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"Getting healthier turned out to be not just about getting rid of my shoulder pain — I ended up with more energy and a better attitude — and that's turned into real quality time with my wife and kids."

> Joey - Lead Mechanic at Lex Brodie's UHA member since January 2007

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Why It Pays to be a Member of HH@WA

Author: Valerie Au, Workplace Wellness Manager

It's hard to find an employer today that doesn't care about employee health and welfare. After all, a healthy, happy, productive workforce is not only a valuable business asset but also a source of satisfaction and pride. But few employers have the time, energy, expertise and resources to implement an employee wellness program that produces the sustained engagement necessary to effect positive change.

At UHA we've invested much toward initiatives that can lead to a healthier, happier workforce, and we're always looking for new ways to achieve that goal. To that end, in 2013 we founded the Hawai'i Health at Work Alliance (HH@WA) — a UHA company, and membership organization of more than 375 participating local companies, dedicated to creating effective and sustainable workplace wellness programs.

HH@WA was created to bring together Hawai'i employers of all sizes and industries so that we can learn from one another's efforts (both successful and otherwise) to institute effective programs.

HH@WA also offers a suite of organizationfocused wellness products —our Work Well™ **Solutions** — all designed to maximize the effectiveness of your wellness program.

What do you stand to gain as an HH@WA member? Here's a look at some of the ways our members benefit from involvement:

Network & Assist Peers- Community Building for a Healthier Hawai'i

HH@WA brings together a number of Hawai'i organizations of all different sizes and industries, united by a commitment to support healthy change in our workplaces. Meetings also become a place to network and share best practices.

Share Experiences

More often than not, employers are working in isolation. Many recognize the value of wellness programming, and want to implement it in their own organizations, but don't feel equipped to do so effectively or meaningfully. One of the greatest opportunities of the HH@WA is the chance to see what others are doing, and to be motivated by their successes. Beyond seeing wellness programming in action, it's a great chance to learn from other members about what's working and what isn't. When members encounter a

challenge - whether it's getting better employee buy-in, overcoming hurdles in organizational culture etc. - our meetings quickly turn into fruitful discussions about strategies and opportunities. Members arrive with concerns, and leave with solutions.

Learn Collaboratively

HH@WA frequently invites Subject Matter Experts (SMEs) to discuss emerging trends in health and wellness, and to give talks on topics relevant to our members and their organizations. In the past, we've had presentations on the benefits of cooperative competition, the science of wellness incentives and rewards, social contagion theory, efficient use of wellness funds, and more. These talks help our members stay up-to-date and informed about the latest news in the industry through experts with real-world experience.

Together, HH@WA members are working to better equip organizations with the resources they need to support employee wellness. We know that improving health and well-being is a long distance race - not a sprint - and we're committed to learning and growing in every way that we can to better support each other and our organizations.

Help us improve the health and well-being of Hawaii's workplaces, starting with your employees. Take our free assessment at hhawa.com/workwell to find out where you are. Then join HH@WA for a free assessment review, access to online resources, an expert led 2-hour Learning Circle, and two tickets to our annual Wellness Conference. All for only \$199. You'll be on your way to becoming an expert yourself. Get in touch with us to learn more.

HH@WA was founded in 2013 by UHA Health Insurance in support of its belief that employers are uniquely placed to help their employees achieve healthy and active lifestyles that promote physical, financial, mental and spiritual wellbeing. This collaborative alliance of more than 375 organizations has the sole purpose of learning how to build effective worksite wellness programs, programs that can lead to both sustainable lifestyle changes for employees and improved productivity for employers.



hhawa.com 808-532-2156 in f @hhawalliance



HAWAI'I'S NEW TASTEMAKERS

Growing up on Hawai'i Regional Cuisine, homegrown Next-Gen chefs and entrepreneurs bring new gusto to our taste buds

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ON THE COVER: (L-R) Beer Lab Hawaii cofounders Derek Taguchi, Kevin Teruya and Nicolas Wong. (Photo: Aaron Yoshino)

UH MAGAZINE

Sharon Spear

PUBLISHER sharons@pacificbasin.net

> Gail Miyasaki EDITOR/WRITER

Martha Cheng Nicole Duarte

Lance Tominaga CONTRIBUTING WRITERS

Elena Bragg

ART DIRECTOR

Lori Fukumura ASSOCIATE ART DIRECTOR

Dora Culahara

ADVERTISING DIRECTOR dorac@pacificbasin.net 808-534-7183

E.S. Adler

ACCOUNT MANAGER esadler@pacificbasin.net 808-534-7127

Mahina Chong

ACCOUNT COORDINATOR mahinac@pacificbasin.net 808-534-7149

Margie Memminger

ACCOUNT COORDINATOR margiem@pacificbasin.net 808-534-7110



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

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Happy At Home: The Latest Option for Aging in Place

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

a At Home maintenance

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

guarantees

them access

to long-term

\$95,000.

which





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

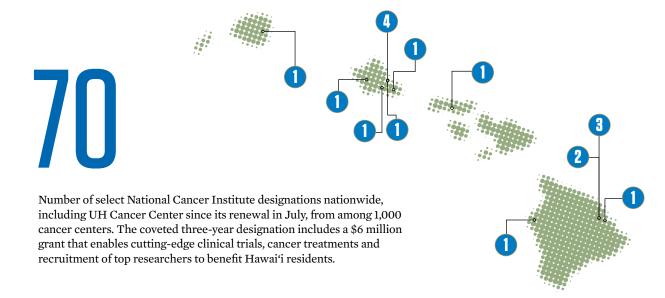
develop friendships with residents and employees.

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 or call 983-5915.



» The Future of Healthcare



1 COMMUNITY COLLEGES

"We can get out there now and say, 'This promise is for you—please come!"

