



UNIVERSITY OF HAWAI'I

A MAGAZINE FOR ALUMNI AND FRIENDS

SPRING 2017

ALL BUSINESS

Do sports standouts make good entrepreneurs? Meet Wahine volleyball's Nohea Tano and Hilo's Jay "The Bird" Bartholomew

BONNIE CASTONGUAY

On how home care and technology are changing health care for Hawai'i's kupuna



FAMILY LEGACY

Why William Domingo and daughter Jessica are part of the 'Rising Tide' of Hawai'i's now largest Asian minority, the Filipinos

+ SALUTE
Creative and courageous: Beadie Dawson, Vince Soliven and others honored for taking on a challenge



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 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.

You will love to hate Erika as she drives you to climb that hill and inspires you to reach for your own personal goals. Don't let Ruby's petite frame and dimples fool you. She too will stretch your body in ways that are new to you. 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



6 NEWSMAKERS
Leeward CC's nationally lauded improv theatre, Hawai'i CC's 50th Model Home for Native Hawaiian families, and Wahine volleyball's legendary Dave Shoji bids Aloha.

9 UPDATE
UH's latest achievements in Early College success, Hawai'i's most recent cancer data, a nationally ranked student-run restaurant and developing the world's largest digital map of space.

11 Q&A
Ho'okele Health's Bonnie Castonguay on how technology and healthcare are changing for seniors



FILIPINOS IN HAWAI'I

Why Judge William Domingo and his daughter, Public Defender Jessica Domingo, are part of the "Rising Tide" of Hawai'i's now largest Asian minority



20 ALL BUSINESS

Sports and entrepreneurs? Hear what Wahine volleyball star Nohea Tano and Hilo Vulcan basketball phenom Jay Bartholomew say about starting a business.

24 MILESTONES
The push-and-pull of challenges motivates Native Hawaiian activist and lawyer Beadie Dawson and rising star in Hawai'i's creative arts and advertising Vince Soliven.

45 ALUMNI EVENTS & CALENDAR
Alumni gather for fellowship, learning and community service.

UH MAGAZINE

Sharon Spear
PUBLISHER
sharons@pacificbasin.net

Gail Miyasaki
EDITOR/WRITER

David Choo
Tiffany Hill
CONTRIBUTING WRITERS

Elena Bragg
ART DIRECTOR

Dora Culahara
SENIOR ACCOUNT MANAGER
dorac@pacificbasin.net
808-534-7183



UNIVERSITY
of HAWAI'I
FOUNDATION

UH FOUNDATION

Janet Bullard
VICE PRESIDENT FOR MARKETING
AND COMMUNICATIONS
ALUMNI AND DONOR RELATIONS
UH FOUNDATION

Margot Schrire
DIRECTOR OF COMMUNICATIONS
UH FOUNDATION

SEND FEEDBACK TO
news@uhfoundation.org

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

- Honolulu Club
- Hawai'i Community Foundation
- GEICO
- Kahala Nui
- Tori Richard
- Aloha Harvest
- UHA Health Insurance
- Kaiser Permanente
- Arcadia
- Good Samaritan Society - Pohai Nani
- Pōmaika'i Ballrooms
- Securitas
- University of Hawai'i Foundation
- BMW of Honolulu

"UH MAGAZINE is published by PacificBasin Communications in partnership with the UH Foundation. All contents copyright ©2017 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."

RON PAUL, DAVID GROXFORD, AARON YOSHINO



INTROSPECTION

In a quiet moment, look upon the entirety of your life. What has touched you or yours? Then select the local cause that fits and make a lasting impact with a gift in your will or trust. Look back. Give forward.

give
beyond your years



HAWAI'I COMMUNITY FOUNDATION
Amplify the Power of Giving

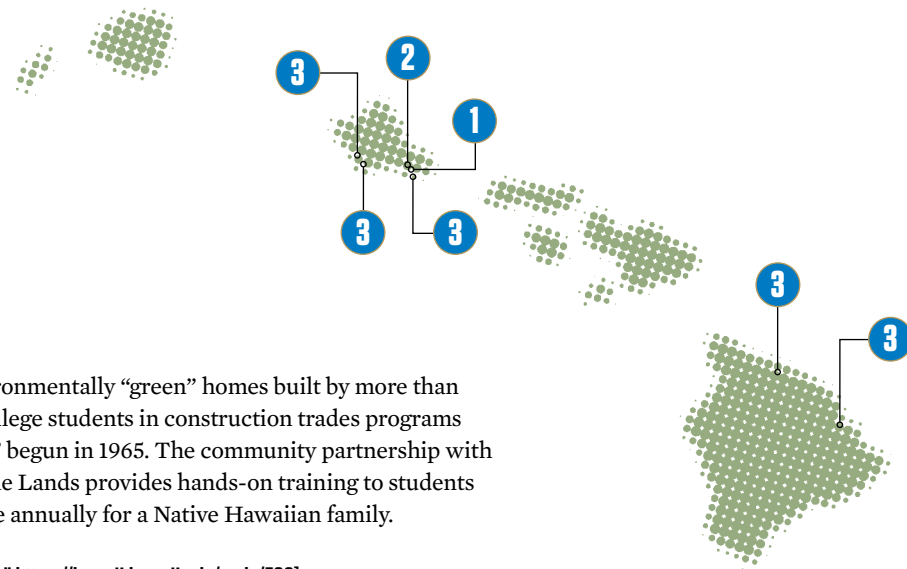
A message from Hawai'i Community Foundation on behalf of nonprofit organizations serving the islands.

