay healthy and active.

## Growing. Building. Stretching.

**The St. Francis Kūpuna Village** campus already features a skilled nursing facility, and we are now embarking on the next phase of construction to add more programs and services.

St. Francis Healthcare System remains true to the Franciscan values on which it was founded. We believe in keeping things simple and easily accessible, extending our services to all those who seek our assistance.

## Serenity. Comfort. Amenities.

**The campus will be a gathering place for families.** Busy families will relax and unwind in a casual, comfortable, healing environment. They will enjoy breathtaking sunsets and spectacular Honolulu skyline and ocean

views from our new courtyard, which will serve as the hub of exciting activities for the whole family.

In addition, a bistro-style café will complement the setting with healthier meals for the entire family.

## Creative.

Creativity knows no boundaries. Coming soon, adult day care, an assisted living facility and independent living units.

If you would like to be a part of our vision, please contact us. You can help us shape the future for

Hawaii's growing number of seniors and caregivers. Receive updates on our progress by emailing us today at [info@stfrancishawaii.org](mailto:info@stfrancishawaii.org).



**St. Francis**

HEALTHCARE SYSTEM OF HAWAII  
A Legacy of Caring for Hawaii's People

*Live Every Moment*

**St. Francis Healthcare System**  
2230 Liliha Street  
Honolulu, Hawaii 96817  
(808) 547-6500 | [stfrancishawaii.org](http://stfrancishawaii.org)  
[info@stfrancishawaii.org](mailto:info@stfrancishawaii.org)



# It's About Quality of Life

Active. Engaged. Connected.

Our vision is to create life-enriching opportunities for our kūpuna. Our goal is to promote a high level of physical, spiritual and psychosocial well-being in a safe and nurturing environment. We're happy to answer any questions you may have. Call us at 808.218.7777.



Live Well  
at Iwilei  
*by Kāhala Nui*

LICENSED BY THE STATE OF HAWAII  
AS AN ADULT DAY CARE CENTER FOR SENIORS.

888 IWILEI ROAD #105 • HONOLULU, HI 96817  
808-218-7777 • WWW.LIVEWELLHI.ORG

## Honored: Susan Murray

2017 YWCA of O'ahu LeaderLuncheon

### Leading health care in West O'ahu

Growing up in Hawai'i inspired by stories of nurses and doctors healing and changing peoples' lives, Susan Murray knew she wanted to help make people healthy. But the Punahou graduate found, well, actual healing wasn't for her. "I got my undergraduate degree at Mānoa in psychology, which turned out great for me in leadership roles," says Murray, a Fellow in the American College of Healthcare Executives who also has an MBA in health services management. Management stints at Straub and Kaiser Moanalua, plus running a women's hospital in Nashville, Tenn., prepped her when Queen's came calling in 2013 to be its "Employee #1" at its newest facility, Queen's Medical Center West O'ahu.

"The largest cohort of Native Hawaiians on O'ahu lives on the Leeward coast," says Queen's senior vice president for the West O'ahu region, on expanding services there as part of its mission of Native Hawaiian health care. More than 65,000 people of Hawaiian ancestry (19 percent) reside there, according to the U.S. Census 2015 American Community Survey. The "exploding growth" in young families moving there, joining longtime kama'aina families, has made West O'ahu "a wonderful blend of health service opportunities," from pediatrics to geriatrics, Murray adds.

Averaging 800 keiki patients monthly, Queen's West O'ahu last year opened an after-hours pediatrics unit and



this year plans to add an after-hours family practice, joining a pediatrics unit in its emergency department. With plans to bring in more primary care physicians and specialists, such as cardiologists and neurologists in both medical and surgical practices, the West O'ahu hospital's campus master plan envisions more clinics in the region's dense population areas, says Murray.

Education is a major focus, including outreach to health academies at Leeward high schools and UH West O'ahu's allied health services. Long term, the aim is "to build a future workforce for the community," says Murray of the "new business spirit" shared by the Chamber of Commerce and West O'ahu Economic Development Association (WOEDA) of creating a "live/work community" in West O'ahu.

— GAIL MIYASAKI

#### AWARDED

**Jason Elam** (BA communications, '92 Mānoa), 2018 NCAA Silver Anniversary Award, one of six nationally distinguished college graduates and varsity letter winners, on the 25th anniversary of the end of their intercollegiate careers. UH's and WAC's all-time leading scorer (395 points) still holds UH record for longest field goal (56 yards), went on to a 17-year NFL (Denver Broncos) career, as two-time Super Bowl champion and three-time Pro Bowl selection.