John Morton, vice president for UH community colleges, on Hawai'i Promise, signed into law (HB 2501) June 1st as a permanent program. The "last dollar" scholarship program aims to fill the gap between what a local family can afford (including other scholarships) and the actual cost of a community college education in Hawai'i. Since 2017, it has benefited 1,500 local residents.

["Governor signs college bill into law." Honolulu Star-Advertiser 6/02/18]

2 HILO MEDS IN THE FIELD

Using no computers and hand-writing Rx labels, 10 aspiring pharmacists had to accurately fill 50 to 60 prescriptions ordered daily by on-site military doctors for real patients. That's what running a field pharmacy for nine days was like at Tropic Care 2018 held at Kea'au High School in June. Part of the military's Innovative Readiness Training, the annual event, providing a free one-stop-shop medical clinic for Hawai'i Island residents, is a collaboration of the U.S. Army Reserves, UH Hilo, and the state Department of Health, Hawai'i County.

"The students had to set up and run a field pharmacy from scratch—from devising work flow to finding alternatives when meds run out—similar to a real-life emergency situation," says U.S. Army Reservist Maj. Chad Kawakami with the 1984th U.S. Army Hospital. Also an assistant professor at UH Hilo Daniel K. Inouye College of Pharmacy, he arranged for and oversaw the volunteer pharmacy students' hands-on participation in how the military serves the community. More than half of the patients seeking medical care were from the Puna area devastated by the Kīlauea eruption, says Kawakami.

With plans to return with students to Tropic Care 2020, Kawakami hopes to partner with UH Hilo's Doctor of Nursing Practice (DNP). "The aim is a nursing-pharmacy team to see patients together as an integrated health care model."

HILO OCEAN ROBOTS TRACK KĪLAUEA'S HOT LAVA

When hot lava from Kīlauea's eruption began pouring into the ocean in June, unmanned ocean robots gave researchers a rare opportunity to capture up-close live ocean data in dangerously hot 120°F sea water. Two surfboard-sized Wave Gliders, whose use time was donated by their developer, Liquid Robotics, patrol by wave power and capture data with onboard solar-powered panels, sensors and radars that can measure down to 16 feet deep. They began collecting data in mid-June for researchers from UH Hilo, Massachusetts Institute of Technology and the U.S. Geological Survey's Hawaiian Volcano Observatory.

"This is the first time in Hawai'i that the Wave Glider technology is being deployed to help scientists study the real-time impacts on ocean ecosystems of hot lava from an active eruption entering the ocean," says Steven Colbert, associate professor of marine science at UH Hilo.

By late July, analyzing real-time, safely accessible data available every two minutes remotely through text messages (similar to cell phones) and satellite communication, Colbert and his team discovered "good news" for marine life. Rather than sending life-killing waters down the Puna shoreline, ocean currents instead push hot seawater two miles offshore to create a conveyor belt effect with cooler water coming in to replace it. Future Wave Glider applications, says Colbert, include surveys that document currently inaccessible or hazardous areas around our entire islands.

4 WINDWARD COMMUNITY COLLEGE



SHARK LEGEND LIVES! A lonely girl discovered new friends (and herself) on a magical underwater adventure with a Hawaiian demi-god in *Nanaue the Teenage Sharkman* (winner of three Poʻokela Awards) at Palikū Theater in this spring's original production by Maui-born Moses Goods (*Duke*). Premiering this fall and directed by Taurie Kinoshita are *A Walking Shadow* (Oct. 19-27), a docudrama on Hawaiʻi's infamous 1928 kidnap-murder case of Myles Fukunaga; and *Burning/Memory* (March 8-17, 2019), two oneact Japanese Noh-inspired plays, "Cane Fields Burning" by award-winning playwright Kemuel DeMoville and "Memory of a Dream," adapted from a famous Noh drama, *Matsukaze*. (Photo: Bonnie Beatson)



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Anniversary milestone of Hawai'i's only four-year aquaculture program and the only facility dedicated to aquaculture and coastal management education, research and community/

industry outreach. UH Hilo's oyster and ornamental fish farming program in Keaukaha trains workers and researchers, and helps develop sustainable seafood

["UH Hilo farming program marks 10th anniversary," Honolulu Star-Advertiser 3/05/18]

4 It is important for people to realize that we can make a difference.

Randall Holcombe, director, on UH Cancer Center's significant role developing the TailorX clinical trial, the largest national breast cancer study that found 70 percent of women with early-stage breast cancer have the same chance of a cure with hormone therapy alone as with hormones and chemotherapy. Hawai'i's input on race and ethnicity was critical: 75 percent of local participants were non-white.

["UH leads groundbreaking cancer study," Honolulu Star-Advertiser 6/10/18]

Hawaiʻi is the first and still the only state so far.

Nathan Murata, former Hawaii Concussion Awareness Management Program (HCAMP) principal investigator and now UH Mānoa College of Education dean, on the first-of-its-kind Hawai'i law, advocated by UH, requiring athletic trainers at all interscholastic sportsplaying high schools. Their real-time sports injury data collection is considered the only comprehensive source for credible national research on youth concussions.

["Requiring athletic trainers at every school makes Hawaii a national model," Honolulu Star-Advertiser 4/02/18]

Year UH Maui College expects to become the first of UH's 10 campuses to be 100 percent energy self-sufficient from

on-site solar photovoltaic systems and battery storage. Target date for all 10 campuses is January

["Warming up to UH solar power," Honolulu Star-Advertiser editorial, Week in Review 5/05/18]

Total amount of scholarship funds to cover all four vears (\$148,000 each) of 23 of the 72 incoming fall 2018 students at John A. Burns School of Medicine for a debtfree medical education and increased ability to practice medicine here in Hawai'i. Scholarship funding provided by Barry and Virginia Weinman, The Queen's Health Systems, and Hawai'i Pacific Health.