Learn more at HawaiiCommunityFoundation.org/Legacy or ask your professional advisor.

50

Number of custom-built, environmentally “green” homes built by more than 4,000 Hawai‘i Community College students in construction trades programs for the “Model Home Project,” begun in 1965. The community partnership with Department of Hawaiian Home Lands provides hands-on training to students while producing one residence annually for a Native Hawaiian family.

[“Celebrating 50 Years of Model Homes,” <https://hawaii.hawaii.edu/node/798>]



1 MĀNOA

“Looking back, I think it’s been a good run.”

Dave Shoji, UH’s most nationally prominent and longest serving head coach, announcing his retirement after 42 years, 1,202 wins, 14 conference Coach of the Year awards, 35 trips to the NCAA tournament, and four national championships. Robyn Ah Mow-Santos, former All-American, three-time Olympian, former player (under Shoji) and former assistant coach to Shoji, has been named his successor as head coach of Rainbow Wahine Volleyball.

[Press conference, Monday 2/20/17, UH Mānoa]

2 MĀNOA MAKING YOUTH ATHLETES SAFER

Football? How about soccer or cheerleading? Middle school student athletes playing in these top three of a total of 14 collision sports now join Hawai‘i high school athletes in gaining access to critical concussion outreach and awareness information. Thanks to first-in-the-nation funding from Hawai‘i State Legislature, the Hawaii Concussion Awareness Management Program (HCAMP) expands its six-year high school concussion awareness program to student athletes ages 11–13.

“We’re aiming to reach volunteer coaches and parents of middle school athletes to make them aware that we have concussion information to help make their community sports leagues safer for their youth,” says Nathan Murata, HCAMP principal investigator and chair, department

of kinesiology and rehabilitation science, College of Education at Mānoa.

While HCAMP’s progressive neuro-cognitive testing, working with athletic trainers, is available annually only in high schools, it has provided a valuable data baseline of 10,000 test results to date. “We now can help rehabilitating student athletes adjust to the classroom with ‘Return to Learn’ protocols established by the state Department of Education. This is beyond just returning to the playing field,” says Murata, a specialist in physical activity for the brain-injured and certified special education instructor.

For more information: info@hawaiiconcussion.com

3 INSTITUTE FOR ASTRONOMY REACHING FOR THE STARS

Comets, black holes, moon rocks and nebulas are among the amazing celestial phenomena students from five public high schools from Hawai‘i Island and O‘ahu will explore this year as Maunakea Scholars working with scientists and researchers at six observatories atop the state’s highest mountain. “We wanted to share with the local community the unprecedented power and level of technology of the single greatest astronomy facility in the world,” says Mary Beth Laychak, outreach program manager of Canada-France-Hawaii Telescope (CFHT), which last year launched Maunakea Scholars, the only one of its kind in the world, through a pilot program with two schools in partnership with the state Department of Education.

An expanded program this year awarded hands-on telescope time and data access for more selected students to work with astronomers and graduate students as mentors, plus a visit to Mauna Kea’s observatories. Public high school juniors and seniors—the majority were girls—in earth science classes, science fair competition and astronomy clubs from Nanakuli, Kapolei and Kalani on O‘ahu and Honoka‘a and Waiakea on Hawai‘i Island were selected based on their own researched proposals. “It’s exciting to see how students are in the forefront of astronomy,” says Laychak of proposals for dark matter, rogue planets and exploding stars requiring technology still to come.

See more on Maunakea Scholars: <http://www.hawaiinewsnow.com/story/34779784/maunakea-scholars-hawaiis-future-astronomers>



YO! Combining traditional Kabuki theatre’s voice, movement, characters and costume/makeup with improv theatre (!) has made *Screwbuki*, by On the Spot Improv, one of the most requested improvisational productions in the nation. Hawai‘i’s longest running improv group returned to its roots at Leeward Community College Theatre, where On the Spot was established by students in 2001, to kick off its national 2017 tour of *Screwbuki* in late January. **Check out:** <http://lcttheatre.hawaii.edu/>

Birds of a feather *save together.*

As an alum of the **University of Hawaii** you could save even more on your car insurance with a **special discount**. Join your fellow alumni who are already saving with GEICO.

geico.com/alum/uhaa | 1-800-368-2734

GEICO[®]