#### AWARDED

**Shawna Yang Ryan**, UH Mānoa associate professor of English, a 2017 American Book Award for *Green Island*, the tumultuous portrait of a family in 20th century Taiwan facing political conflict and exile.



#### PUBLISHED

*Rise of the Rainbow Warriors: 10 Unforgettable Years of University of Hawai'i Football* by **Dick**

**Tomey and Lance Tominaga** (BA journalism '88, Mānoa), chronicles



Coach Tomey's memorable tenure (1977-1986): record home game attendance, national television exposure, UH's first national ranking that "changed UH football forever" (Honolulu Star-Advertiser sports writer Dave Reardon). (Watermark, 2017)



# MAHALO TO OUR DONORS

Aloha Harvest is the sole organization in the state that rescues quality excess food from businesses, and delivers it free of charge to nonprofit agencies that serve the hungry. Since its inception in November 1999, Aloha Harvest has distributed more than **20.1 million pounds of food** helping to provide meals to the hungry. Aloha Harvest drivers regularly pick up perishable and non-perishable food from more than 300 donors including Breadshop, Starbucks, Tiki's Grill & Bar, Brue Bar, Times Supermarket, Aloha Island Marts, ABC Stores, H&W Foodservice, and Nalo Farms.

*Selected:*

## Meredith Mawhar

PBN 2018 Women Who Mean Business

“Happy accidents and detours” is how Meredith Mawhar, general manager of BoxJelly Coworking Space, describes her circuitous career path to head Hawai‘i’s first coworking space enterprise. Her first degree in zoology from Mānoa led the once aspiring doctor to a career in regenerative medicine, including work with the International Space Station on molecular development biology experiments in space. A second Mānoa degree in finance introduced her to “financial modeling in new ventures, marketing, HR—systems similar to biology,” says Mawhar. Working for Bank of Hawaii’s commercial banking provided insights into “the DNA of small businesses.” Taking up condo site management with NK Management, she learned how to manage facilities, and work independently and remotely.

Joining BoxJelly in 2017 as “Space Commander” (it’s on her business card), Mawhar was ready to weave together her career threads on a new 21st century work space for its 1400 members, including digital nomads, established local companies and satellite offices from the Mainland.

“We are redefining the work place where flexibility, networking, diverse industries and affordability all come together in a shared community,” says Mawhar. Space is used as needed, scaling up or down with work project needs; assets are paid for when needed; and the “business synergies are surprising” through interpersonal contacts. Nonprofits



use the conference room once a month; members rent the event space for parties, meetings and activities. A fashion designer recently created garments from fabrics designed by a fellow BoxJelly member, a digital graphic designer, for a fashion show.

With growing interest from Japanese companies joining BoxJelly to test the Hawai‘i market, Mawhar is exploring a “home-away” work location in Japan for Hawai‘i businesses seeking to minimize risk to potentially expand to Japan.

### ALOHA ‘OE

#### William K. “Billy” Richardson



(1955-2017), entrepreneur, Shidler College of Business School adjunct professor, UH Law School lecturer, interim director (2014-2016), UH

Office of Technology Transfer and Economic Development, and son of namesake of UH William S. Richardson School of Law.

### ALOHA ‘OE

**Tony A. De Brum** (1945-2017), esteemed political leader, Republic

of the Marshall Islands, helped win his country’s 1979 independence, advocate for nuclear disarmament, led the High Ambition Coalition of 100 nations to realize 2015 Paris Accord on Climate Change, and one of the first Marshallese to attend college (BA psychology ‘68, Mānoa).

### ALOHA ‘OE

**Peter Moon** (1944-2018), a musical force of the 1970s Hawaiian Renaissance, ukulele virtuoso, composer, former member of Sunday Manoa; alumnus (BA ‘68, Mānoa) and founder in 1970 of renowned Kanikapila music concerts at Andrews Amphitheater.

### ALOHA ‘OE

**Ernest J. Harris** (1928-2018), international pioneering researcher in fruit fly eradication, Congressional Gold Medal recipient, 40-year USDA research entomologist (PhD ‘75, Mānoa).