["Donors pick up \$3.7M tuition," Honolulu Star-Advertiser 7/19/18]

It's limitless...this is giving us a foot above everyone else

Wayne Hirabayashi, Kahala Hotel and Resort executive chef, of Alan Martin, a baker and UH's first four-year culinology graduate, who combined two years of food service (Kapi'olani Community College) with two years of food science (UH Mānoa). Trained in the science of food, Martin has developed new signature items and is expanding the shelf life of chocolate macadamia nuts at the hotel

["Better beer and bread: endless culinary possibilities for state's first culinology student," UH press release 7/18/18]





As executive director at 'Iolani Palace, **de Alba Chu** is overseeing the final phases of an ongoing restoration that began in the 1970s. This will include the renovation of the basement galleries to feature new exhibits using digital technologies, like touch screens, to tell stories about the Kingdom of Hawai'i. In June 2018, the American Alliance of Museums elected de Alba Chu as Chair of the Board. The Alliance represents 35,000 museum professionals and volunteers and sets best practices for museums nationwide. De Alba Chu earned an executive MBA in 2013 from Shidler College of Business at UH Mānoa.

One of the American Alliance of Museums' focus areas for 2018 is diversity. What are some of the issues museums face around diversity and, more specifically, cultural competency?

In the past, some of the biggest criticisms against museums were that their exhibits didn't reflect the community, and the community didn't support the museum. When considering their cultural competency, museums now also have to look at their hiring practices: their personnel reflecting the community they serve. Requiring a college degree can be a barrier for some, so if a museum needs indigenous voices on their staff, they may need to look at internships and other roles for inclusion. We're currently witnessing a shift in these staffing practices nationwide. In terms of the artwork and objects, a lot of museums particularly on the Mainland—have indigenous collections even if they're not located within an indigenous community. Museums used to label these objects and exhibit them completely out of context. Sacred objects from different tribes would be displayed together, and women would handle objects that were traditionally only handled by men. Now, museums are moving toward culturally competen practices that contextualize art and respect culture, even when it comes to the handling of artifacts.

Often when discussing cultural competency, the term 'decolonization' comes up. What does decolonizing the museum look like?

Decolonization is about sensitizing museums to the fact that they hold objects in trust for the community. Objects taken without permission and objects inappropriate for display should be repatriated to the tribes or the indigenous peoples who own or created them. When exhibiting objects made by indigenous peoples, that community

should be consulted with curatorial decisions. This practice is new for many curators who would have never thought to reach out to native communities. Objects should also be contextualized in a way that is supported by the community, and the labels for the artwork should reflect a native perspective. Museums used to treat these objects as a detached collection of curios that they would display for people's enjoyment. Decolonization rethinks that approach.

At home, how has 'lolani Palace invited community involvement?

When I took over in 2006, the Palace seemed to be closed off from the community, especially the Hawaiian community. One thing we've done is 'Onipa'a, which celebrates Queen Lili'uokalani's birthday. We had all of these people coming to the Palace grounds during the festivities but the Palace itself would be closed. That didn't sit right with me. So, a year after I started here, the Palace became an official partner for the event. We were able to grow the 'Onipa'a and bring in vendors. In 2017, we welcomed the Prince Lot Hula Festival. Because we're centrally located, the Festival has nearly tripled its revenue since moving to the Palace. For both events, we opened the Palace to the public for free, which brought in a lot of kama'āina visitors who never previously thought of visiting 'Iolani Palace.

What are some of the changes you've overseen at 'lolani Palace?

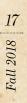
People used to tell me that the Palace seemed to lack life and was unwelcoming. So, I knew there was a lot we could do to become more visitor friendly. We made it easier to visit by extending our hours — we're now open until 5pm, six days a week. We used to close on Mondays and would miss a lot of cruise ship visitors who were just

here for the day. More recently, we've been talking a lot about improving the guest experience. About 75 percent of our operating budget is driven by ticket sales and gift shop sales, so we've shifted our focus on the visitor because that's our key to survival. It's about more than just customer service; we've added online tour bookings and more foreign-language audio guides, and we're looking at ways signage can help visitors navigate the 12 acres we have here. We also removed the age restriction, so now families can tour the Palace with an infant. If people are going to pay to come here, we want them to have the best experience possible.

'Iolani Palace also engages the community with a free Na Mo'olelo Lecture series. What role does storytelling play in museums?

Storytelling is extremely important because people are more likely to retain information through storytelling, than if you just throw facts at them. Our docents really underscore the importance of this; they each have their own storytelling style, and they're able to captivate visitors in a way that's hard to replicate with a pre-recorded audio guide. That's one thing we want to maintain at the Palace, especially since it speaks to how native cultures passed down knowledge before written language. Our challenge for the future is getting the newer generation involved with storytelling in a docenting context. With the embrace of slam poetry and rap, who knows what storytelling will look like in a generation. I mean, can you imagine coming to the Palace in 50 years, and you're given a rap tour in Hawaiian?

Nicole Duarte is an arts administrator and freelance writer whose work has appeared in Island Scene and Young Money.





HAWAI'I'S / - NEW TASTEMAKERS

BY MARTHA CHENG

DINE or **DRINK** around Hawai'i these days and you might encounter Kevin Teruya's Jedi Mind trick, a beer with looks that are deceiving; or Rachel Murai's chocolate cake garnished with basil; or Sheldon Simeon's upscale version of a flying saucer, the Maui Fair nostalgic treat.



HIS IS THE NEW GENERATION OF TASTEMAKERS who grew up in the age of Hawai'i Regional Cuisine, founded by 12 island chefs 25 years ago. Like the chefs before them who changed the idea of what "Hawaiian" food meant, this group of chefs and entrepreneurs is breathing new life into Hawai'i's culinary landscape by taking what we know and love—beer, sweets, local food—and expanding our palates and perspective in ways that feel completely original and belonging to Hawai'i.