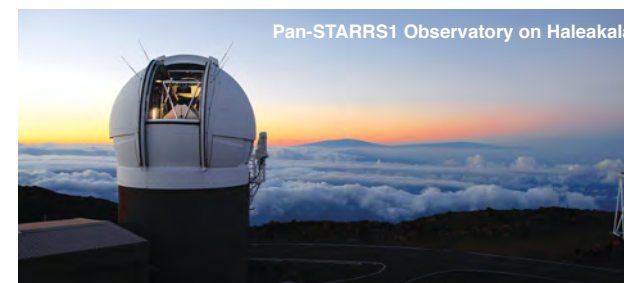


Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. Discount amount varies in some states. Discount is not available in all states or in all GEICO companies. One group discount applicable per policy. Coverage is individual. In New York a premium reduction may be available. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2014 GEICO

36

Percentage reduced of medication-related hospitalizations for 2,000 high-risk adults paired with pharmacists for UH Hilo's Pharm2Pharm research initiative at six hospitals on O'ahu, Maui, Kaua'i and Hawai'i Island. Seniors age 65+—a group 2x more likely to return to ERs for adverse drug events—comprised 62 percent of the two-year study.

[“Pharmacists reduce hospital readmissions,” Honolulu Star-Advertiser 10/17/16]



“Printed on one giant image, it would have covered 1½ miles long.”

Eugene Magnier, head of UH's Pan-STARRS image processing astronomy team, of the world's largest digital survey of Maui's nighttime sky conducted atop Haleakalā of stars, planets, galaxies and other celestial bodies above 3/4ths of Earth over four years, a collaboration with nine other institutions.

[“Stellar view from Maui's top tapped for best star map yet,” Honolulu Star-Advertiser 12/19/16]

#1

Rank of UH Maui College's student-operated Leis Family Class Act Restaurant for Hawai'i in January 2017 for Best Overall State, Best Value, Fit for Foodies, and Best Overall Maui, based on 400,000 new diner reviews on OpenTable worldwide online reservations hub.

[“Top Rankings for Leis Family Class Act Restaurant,” Maui Now online 1/31/17]

THINKSTOCK, UNIVERSITY OF HAWAII NEWS

“It's the most hard work I've put into something.”



Geoffrey John Julian, 17, one of nine Waipahu High School student authors of *C.O.R.A.L.: The Lost Lock*, a 300+ page fiction paperback available online, and likely the first for a public high school in Hawai'i, for Leeward Community College instructor Amanda Silliman's creative writing course, part of the state's largest Early College program pioneered with Waipahu High.

[“Waipahu High students publish fiction thriller,” Honolulu Star-Advertiser 12/19/16]

84

Percent increase of Mānoa's four-year graduation rate from 2010 (17.5 percent) to 2016 (32 percent)—an all-time high—credited to more than 30 undergraduate initiatives, including online academic tracking, mandatory advising and community college advising offices.

[“UH Manoa four-year graduation rate reaches all-time high,” KHON-TV 12/11/16]

“We want to make sure fewer people die from this disease.”

Dr. Randall Holcombe, University of Hawai'i Cancer Center director, of its latest five-year study 2009–2013, focusing on genetic-environment interactions and outlining the highest cancer mortality rates by ethnicity, with Hawaiians ranking at the top and lung cancer Hawai'i's leading cause of cancer deaths.

[“Hawaiians suffer cancer more than other isle groups,” Honolulu Star-Advertiser 2/04/17]



Building a Person-Centered Culture

Our vision is to create a safe, positive and engaging Senior Wellness Center for our kūpuna, with the goal of promoting a high level of physical, spiritual, and psychosocial well-being.



**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

Q&A

Ho'okele Health co-founder, Bonnie Castonguay on being a business owner, finding innovative ways to help seniors live and thrive at home and the ways in which technology is changing the healthcare industry.

Bonnie Castonguay is a registered nurse and received her nursing degree from the University of Hawai'i at Mānoa, as well as a master's degree in business administration from University of Phoenix. In 1974, she joined St. Francis Medical Center, working in the hospital's intensive care unit and then the home care program. She later worked in hospital management at Kapi'olani Medical Center at Pali Momi and Hawai'i Pacific Health. In 2006, she founded Ho'okele Health with partners Dew-Anne Langcaon and physician Neal Winn (who has since passed away). Today, Ho'okele Health has more than 100 employees and offices on O'ahu and Maui.

How did elder care become your passion?

I worked as an intensive care nurse at St. Francis and after that I went into home health care. I saw my patients I took care of in the ICU out in the community and saw the challenges they faced. I realized it wasn't easy to manage some of the lifestyle requirements for their diseases because of the barriers they had, such as lack of information, money or transportation. Most of them were seniors. The amazing stories they tell! You just fall in love with each of them.

Were these kupuna the inspiration for starting Ho'okele Health in 2006?

Yes. By going beyond the walls of the hospital, my business partner Dew-Anne Langcaon and I learned most of them don't spend much time in the hospital. They're dealing with their issues at home. We'd only see them come back into the hospital because

they didn't have the resources or the confidence to be able to manage themselves, or a family member to help. We knew there was work in the community that we could do to help them navigate. That's what ho'okele means in Hawaiian.