### ALOHA ‘OE

**Alfred Bloom** (1926-2017), a world authority on Jodo Shinshu (Hongwanji, the largest Buddhist sect in Hawai‘i), pioneering scholar/author on Japanese Buddhist theology, UH professor of religion (1970-’86) and dean, Institute of Buddhist Studies, Berkeley, Calif.



**Keane Akao**



**Tori Abe Carapello**



**Jocelyn Collado**



**Kathryn Inouye**



**Jonathan Koch**



**Jim Ramirez**

**Keane Akao** (BA '03, Mānoa), named to newly created position of executive director of The Friends of the Waikiki Aquarium, oversees operations, membership and donor cultivation for the non-profit organization to support the 114-year-old Aquarium, the nation's second oldest and administered since 1919 by UH Mānoa.

**Tori Abe Carapello** (BA '95, Mānoa), selected new president and CEO of Hospice Hawai'i. Previously chief strategy officer with Hospice, Abe Carapello will oversee marketing, fundraising, admissions, leadership, special projects and strategy development.

**Jocelyn Collado** (BA '94, UHWO), named new president for Public Relations Society of America, Hawaii Chapter's 2018 Board of Directors. A PRSA member since 2001, she is an account director for Becker Communications.

**Shaylyn Funasaki** (BA '13, Mānoa), named winner of the regional Jeunes Chefs Rôtisseurs Competition of the international Chaîne des Rôtisseurs (25,000-member gastronomic organization) for chefs under age 27, besting five other young chefs by creating an appetizer, entrée and dessert out of a mystery basket of ingredients.

**Kathryn Inouye** (BEEd '75, Mānoa), founding partner and 30-year real estate development veteran of the Kobayashi Group, has assumed the position of senior advisor of the successful Hawai'i investment and real estate development firm.

**Kisan Jo** (MBA candidate from 2017 to present, Mānoa), named new president, succeeding 45-year hotel management veteran Donn Takahashi, of Prince Resorts Hawai'i, which includes three luxury resorts and three golf clubs. Formerly Prince's chief financial officer, he is currently enrolled in UH's Executive Master's program.

**Ken Kang** (BS '97, Post-Baccalaureate '05, Mānoa), awarded Hawai'i's only (one of 44 nationwide) 2018 Milken Educator Award. The '92 'Aiea High School graduate and experienced electrical engineer returned to his alma mater to establish its STEM Program.

**Jonathan Koch** (BA geography, BS environmental science '08, Hilo), awarded a 2018 David H. Smith Conservation Fellowship for his cutting edge doctoral work (specialty: bees) to raise Hilo's profile in high impact genomics (DNA genetics) science.

**Erik Leong** (Career & Education Technology certificate '85, AS '07, Kapi'olani CC), new Mahina & Sun's Restaurant executive chef. The former night cook, later sous chef at Chef Ed Kenney's Town Restaurant, has more than 10 years of restaurant industry experience.

**Terry Liu** (MA '82, Mānoa), named CEO of Hawai'i Arts Alliance, succeeding Marilyn Cristofori retiring after 24 years, is a former education specialist with the National Endowment for the Arts. Liu oversees the 38-year-old nonprofit, a statewide intermediary and advocate for the arts.

**Elliot Mills** (BBA '93, Mānoa), appointed to the Kamehameha Schools Board of Trustees, is vice president of operations for Aulani, a Disney Resort & Spa, and Disneyland Resort. The Hilo native "brings vast knowledge and insight to our organization (with Aulani a major employer on the Leeward Coast of O'ahu (and) will add a unique community perspective," says Micah Kane, KS Board of Trustees chair.

**Randall Okimoto** (BEEd '99, Mānoa), retired after 16 years as head football coach for Farrington High School, finished as No. 8 all-time in wins among O'ahu Interscholastic Association coaches. Mentored and coached by Farrington's legendary coach Skipa Diaz, Okimoto also played football for UH.

**Jim Ramirez** (BA '69, Mānoa), honored as 2018 Outstanding Union Builder of the Year by the Hawai'i Regional Council of Carpenters, is senior vice-president of military communities for the U.S. Navy and Marines for Hunt Companies Hawai'i, overseeing its 50-year public-private housing partnership venture that has built 7,000 military houses for personnel stationed here.