BEER LAB HAWAII

Thanks to a growing craft brewery scene in Hawai'i, beer lovers have more places to drink and more beer choices than ever before. And the especially adventurous, those seeking to really push their palate, find their way to Beer Lab Hawaii. Here, an IPA, the Koʻolau Loa, is cloudy and tastes like a creamsicle of beers, slightly sweet, juicy, with little of the bitterness India Pale Ales are known for. "It's blowing people's minds of what they thought an IPA was," says Beer Lab co-founder Kevin Teruya (BS mechanical engineering '04, Mānoa). There's the aforementioned Jedi Mind Trick, the stout masquerading as a lager, and from time to time, beers with loyal followers and avid haters, like a super sour beer, almost as acidic as balsamic vinegar.

"Every beer is not for every person," says Kailey Wong (BBA finance '12, Mānoa), one of Beer Lab's founders. Beer Lab has introduced more than 100 different beers since it opened two years ago. Co-founder Nicolas Wong says, "We try to push boundaries—that's how we like to drink, that's how we like to experiment with our beers. The only way you can find a good perfect great beer is to try. You end up with some not-so-good ones, but you end up with some fantastic ones."

In 2016, Kevin Teruya, Nicolas Wong, and Derek Taguchi (MBA '11, Mānoa) all met while working as engineers at Pearl Harbor. They decided to take their homebrewing hobby and enthusiasm for diverse beers, and pour them into an open, casual space near the University of Hawai'i at Mānoa. The focus is completely on the beer. There's no kitchen; instead, customers can bring in their own food. The demand for Beer Lab has been so enthusiastic that it recently opened a second location in Waipi'o.

Despite the growth, the three have still kept their day jobs. Which is part of the reason they're so



willing to take risks with the beers they produce.

"If we were going to do something in addition to our day jobs, this hobby, this second job has to be super fun," says Wong. "To keep it fun and enjoyable, you don't pump out beer like a machine, you try to get better, experiment, see how good you can get."

While most breweries tend toward one or two yeast strains, and about five different grains and hops to make their beers, brewmaster Teruya places few constraints on his beers. He'll play with a variety of grains, perhaps even smoking them with kiawe or guava wood (though ultimately he said he couldn't tell the difference) and a variety of yeasts.

"Yeast determines a lot of styles of beer," he says. Drop a different yeast into the exact same combination of hops and grains, and you could get a saison or farmhouse or sour, each completely unrecognizable from each other. And with hundreds of different grains, hops and yeasts, he could spend his life combining the different components and still never exhaust all the possible variations. These are the daily joys in creating a beer better than the last, and building toward the ultimate goal, Wong says, "to change the conversation about beer."

If we were going to do something in addition to our day jobs, this hobby, this second job has to be super fun. -Nicolas Wong

RACHEL MURAI

"I love salt," says pastry chef Rachel Murai. And yet, Murai has spent 12 years working with sugar while developing desserts for some of Honolulu's most celebrated restaurants: Nobu, Vintage Cave, The Pig and the Lady, and now, Kona Coffee Purveyors. She signed up for Kapi'olani Community College's culinary program right out of high school. But after working in a bakery, the 2007 graduate of Kapi'olani's culinary and pastry arts program discovered she "loved making the desserts, the pretty things," more than "going home smelling like garlic and onions." Still, her training in savory techniques and ingredients influences her desserts.

"I tend to think about savory things when I make a dessert," she says. "It gives it a balance so it's not all sweet. Salt makes everything better." Savory elements inject intrigue into her dishes, like a frozen peppered beet air with sponge cake that she created at Vintage Cave, and at The Pig and the Lady, a chocolate cake made of layers of lilikoʻi and chocolate mousse—not so unusual, until she



garnishes it with big flakes of salt and a fluffy basil sponge cake.

When Murai begins constructing a dessert, "I think of things that I really love to eat, simple things," she says. "Say I want to do something like a peanut butter and jelly. Maybe instead of peanuts, I'll use Marcona almonds. For the jelly, instead of regular grape jelly, I'll make a liliko'i marmalade or liliko'i gelee. And then I'll throw something random in there that you're not used to eating with your peanut butter and jelly sandwich." She loves playing with herbs, like the basil with chocolate cake, thyme in ice cream, and sage in a canelé, a French pastry. The result is a dessert that feels nostalgic and thrilling at the same time.

Just as it seems like Murai has a savory cook's mind working in a pastry cook's body, she is a master of contrasts that harmonize and delight. At The Pig and the Lady, she helped launch the soft serve program, swirling salted preserved lemon sorbet with vanilla custard, combining calamansi sorbet with honey vanilla, and matching raspberry sorbet with dark chocolate liquor custard.

In her current role as a bakery manager at Kona Coffee Purveyors in Waikīkī, she has returned to the environment that made her fall in love with sweets in the first place. She oversees the production of baked goods and desserts, including the kouign amann, like a caramelized croissant with layers that reveal a sticky sweet center in flavors including black sesame and li hing lilikoʻi mango. In each dessert she creates, Murai seeks "the right balance to it—not too savory, just a hint, not too crazy." Just crazy enough to keep it interesting.

I think of things that I really love to eat, simple things.







SHELDON SIMEON

In 2011, Top Chef came looking for Sheldon Simeon. At the time, the Hilo native was running Star Noodle, a modern Asian spot on Maui. "It was all Forrest Gump-ish," he says. "Things just happened." What came next, though, didn't just "happen." Simeon finished the season on Bravo TV's popular cooking competition as one of three finalists. While he didn't win the national competition, he was voted fan favorite. He would go on to compete in more Top Chef seasons, and gain recognition from Food and Wine magazine and the James Beard awards.

But Simeon's career is not defined by awards and TV shows. In the years between, he has been busy developing new restaurants. First came Migrant Maui in 2013 in the Wailea Beach Marriott, where he introduced dishes like "Bottom of the Plate Lunch," cabbage doused in a teriyaki sauce, in a fine dining setting. When it closed, he opened Tin Roof in 2016. It's a humbler concept, a lunchtime takeaway counter in a nondescript strip mall in Kahului. At the time the 2002 graduate of UH Maui's culinary arts program was

Look at all of us trying to create this new Hawai'i cuisine... It's rad. Everyone's on fire.

building a name for himself, so were other young chefs across the Hawaiian Islands. Tin Roof is his way of keeping grounded, of paying tribute to the local food he draws inspiration from.