Do more seniors want to remain living independently at home?

A large percentage wants to stay at home. It's their home; it's where their kids grew up, where their life has been. Many times they're alone there, and they're aging alone and that makes them vulnerable. Planning becomes even more important.

What services does Ho'okele Health provide?

Ho'okele is made out of three major service lines. The first service line is called Navigation and we help individuals navigate the healthcare system. The second line is Care Coordination for those who have complex, chronic diseases by triaging the immediate clinical issues plus teaching them self-management tools and strategies for a healthier lifestyle. Then there's iHealthHome. We started developing the platform in 2008 so we could keep track of our record keeping digitally in one place. On the dashboard, clients and families see documentation from health aides, care plans and biometric monitoring, like blood pressure, temperatures. It works on their phones or tablets. It even incorporates memory games like Solitaire, plays music and you can upload family photos.

You've worked as a RN, hospital program director to now business



owner. How has the healthcare industry changed?

We're so much better at trying to deal with chronic illnesses, but I think we still have a long way to go. With everything we have in healthcare, we're able to keep people healthier and mitigate some of the illnesses and so people are living longer. What we need to do is protect that so they can live and thrive!

What do you see for the future of Ho'okele Health?

I think we need to look at different models of care and services we can provide to seniors, and technology is the essence of that. The cost of home care can be too expensive for people. How do we make that cost effective for more people to stay home? That's where I'd like to see Ho'okele grow.

What do you love most about your job?

It's my contact with the clients. I love that. I still keep a small caseload of my own, because I need to stay in touch. It also helps me to know what's in the community and how to design more programs or services around those needs. Sometimes I leave an individual's house thinking, 'I was able to make this a better day for someone.'

— TIFFANY HILL

DAVID CROXFORD

RISING TIDE

IN 2010 FILIPINOS SURPASSED THE JAPANESE AS HAWAI'I'S LARGEST ASIAN MINORITY.

WHAT DO THEY SEE FOR THEIR PEOPLE, WHAT STANDS IN THE WAY AND WHAT CAN IT MEAN TO OUR ISLAND STATE? HERE'S WHAT WE HEARD.

BY GAIL MIYASAKI

There was never any doubt that William Domingo would go to college. After all, his father, Prudencio, a sakada who immigrated to Hawai'i to work on the sugar plantations in the 1930s, graduated from Farrington High School at age 30. He went on to the

University of Hawai'i, but was interrupted by World War II and nevertheless persisted to earn a BA at age 38 in business at Mānoa. Unable to find a job at then predominantly Chinese and Caucasian accounting firms, he often worked two jobs to support his family and still managed to volunteer with his church and the Filipino community in Kalihi.

"My father is my hero. Been trying to live up to his accomplishments ever since," says son Willie (BA '79, JD '85, Mānoa) now a judge in the First Circuit Court, following a distinguished 30-year career as a state and federal public defender. Growing up in Kalihi seeing high numbers of Filipinos in crime, Willie was encouraged by mentors, like the late UH law professor Jon Van Dyke, to see law school as "an opportunity as part of the under-represented to serve the under-served."

At 31, Jessica Domingo is the eldest daughter of Willie and his part-Hawaiian wife, Trisha, a man-

ager and registered nurse at St. Francis Hospice. When choosing her legal career, Jessica was at first reluctant to follow her highly respected father to also work at the state public defender's office. "But he's a good guy, and I always knew that I would work in public service, working with people, especially those in need to have their rights protected," says the deputy public defender.

For the sports standout at Kamehameha, going to college was a matter of where. A four-year athletic scholarship to Mānoa, where Jessica was a starter at midfielder for Wahine soccer, made the Domingos a three-generation UH alumni family and gave Jessica the means to stay close to family. "I grew up knowing the importance of a close-knit family and treating people with respect, from both my Filipino and Hawaiian sides," says Jessica (BS '08, JD '11). She has continued another Domingo family tradition as a volunteer coach for Leahi Soccer Club and Mililani Miracles, a special needs soccer team.

'CRITICAL MASS'

Family mobility success stories, like the Domingos, of generations descended from Filipino immigrants (who celebrated their Centennial in 2006) are likely

to continue, following the Chinese and Japanese who emigrated before the turn of the 20th century. But Filipinos are unique among Hawai'i's Asian minorities with plantation roots because of continuous and robust immigration, averaging 4,000 annually from the Philippines. Chinese, the next highest Asian immigrant group, registered only 544 in 2014.

"Filipinos make up over half of all recent immigrants coming here to live. It keeps our population young, having children and families. And Hawai'i-born Filipinos now outnumber immigrants," says Amy Agbayani, who recently retired after 45 years at Mānoa, most recently as assistant vice chancellor for diversity at the department of Student Equity, Excellence and Diversity (SEED). Of the 368,883 Filipinos living in Hawai'i, 68 percent (249,251) are Hawai'i-born with median age at 32.5 years (compared to 43.0 for the Japanese), according to the 2015 American Community Survey of the U.S. Census.