**Stephen Tsai** (BA '83, Mānoa), honored as 2017 Hawaii Sportswriter of the Year, his fifth recognition by vote of his peers in the National Sports Media Association. Tsai, who earned his degree in journalism, covers UH Mānoa football and baseball.

**Ryan Kalei Tsuji** (BA '07, MPA '09, Mānoa), named co-anchor with Yunji de Nies, of Honolulu Star-Advertiser's Digital Billboard Network (DBN). The Hilo native majored in political science and communications, and served as manager and assistant coach for Rainbow Wahine Volleyball under Coach Dave Shoji.



# ALUMNI GATHERINGS

  
 For more information  
 on alumni and UH events  
 go online at  
[UHalumni.org/  
 events](http://UHalumni.org/events)



## HONOLULU CC'S CELEBRATE 2018! HONORS ALUMNI AND COMMUNITY PARTNER

From justice administration, fire science, liberal arts and more, HonCC honored seven distinguished alumni in diverse fields, and community partner, Hawthorne Cat, on March 1st, raising funds for its general scholarship endowment fund.

## UH HILO'S "LOVE MY ALUMNI WEEK" FETED DKICP

Hawaii's only college of pharmacy in Hilo celebrated a week-long (Feb. 26-March 2) mahalo initiative thanking alumni for supporting the college's successful growth in anticipation of the fall 2018 opening of its first permanent home.



## NOBLE CHEF EVENT SHOWCASES MAUI'S CULINARY ARTS PROGRAM

A culinary feast, music and a "Hawaiian Renaissance" theme were the highlights of the 21st Annual Noble Chef event on Oct. 28th, Maui Culinary Arts Program's largest annual fundraiser for the award-winning program at UH Maui College.



## A HANDS-ON VISUAL ARTS TOUR AT WINDWARD CC

Chancellor Doug Dykstra joined alumni, donors and friends Nov. 4th for an arts tour and experience with hands-on workshops by ceramics professor Paul Nash on clay bowl-making and instructor Bryce Myers on acrylic painting.



# PARTING SHOT



34

Spring 2018

## AUTO ART

*Photographer: Aaron Yoshino*

➔ Aspiring Honolulu Community College art student Marlene Spence found her true calling in custom auto art. Here she is demonstrating airbrush techniques with automotive paint on a replica car hood. Now a marketing and technical support specialist for Hi-Line Distributors (including automotive paint), Spence has been teaching students once a year for about five years. "There's a growing interest in all of the custom paint areas of auto and motorcycle refinishing, custom color application, effects, graphics, airbrush and pin-stripping," says the 1999 HCC graduate in auto body repair & paint. Add to that, imagination.



# Journey Beyond

## The University of Hawai'i is Hawai'i's future. What will that future hold?

To meet emerging workforce needs and to prepare our future leaders, the University of Hawai'i will increasingly rely on private support. Our university system is an important driver of Hawai'i's social, cultural and economic well-being. It is a leader in advancing sustainability at home and around the world. It seeds the discoveries that will shape tomorrow. Generous donors help to make this possible.

### GIVING TO UH SUPPORTS ITS STRATEGIC PRIORITIES:



GRADUATING  
HAWAII'S FUTURE



INNOVATING FOR A NEW  
HAWAII ECONOMY



BUILDING 21ST  
CENTURY FACILITIES



MAXIMIZING OUR UNIQUE  
SYSTEM TO BENEFIT OUR  
COMMUNITY

## A stronger UH means a brighter future for our state.

Together, we can move Hawai'i and its people toward a remarkable future. Together, we can *Journey Beyond*. To learn more about funding UH's strategic priorities, visit [www.uhfoundation.org/journeybeyond](http://www.uhfoundation.org/journeybeyond).



UNIVERSITY  
of HAWAII®  
FOUNDATION



**UHA**

HEALTH INSURANCE

*Better Health • Better Life*

*“I try to be as positive, healthy and happy for the kids because that’s what they’re going to see. I try to be a role model for them.”*

– Helene, Recreational Therapy Manager,  
Shriners Hospitals for Children® – Honolulu

UHA member since 2015

**When you’re at your best—  
they can be at their best.**



[uhahealth.com](http://uhahealth.com)

Oahu: 532-4009  
Neighbor Islands: 1(800) 458-4600, ext. 301

[@uhahealth](https://www.instagram.com/uhahealth)