"Look at all of us trying to create this new Hawai'i cuisine," says Simeon. "It's rad. Everyone's on fire. But while we're doing that, these mom and pop shops are being forgotten about...I just wanted to do something that was going back to feeding my community." Tin Roof has a simple menu that any local would recognize, but with gourmet twists, like a twice-fried mochiko chicken topped with mochi crunch and an ulu (breadfruit) mac salad. Daily specials often include inspiration from his dad, including a Filipino pork and peas stew.

Growing up, Simeon says, "our house was the gathering house, for holidays, weddings, first birthday parties. And my dad was the cook of the community, the best chef that I know." So even now, as he develops the menu at Lineage, a higher-end restaurant at The Shops at Wailea, slated to open at the end of the year, Simeon continues to pull ideas from his family, from local favorites, from memories. His version of pipikaula will be prepared with a burnt rice and kiawe bean glaze, the sauce adding components of toasted sweetness and a hint of bitterness. There will also be a playful take on the flying saucer, the round, pressed, white-bread sandwich, once found at the Maui Fair; Simeon will fill his with a long-simmered ragu, fresh vegetables, and cheese.

Flashbacks to parties at his home, to annual county fairs, "we want to celebrate those unique moments that we look forward to having. That's what Lineage is all about," says Simeon, "recreating those memories."

Martha Cheng is a writer and editor in Honolulu whose work has appeared in The Wall Street Journal, EatingWell, Eater, Monocle, Frommer's, Hana Hou, Hawaii, and Hawaii Business. She is the author of The Poke Cookbook (2017) and was previously the food editor of HONOLULU Magazine.

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THE VOICE

After six decades of broadcast excellence, Jim Leahey calls it a career.

By Lance Tominaga

What? You've got to be kidding me!"

Laid up in a hospital with a lung infection, Chuck Leahey wasn't kidding. The prolific broadcaster and military veteran needed his son to take his place and broadcast a military boxing tournament at Conroy Bowl in Schofield Barracks.

It was 1958. Jim Leahey was a 15-year-old sophomore at Saint Louis School.

"You can do this," the elder Leahey repeated. "I want you to do it."

Today, Jim smiles at the memory.

"So I just went out there and did it. After it was over, I thought, 'Wow, I did it.' Of course, I didn't know if I was any good. I was just happy I was able to get through it."

This past June, 60 years after his first broadcast, Jim Leahev, 75, announced to reporters, "It's time to sail along into the sunset."

And what a voyage it's been. Leahey was named "Hawai'i Sportscaster of the Year" a record 19 times. Renowned as "the voice of University of Hawai'i sports," he did TV and radio play-byplay work for UH football, basketball,

baseball, volleyball and other athletic programs. In some years, he announced as many as seven different UH Mānoa

In 2017, Leahey was inducted into the University of Hawai'i Sports Circle of Honor, joining his father, who was enshrined in 1985.

The seeds of this remarkable broadcasting career were planted by father Chuck, a sports enthusiast who strived to unite the local community and the military through athletics. His passion for sports and broadcasting carried over to Jim.

"At six years old, I already knew every lineup of every team in the Major Leagues," Leahey recalls. "I would go out on the street and hit rocks with a bat. I'd then describe where it went. Boy, would the neighbors get mad!"

After graduating from Saint Louis in 1961, Leahev attended Chaminade, where he met his bride of 52 years, Toni. Five years later, he graduated with degrees in philosophy and political science from the University of San Francisco.

After serving in the military (in the Navy for "three years, eight months, 14 days, six hours and 15 minutes"), he landed a teaching job at Campbell High School. To help make ends meet, he also did play-by-play work and TV sportscasts on a part-time basis.

Enter Bob Sevey. In 1978, the legendary KGMB news anchor approached Leahey, shortly before the end of the school year.

"How much are you making?" he asked.

"\$17,000."

"I'll double it," says Sevey, looking to replace Joe Moore who was leaving

Leahey declined the offer. "But then Sevey says, 'When are you going to think of your own children, instead of everybody else's?" And before Leahey could reply, Sevey added, "I'll triple it."

The rest is history.

In 1984, Leahey joined KHNL and began his storied journey as the voice of UH Mānoa athletics.

His favorite game occurred on Oct. 28, 1989. In front of a sold-out crowd that night at Aloha Stadium, the Rainbow Warrior football team finally beat their rival BYU Cougars, 56 to 14.

"When I think about it, that was the best game I ever did," Leahey recalls.

"I rose to the importance of the occasion. Every play was phenomenal. There were catches over the middle. Catches in a crowd. Interceptions. Sacks. I said, 'What you are seeing tonight is something so special, so tremendous, so historic in the history of University of Hawai'i athletics.' That game came very close to perfection."

For Leahev, his personal voyage wasn't always so smooth. Leukemia sidelined him for eight months, from September 1997 until his return to the broadcast booth on May 8 the following year.

"After it was all over, the doctor says he thought I had two weeks to live," Leahey recalls. "A priest even came to give me last rites. I said, 'No, not vet!""

Finally, one day Leahey got the good news that his cancer was gone. He smiles, remembering that his

wife came to see him "every single day. Every. Single. Day." When she had breast cancer in 2012, "I made sure to be with her every day. It's times like that when you learn what's really important in life."

Leahey has carved a path for a new generation of Hawai'i sports announcers, including his son, Kanoa, who does play-by-play work for Spectrum Sports (formerly OC Sports) and is a rising star at ESPN.

"I'm really impressed with Kanoa, and I'm not just saying that because I'm his father," says Leahey. "At ESPN, I would say he's in the top six (announcers). And while I see both myself and my dad in him, it's not a lot. He's his own guy."