A well-known social activist and tireless advocate for Hawai'i's poor and disadvantaged, Agbayani, herself an immigrant, says the 1965 Immigration and Naturalization Act was a turning point, allowing family reunification, which especially increased the number of Filipino women coming to Hawai'i. It also required job skills necessary for the United States, such as nurses and engineers. Filipinos in Hawai'i today rank high in median household income and home ownership, but a deeper look shows them having one of the highest average household size at 4.28 in 2015, often to help with household expenses.

"A Filipino household can have four or five generations living together in the same home," says Agbayani, from elderly retired sakada to young immigrant children.

Numbers alone don't tell the whole story. Hawai'i's Filipino community can boast of two newspapers, two radio stations, three Supreme Court justices, four of nine Honolulu City Council members, 11 state legislators and the nation's first Filipino governor, Ben Cayetano. It has well-established business and cultural institutions, including Filipino Chamber of Commerce and Filipino Community Center, providing networking supported by ethnic ties. Among the nationally prominent with Hawai'i Filipino ties are American Idol Jasmine Trias, Project Runway's Kini Zamora and pop music superstar Bruno Mars, whose mother was born in the Philippines. Filipino cuisine, such as adobo, lumpia and halo-halo, has made its way into mainstream cookbooks, local food outlets and high-end dining.

In December 2016, the more than 260,000 Filipino and Filipino-American World War II veterans were awarded the long overdue Congressional Gold Medal, the nation's highest civilian recognition bestowed by Congress.

Challenges exist for Hawai'i's second largest minority. One of the biggest is higher education, which Hawai'i's history has shown is a major pathway for economic and social mobility for other Asian minorities. The 2015 ACS found only 15 percent of Filipinos had earned a bachelor's degree, compared to 26.4

STATISTICS AT A GLANCE

1.4M

Total population of Hawai'i

369K

Total population of Filipinos living in Hawai'i

4K

immigrate annually to Hawai'i from the Philippines

26%

of the population of Hawai'i is Filipino

68%

of Filipinos living in Hawai'i are Hawai'i-born

2015 U.S. Census

WILLIE DOMINGO



PRUDENCIO DOMINGO

JESSICA DOMINGO



JEFF ACIDO

“WE HOPE TO BUILD CONFIDENCE AND UNDERSTANDING OF THEMSELVES TO CULTIVATE THEIR OWN TALENTS AND THEIR ABILITY TO SEEK OUT AND ARTICULATE WHAT THEY WANT THEIR FUTURE TO BECOME.” JEFF ACIDO

percent for Japanese and 20.3 for Chinese. For graduate/professional degrees, Japanese (11.3 percent) and Chinese (11.5) far outpaced Filipinos at 3.5 percent.

When Willie Domingo entered UH in the 1970s, he was part of just 2 percent of Mānoa’s total student population. By the time daughter Jessica had started classes about 30 years later, Filipinos were closer to the current 10 percent.

STEPPING UP IN THE COMMUNITY

Working in the Kalihi community for four years, Jeff Acido (BA '07, PhD '14, Mānoa) saw a troubling trend. Promising working class Filipino youth, some of them class valedictorians offered college scholarships, were choosing instead to take 16-month tech training programs to quickly begin contributing to the household income. Many just became entry-level social workers or health care workers because that’s what their friends were doing. As manager of Civic Engagement and Community Education at Kokua Kalihi Valley, he decided to do something about the “loss of tremendous talent” these young people represented.

Acido says his own experience, as an aspiring educator, of having no Filipino role models except for college instructors in Filipino language classes, motivated him to focus on providing Kalihi youth with mentors and information about higher education and careers. He also hopes to address the “mental health issues of depression and even suicide” these youth experience from the tremendous pressures to grow up faster.

Nakem (translated as “critical consciousness”) Leadership Institute at KKV is scheduled to launch

this spring. The paid internship program aims to expose Filipino and Pacific Islander youth 15 to 25 years in age to mentorships in professions in health care, education, technology and other fields usually requiring higher education.

“We hope to build confidence and understanding of themselves to cultivate their own talents and their ability to seek out and articulate what they want their future to become,” says Acido, who also hopes they will come back to help others in the community.

The former member of the UH Board of Regents with a doctorate in education, who grew up in Kalihi, is a likely role model himself. He is better known to Mānoa students as the instructor of the “Philippine Popular Culture” course focusing on Filipino community and identity in the Indo-Pacific Languages department. At age six, he came to Hawai’i with his father, retired Philippine military, and his mother who had earned a bachelor’s degree in business in the Philippines. She currently works as a housekeeper at a Waikiki hotel.

STEPPING UP ON CAMPUS

As vice chancellor of student affairs at UH Maui College where this spring Filipinos made up 21.6 percent of students, Debra (Aguinaldo) Nakama is really excited by what’s happening with them at UH’s only “hybrid” campus with four-year baccalaureate and two-year community college associate programs. UH Maui College still traditionally attracts one full-time student for every two part-time students of Filipino ancestry, and about 80 percent are on some form of financial aid.