As for his own legacy?

"I'd want people say, 'He was a good, faithful man," he answers. "That's it."

Leahev says the thing he will miss most in his retirement years is the excitement of the game.

"When you're broadcasting a game, you're really involved," he says. "The responsibility for the game and for its description is what I loved the most.

"I can go to a game now and sit in the stands, but it won't be the same."

Lance Tominaga (BA '88, M noa) is web editor for ESPN 1420 Sports Radio and co-author, with Coach Dick Tomey, of the book, Rise of the Rainbow Warriors: 10 Unforgettable Years of UH Football (2017).



Jim Leahey interviews former UH men's basketball coach Riley Wallace. Leahey and Wallace were both inducted into the UH Sports Circle of Honor in 2016.



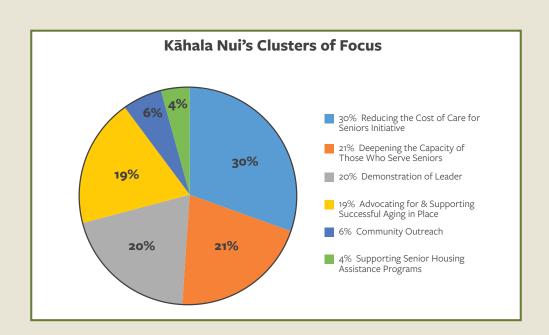
Guided by a vision of being socially responsible, Kāhala Nui is committed to providing support to its residents and to seniors in the greater community, creating employment opportunities, sharing resources, educating the public and advocating for the underserved.

Kāhala Nui is a mission-driven organization committed to supporting underserved seniors in Hawai'i. In 2017, its Social Accountability Program donated \$1,150,200 in support to programs and organizations such as Catholic Charities Hawai'i, Hawai'i Meals on Wheels, Kokua Kalihi Valley, Palama Settlement, Project Dana, Alzheimer's and more. The chart illustrates Kāhala Nui's Clusters of Focus designed to respond to the areas of concern with regard to the health and well-being of Hawai'i's seniors.

With healthcare workers in short supply and the senior population

growing exponentially, Kāhala Nui seeks opportunities to support workforce development. Last year, over 900 hours of training and mentoring services were provided to students and interns from Kapi'olani Community College's School of Nursing, Chaminade University Nursing Students and Counseling Departments, University of Hawaii School of Nursing and School of Social Work, and Osaka Prefecture University School of Nursing.

Earlier in 2018, Kāhala Nui launched its Certified Nursing Assistant (CNA) Training Academy's inaugural class after receiving curriculum approval from the State of Hawai'i Department of Human Services. This program was established to provide on-site training to individuals seeking to become licensed certified nursing assistants or CNAs.





Return to a Sense of Community

Committed to serving Hawaii's seniors

As a charitable organization guided by its mission-driven values, Kāhala Nui works collaboratively with community partners to support seniors who wish to age in place. Kāhala Nui commits to educating providers, supporting caregivers, influencing social policy, and advocating for the underserved to improve the lives of Hawaii's seniors.



Kāhala Nui maintains its course to create fulfilling environments that provide a positive approach to aging, enriching the lives of seniors in Hawai'i.

I HAD A COMRADE

PAUL M. SAILER

Experience the thrill of flying a P-51 Mustang and the skill it took the University of Hawaii's Wah Kau Kong to fly with the USAAF's top squadron in aerial victories in WW II. Discover the bravery of the Honolulu-born fighter pilot; his sense of humor and sense of pride in serving in the Army Air Corps.

Follow the combat missions of the first Chinese-American fighter pilot in the European theater and meet his sister, UH alumna Hester Lo Hop Kong Neff, through her diary entries as she describes the perilous days for the Kong family after the attack on Pearl Harbor.

Wah Kau Kong: UH member

of Phi Kappa Phi, ROTC,

Chemistry Club, YMCA,

Pen Hui, and Track and

Field Team.



Read about Wah Kau Kong's life-ending sacrifice in one of ten mesmerizing stories in Paul Sailer's I Had a Comrade: a 400-page, limited edition, hardcover book with over 200 photos, images and colored maps.

Foreword by Richard E. Cole, the last surviving member of the famous Doolittle Raid.

Author Paul Sailer: "History is not dull when it contains engaging, in-depth, true stories about the fascinating young people of the war years."

Mindy Pennybacker, Honolulu Star Advertiser: "Ten real-life accounts of love and friendship during WW II ... in this diligently produced collection. It's exciting stuff to read about!"



Order at www.lodenbooks.com and receive free shipping thru Christmas or at the National Museum of the U.S. Air Force, WPAFB, OH.

Selected:

David Lukela

2018 PBN 40 Under 40

Career-changers

t one time an aspiring doctor, David Lukela rose to become the Hawaiʻi Center for AIDS' lab supervisor in six years with UH Mānoa's John A. Burns School of Medicine. Across the street from his lab at Leahi Hospital, he often saw culinary students in their "chef whites" at Kapiʻolani Community College and "wondered if I could do that."

The Kamehameha Schools graduate admits, "I was hesitant," despite coming from an extended family of cooks. He would be nearly a decade older than classmates and already held a steady, well-paid job. But "I was bored that it wasn't my true calling. So I signed up for night classes at Kapi'olani and held on to my full-time day job."

Then he added a "third craziness"—a two-week internship at the Sheraton Waikiki at the urging of Chef Alan Tsuchiyama, an instructor and mentor at Kapi'olani. After the two weeks, Lukela was offered an \$11-an-hour cook's helper job in 2010 at the Moana Surfrider. For the next 18 months to graduation, he worked at all three.

By 2014, having tossed his hat into the culinary arena, Lukela was named executive sous chef at the Moana and, a year later, as chef de cuisine. This July, he became executive chef at the newly renovated 839-room Alohilani Resort Waikiki Beach (the former Pacific Beach Hotel).



overseeing 40 employees and three restaurants. In just eight years, Lukela rose from cook's helper to executive chef.

"It's never felt like work, despite the long days, the hard grind. I found my true calling. I'm like a pig in mud," says the 36-year-old, who grew up as his family's "Hibachi Boy" for firing up and cooking up the perfect grill at gatherings. Hot foods remain his favorite because of the "judgment art," he says, the "wiggle room," where a chef can have fun creating the dish.

"Every day, there are moments in the kitchen that make me better, a constant work in progress."

– GAIL MIYASAKI

AWARDED



Allen Hoe (AA liberal arts '71, Leeward CC; BA political science '72, Mānoa; JD '76, Mānoa), Mana O Ke Koa Award (Spirit of

the Warrior), U.S. Army Pacific annual award for steadfast support to soldiers, families and the Army community. The Vietnam veteran is a civilian aid to the secretary of the U.S. Army; president, United by Sacrifice Memorial Foundation (Schofield Barracks); and Vietnam Women's Memorial Project board member (Washington, D.C.)

AWARDED

Satoru Izutsu (BA psychology '50, Mānoa), retired vice dean, John A. Burns School of Medicine, the Order of the Rising Sun by the government of Japan for leading a 50-year effort to provide UH aid to Okinawa after World War II, including the 500-bed Chubu Hospital with 70 percent of its 130+ physician staff UH-Chubu graduates.

AWARDED

Donald Carreira Ching, (BA '09, MA '13 English, Mānoa), Leeward CC lecturer in English, the 2017 Elliot Cades Awards for Literature (emerging artist) for his first novel, *Between Sky*

and Sea: A Family's Struggle about three Windward Oʻahu brothers struggling with substance abuse and family pressures. (Bamboo Ridge, 2015)



PUBLISHED The Best of Aloha Shorts, edited by **Sammie Choy** (MFA '04, PhD '11 theater, Mānoa), UH

English professor **Craig Howes**, and **Phyllis Look** (BA drama/

theater '76, Mānoa), an anthology of works about Hawai'i originally read on Hawai'i Public Radio's weekly "Aloha Shorts" broadcast (2004-'13). (Bamboo Ridge, 2018)





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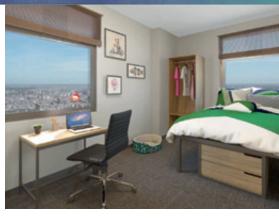


LAUNDRY ON EVERY FLOOR









Lease online at HaleMahana.com

Selected:

Amy Marvin

2018 Omidyar Fellows

n a whim, Amy Marvin put on hold a job in New York. Instead, the newly minted Harvard graduate in environmental science/public policy took a five-month internship at Mānoa's Kewalo Basin Mammal Lab and the Dolphin Institute. She never went back.

"I just loved it," recalls the Seattle native, who has fond memories of family vacations on Kaua'i. Continuing as a lab volunteer and enrolling at Mānoa to earn a master's degree in marine mammal behavior and biology, Marvin even got into fundraising to support the dolphin lab. She soon found herself at a crossroads: a doctorate in science or a career in fundraising, where she had discovered a knack for "raising a donor's interest and matching gifts to needs."

Two critical opportunities set her path as a "science-trained fundraiser." First was a five-year stint working in development with scientists at Bishop Museum, followed by a seven-year tenure as vice president for institutional advancement at the Academy of Natural Sciences in Philadelphia, the nation's oldest natural history museum.

Returning to Bishop Museum in 2016, Marvin now serves as senior vice president and chief operating officer overseeing public programs, building and grounds, finance, communications and development. Looking to build personal skills and to forge partnerships as a 2018 Omidyar



Fellow, she is keen on creating awareness of the Museum's scientists' little known natural sciences/ conservation contributions in public policy and research decisions to ensure "the wise stewardship of Hawai'i's rich natural heritage."

ALOHA 'OE

Conrad Nonaka (1949-2018), director and proud graduate, Culinary Institute of the Pacific, Kapi'olani CC (AS '70 food service management), spearheaded construction of its new Diamond Head campus, instrumental in developing accredited culinary education on UH campuses; and a founder of Kapi'olani CC's popular Farmers' Market.

ALOHA 'OE

Alan Tomonari (1946-2018), Oʻahuborn, Roosevelt High and UHeducated (BBA '68, MBA '71, Mānoa), distinguished retailer opened Hawaiʻi's first Neiman-Marcus as general manager; starting as deliveryman, Liberty House, rising in national

retail with Macy's, Bullock's, and Bamberger's. Active community nonprofit board member, including Honolulu Museum of Art.

ALOHA 'OE

Donald Kim (1928-2018), (BS '58 civil engineering, Mānoa), former chair/CEO, R.M. Towill, Hawai'i's largest and oldest consulting engineering company; founder, Ohana Pacific, first and only Korean-American bank in Hawai'i; former chair, UH Board of Regents; and founder of several UH College of Engineering scholarships.

ALOHA 'OE

Margaret Oda (1925-2018), Hakalau, Hawai'i-born pioneering educator,

considered "the mother of middle schools" in Hawai'i as Honolulu district public school superintendent, also launched Learning Centers at public high schools and a founder of Nu'uanu's Pacific Buddist Academy, first Buddhist high school in the U.S. (BEd '47, PhD '77 education, Mānoa).

ALOHA 'OE

Daniel K. Akaka (1924-2018), beloved statesman and first native Hawaiian to serve in U.S. Senate, namesake of the never-passed Akaka Bill to grant federal recognition to native Hawaiian people; served 18 years in Hawaii's schools (BEd '52, MEd '66, Mānoa), and represented Hawaii in the nation's capitol (1976-2013).





Kyle J. Atabay

(EdD '14, Mānoa),

named principal

of his alma mater,

Damien Memorial

School (Class

vice principal,

Kamehameha

Middle School;

Kapolei Middle

Schools' Kapalama

School counseling

counselor, Ke Kula

Hawaiian language

immersion school.