DEBRA NAKAMA

Nakama, however, is heartened by recent (and promising) trends. From 2008 to 2016, the college has seen steady and significant growth among Filipino students as liberal arts majors, considered a transfer function to a four-year program. There has also been an uptick in Filipino student enrollment in business technology, a career growth area that includes high-demand, high-pay jobs such as cybersecurity; as well as a decline as unclassified majors. Nakama credits the latter to the Early College program, which provides students at Maui High School, the county's largest public high school, access to college classes and emerging careers while still in high school. A partnership with Kabalikat, a Filipino community advisory group, to promote higher education among its families has been critical to these promising developments, says Nakama.

"When I was a high school vice principal, the issue was dealing with Filipino youth gangs. Now working in college, it's the flip-side: helping educate Filipino youth to ensure their success. We're

not waiting for these students to come to us. We're going out to them," says Nakama (BEd '74, MEd '88, PhD '05, Mānoa), a third generation Filipino-Japanese Maui native and the first in her family to attend college, starting at Maui College.

THE 'HOPE'

Amy Agbayani co-founded Operation Manong in 1972 because of a murder on the Farrington High School campus that shocked the Filipino community and to stop such violence resulting from growing tensions between Hawai'i-born and Filipino immigrant youth. Willie Domingo was among many Hawai'i-born Filipino students at Mānoa who joined Operation Manong. He was sent to Kalākaua Intermediate as an English-as-a-Second-Language tutor to help Filipino and other immigrant youth adapt.

Much has changed for Filipinos in the ensuing 45 years. Filipino immigrant youth today are more often indistinguishable from their Hawai'i counterparts. "They often have more 'fire' in them to do more, to want more for themselves," says Jeff Acido. Teaching in the Philippines, Debra Nakama had an eye-opening experience: Filipino college students trilingual in Tagalog, English and Mandarin.

"Fill the bench" is now Agbayani's imperative to Hawai'i's Filipino community. Using the sports analogy to build a winning pool of long term talent by developing young, game-ready reserves trained to step into action, she sees hope in young immigrants like Acido who build on their parents' dreams and return to their communities to give back. Also in Willie Domingo's Hawai'i-born baby boomer generation, many of whom have made inroads to pave or extend the way for others. And in hapa-Filipinos of Jessica Domingo's millennial generation who draw on their rich heritage, not as a rejection of others, but as their identity and pride as "local."

An avid world traveler, Jessica says home for her is here. She currently serves as vice president of the Hawaii Filipino Lawyers Association "to be in touch with my Filipino culture and to give back in a profession where Filipinos are under-represented.

"We have a voice and a place because others (of many cultures) have stood up before us. There's nowhere else like Hawai'i." ■



AMY AGBAYANI

All Business

Nohea Tano and Jay Bartholomew go from owning the court to owning their own business **By Dave Choo**

When Nohea Tano opened Bee & Tea in Kailua last July, she felt fully prepared, even though the boba tea and *bao* (steamed Chinese buns) cafe is the first business she has owned and operated. Born, raised and now residing in Kailua, she felt right at home on a busy stretch of Hekili Street, fully supported by her close-knit family. Moreover, being a stand-out volleyball player at UH Mānoa (2001-'03) helped her develop a never-say-die work ethic. But the best preparation for the rigors of small business ownership? Motherhood, according to Tano.



"Everyone told me that when you start a business, you will have unforeseen things, and that's the best advice I got: a building permit that takes three months instead of the expected one; the electricity goes out for most of the day. You have to make do," says Tano, who has three sons, ages 16, 10 and 5. "It's like having another baby. A different day, a different challenge."

For the first four months, Tano tended to her business as if it were a newborn, opening the shop up at 8 a.m. and not returning home until two the next morning. Today, Bee & Tea is up on its feet, with 13 employees taking care of a steady stream of loyal customers. Now Tano can spend more time with her other children.

Juggling multiple responsibilities was familiar territory for the all-state middle blocker at Kamehameha Schools. She turned down a UH scholarship offer to attend Washington State University, where she thought she would get more playing time. However, three months into the school year, she returned home to have her first son, Koby. Encouraged and supported by family and friends, she tried out the following year for the Rainbow Wāhine volleyball team. To her surprise, she made the team and the starting rotation, first as a middle blocker, then as a right-side hitter. She finished her senior season with a .402 attack percentage and tallied 61 total blocks. Throughout this time, she was multi-tasking: balancing practices and games with class work and parenting.



The Purple Taronator, Strawberry Mango Lemonade, Kalua Pig Baos and Acai Waffle from Bee & Tea.