Casey M. Asato

Former teacher,

Seabury Hall.

Blankenfeld,

for inspiring

of traditional

next generation

wayfinders and

keepers of ocean

navigators) on

Hōkūle'a Mālama

Voyage. Attended

Hilo Community

College ('75) and

program ('76).

of community

Foundation's

Hawai'i Island

philanthropy of

Diane Chadwick

(MSW '00, Mānoa),

promoted to director

Hawai'i Community

Leeward Community

College's marine tech

Honua Worldwide

sustainability. One

of five pwo (master

recipient 2018 NOAA

Papahanaumokuakea

Umu Kai Award given

to a Native Hawaiian

cultural practitioner

Bruce M.

department head; and

Kaiapuni 'O Ānuenue

of '84). Former

Kyle J. Atabay



Diane Chadwick



Mahina Hugo



John T. Komeiii



Aedward Los Banos



Elisa Yadao

office, overseeing community outreach and development efforts. She has been with HCF for 27 vears.

Mahesh Cleveland (BA '15, JD '18, Mānoa), chosen as one of 20 "Law Students of the Year" (and the only one from Hawai'i) by National Jurist magazine for exceptional contributions to their law schools and communities.

(MA '00, EdD '17, Mānoa), named first **Brandt Farias** male head of school. (BA '81, Mānoa), Saint Francis School. administrator and curriculum director,

named senior vice president and chief marketing officer, marketing and public relations, Hawai'i Pacific Health, overseeing all communications and marketing functions for HPH and its four medical centers: Wilcox, Kapi'olani, Pali Momi and Straub.

Mahina Hugo (BA '89, MEd '04, Mānoa), named Liliu'okalani Trust's educational innovations director. Recently retired head of school, La Pietra Hawai'i School for Girls.

Khara Jabola-Carolus (JD '15, Mānoa), appointed new executive director, Hawai'i State Commission on the Status of Women. Her experience includes serving in legislative advocacy and community organizing.

Ian Kitajima (BBA '89, Mānoa), named to PBS Hawai'i's Board of Directors and to chair its new **Board Committee** on Innovation/ Futures focusing on Luke P. Meyers

(BA '98, Mānoa),

director, Hawai'i

Agency (HI-EMA),

state's emergency

certified emergency

manager was most

recently strategic

coordinator, City

of Seattle Office

of Emergency

Management.

Ron Mizutani

(BA '87, Mānoa),

Foodbank. The

executive has

also worked at

Legacy of Life.

(BA '80, Mānoa),

HMSA's senior vice

president and chief

engagement officer,

elected to Teach for

America Hawai'i's

regional advisory

nonprofit, which

recruits top college

graduates for two-

year teaching jobs

in low-income

public or public

charter schools.

board for the

communications

and community

Elisa Yadao

Hawaiian Telcom

and CommPac, and

volunteered at Easter

Seals Hawaii, Special

Olympics Hawai'i and

named president/

CEO of the Hawai'i

veteran TV journalist

(33 years at KHON)

and public relations

advisor and planning

Emergency

Management

overseeing the

management

program. The

appointed executive

education, media and technology. He is business development director for Oceanit.

John T. Komeiji (BEd '75, Mānoa), named president and general manager, Hawaiian TelCom, recently acquired by Ohio-based Cincinnati Bell. Previously, senior partner of local law firm, Watanabe Ing & Komeiji LLP.

Aedward Los Banos (BBA '02, MBA '03, Mānoa), appointed executive director, Hawai'i Community Development Authority, which regulates development of Kaka'ako. Former COO, state Office of Hawaiian Affairs and vice president administration, Catholic Charities Hawai'i, he served as interim HCDA executive director in 2016.

Quentin Machida (BBA '88, Mānoa), appointed senior vice president and president/CEO of Gentry Homes. Hired in 1990 in accounting and finance, he is also experienced in innovative design and technology, and product development.

ALUMNI GATHERINGS





INTERNATIONAL **UH ALUMNI EVENT GATHERS IN KOREA**

More than 200 guests gathered at the Lotte Hotel Seoul on August 24 for a wonderful evening, meeting University of Hawai'i President David Lassner and re-connecting with many alumni in the region.

ALUMNI HOST 2018 NORTHERN CALIFORNIA STUDENT SENDOFF

Alumni in Northern California welcomed incoming UH freshmen and their families to make new friends and to connect with knowledgeable UH graduates about "surviving" freshman year.





ALOHA GRAD CELEBRATION WELCOMES NEWEST UH ALUMNI

UH spring 2018 graduates from all 10 campuses were celebrated on June 7 with fun fellowship and festive food at Ala Moana Center's popular gastropub, The Brilliant Ox.



On April 6, Leeward CC's Culinary Special Events class produced a delightful evening event at the Halekulani for UH alumni, featuring a 5-course gourmet meal by alumnus Chef Shaden Sato.

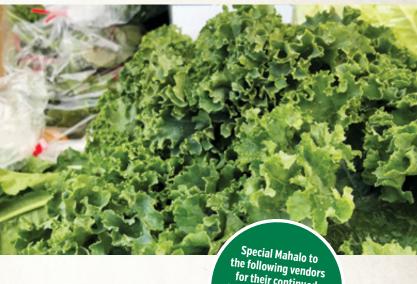


Fall 2018 \lesssim









for their continued donations: Otsuji Farm, Thoune HongPhao Farm,

Nalo Farm, T&S Farms



Aloha Harvest has teamed up with Hawaii Farm Bureau to help the fight

against food waste at farmers' markets. We rescue excess food from vendors and accept fresh food donations from market customers.

HONOLULU FARMERS' MARKET

Wednesdays, 4p-7p, located at the Blasidell Center

KCC FARMERS' MARKET

Saturdays, 8a-11a, located at Kapiolani Community College