After UH (BA '05, Mānoa), Tano married ex-Warrior Travis Laboy, whose seven-year NFL career took them to the Mainland with the Tennessee Titans, Phoenix Cardinals, San Francisco 49ers and San Diego Chargers. In the Bay Area, she discovered Bee & Tea, an Asian drink-and-snack franchise originally based in Chicago. "When I first saw the menu: boba tea, acai bowls and bao, I thought that it was so unusual ... and so Hawaii'i," says Tano, who was planning to move back home to start her own business. "Bee & Tea seemed like a perfect fit."

Tano says running the business has been getting easier as the months have gone by, but she has no plans to open another Bee & Tea location any time soon. "As you can see, I spaced out my other babies, so maybe you'll see another Bee & Tea in a few years."





Jay “The Bird” Bartholomew and his wife, Cindy, moved to Hilo in August 1976, sight unseen. Back then, there wasn’t much to see or do in that small plantation town.

The highly touted basketball recruit from Santa Rosa Junior College had accepted a scholarship from UH Hilo, solely upon the recommendation of his coach, who was very familiar with the Vulcans’ program under coach Jimmy Yagi.

“After the first week, we were wondering if we had done the right thing,” recalls Bartholomew. “But then we met the booster club, attended team functions and saw the quality of the people who live here. We grew to like Hilo a lot.”

But little-known Hilo was about to get a lot more exciting and Jay would have something to do with that. The 1976-’77 season, the first for UH Hilo as a member of the National

Association of Intercollegiate Athletics (NAIA), meant that the Vulcans, previously competing independently, were now playing for something much bigger – a district and national championship. That season college basketball also lifted its 10-year ban against dunking. And Jay, who stood a respectable 6’4”, had been given his childhood nickname, “The Bird,” because he could fly.

Hilo started off the season beating BYUH (Brigham Young University – Hawaii), then the University of Nebraska, which had just defeated UH Mānoa. “Then we played the University of New Mexico (which had future LA Laker great Michael Cooper) and beat them, too,” says Bartholomew. “And everything took off from there. We started to get (media) exposure and the crowds got bigger and bigger.”

According to Bartholomew, the Vulcans excelled at playing as a

team, passing the ball well, which often led to high scores and the occasional thundering dunk, something “The Bird” specialized in. In their first NAIA season, UH Hilo won the district championship to go on to the National Championship. They lost in the second round to Illinois Wesleyan University, whose sharp-shooting center Jack Sikma, went on to become a perennial NBA all-star. Next season, the Vulcans won their district again to qualify for the national championship but lost again in the second round. Bartholomew was named NAIA All-American twice (’76 and ’77).



Jay's Custom Cabinets showroom



In 1993, he and coach Yagi were inaugural inductees in UH Hilo Vulcan Sports Hall of Fame’s first class. “The Bird” holds the top spot in points per game in Hilo’s record book, and (so far) is the only player in Vulcan history to average more than 20 points per game.

Bartholomew stayed in Hilo, working for United Airlines before joining the Hawai’i County Fire Department as a paramedic for 25 years. He took a chance in 2006 to go full-time with Jay’s Custom Cabinets, a side business building cabinets he started around 1990, expanding it with a 7,200 square-foot warehouse and showroom in Kea’au. His family business now includes his daughter, son-in-law and one of his three sons. Bartholomew is pretty satisfied that his business has grown every year since the expansion.

“After I got through playing basketball, Cindy and I thought long-term. I was somewhat well known on the island and we felt like I had a good chance to find a good job,” says Bartholomew. “Hilo was, and still is, one of the most affordable places to live in Hawai’i and a good place to raise a family. And Cindy and I just love the people.” ■

Honored: Beadie Dawson

2017 Honpa Hongwanji Living Treasure

Accompanying her schoolteacher mother, Annie Kanahale, to the homes of Annie's struggling students (back when educating the "whole child" had different meanings), young Beatrice "Beadie" Kanahale Dawson learned firsthand about serving others. "It was about



working with the family and listening," recalls the now 88-year-old, who sat outside the home, but was also listening to her mother's firm, but caring voice.

As one of six 2017 Living Treasures of Hawai'i, Dawson took mother's lesson to heart in her distinguished professional and community achievements defined by building relationships and solving problems. "I love a challenge, especially when I believe in the cause," says Dawson, whose causes encompass fairness, equality, justice and protection of the powerless.

Her achievements could span many lifetimes: preserving 'Iolani Palace to representing the beneficiaries of the Kamehameha Schools/Bishop Estate against trustee abuses; co-founding the non-profit Hawaiian Native Corporation (with five business subsidiaries ranging from construction to IT and cyber solutions in 10 states) to serving as a Honolulu Planning Commissioner; and serving as a highly experienced mediator trained in ho'oponopono Native Hawaiian peacemaking practices to earning awards in the Japanese ikebana art of flower-arranging. Dawson says "having aloha for Western, Eastern and Hawaiian cultures comes naturally" for someone proud of her own multicultural education and background.

Working as a speechwriter for the late Myron "Pinky" Thompson (namesake of UH School of Social Work) alongside attorneys specializing in social welfare and social justice issues, Dawson was inspired to go to UH law school at age 48 and passed the bar at age 52. Currently Of Counsel at Settle Law, she counts UH among her community service work, as a member of the Friends Advisory Board of John A. Burns School of Medicine, Friends of William S. Richardson Law School, and trustee of the UH Foundation.

"Living life to its fullest is when it's most productive and most beautiful. It's why we're here now," says Dawson. And she's not done yet.

— GAIL MIYASAKI



AWARDED



Jill Omori (BS '91, MD '95 JABSOM, Mānoa), 2016 Hawaii Women Lawyers' Distinguished Service Award, for her work as founder of The

Hawaii H.O.M.E. (Homeless Outreach and Medical Education) Project with volunteer medical students and doctors providing more than 4,500 patient visits and 1,800 individual health care services to the homeless.

AWARDED



Ernest James Harris (PhD '75 entomology, Mānoa), an internationally recognized pioneering researcher in fruit fly

eradication and son of an Arkansas cotton farmer, the Congressional Gold Medal, the highest civilian award bestowed by Congress, for his military service among the first black Marines during World War II.

INDUCTED

Ma'a Tanuvasa, 2017 Polynesian Football Hall of Fame, attended Mānoa 1988-'93, played on 1992 UH WAC Champions team; drafted by LA Rams, played eight seasons with NFL's Pittsburgh Steelers, Denver Broncos, San Diego Chargers and Atlantic Falcons (two-time Super Bowl Champions); also Hawai'i Sports Hall of Fame inductee.



ulupono INITIATIVE

Investing in a sustainable Hawai'i

ulupono.com

GIVE IT FRESH TODAY

(G.I.F.T.) makes it easy to donate.

Visit Honolulu Farmer's Market every Wednesday 4 - 7pm.
Donate produce to the Aloha Harvest G.I.F.T. table.



Special Mahalo to the following vendors for their continued GIFT donations:
Otsuji Farm, Thoune HongPhao Farm, Nalo Farm

→ www.alohaharvest.org • 808.537.6945

Awarded: Vince Soliven

2016 PBN 40 Under 40

As a consumer, like you and me, Vince Soliven doesn't like ads. But as an industry professional, he loves the challenge that ads pose. If the youngest executive creative director of a major ad agency in the state and his creative team at MVNP can connect with that inattentive consumer for just 3 to 5 seconds, it's a "huge win," says the 36-year-old, one of Pacific Business News 40 Under 40 to Watch.

A self-described "artsy" kid who drew in the margins of his school notebooks, Soliven, who earned a bachelor's in marketing at UH Mānoa, also loved the idea of being a business person who makes art a career. "I think of myself as a craftsman who found the best of

both worlds in advertising." To push his own boundaries, he pulled away from Hawai'i for schooling and work in Chicago and Los Angeles, two epicenters of advertising's leading edge.

Along the way, he found the art/business push-and-pull of his youth resonate in his Hawai'i/Mainland and, recently, his career/family choices. Married with two children and a third due in June, he says Hawai'i pushed him to go away, now pulled him back to where "I want my kids to grow up."

Described as a local boy with Mainland experience raising the bar back home for Hawai'i advertising, Soliven, together with his creative team, got you watching Marcus Mariota run backwards from the



football field to his fourth grade class. They got you going to Grandma's house to eat out on the lanai where someone is playing music, and later looking in the pile on the porch for your rubber slippers. Soliven savors those "huge" moments when an insurance client, on seeing their new music video ad, says, "We've never been this cool before."

PUBLISHED

HIDDEN HEROES *Hidden Heroes: Finding Success in the Shadows* by **David Heenan**, former Shidler College of Business dean, UH Mānoa vice president

for academic affairs and currently trustee, Estate of James Campbell, profiles ten sets of servant leaders, working behind-the-scenes, in business, education, entertainment and sports. (Watermark, 2016)

ALOHA 'OE

Jewel McDonald (1946-2016), longtime civil rights advocate, founder of the African American Association of Hawaii and recipient, NAACP Hawaii 2017 Lifetime Achievement Award, attended Leeward CC 1978-'80. She was instrumental in establishing Martin Luther King Day as a Hawai'i state holiday.

ALOHA 'OE

Bill Kwon (1935-2016), prolific Honolulu Star-Bulletin sports journalist and columnist from statehood to college and pro sports, chronicled the growth of UH athletics and Hawai'i as a national TV sports destination. The Mānoa alumnus (BA '58) was called "one of the true giants of sports in Hawai'i" by former UH football coach Dick Tomey.

ALOHA 'OE

Evelyn Kawamoto-Konno (1933-2016), double bronze medalist in swimming as a UH freshman, 1952 Olympics, and winner of four national AAU championships, was trained by legendary swimming coach Soichi Sakamoto. Wife of Hawai'i-born Olympian Ford Konno, she returned to UH at age 30 to earn a bachelor's in education ('66).

ALOHA 'OE

Josephine Regala DeLuz (1929-2015), longtime Hawai'i County Council member, first as a widow with four young children to replace first husband Elias P. "Espy" Yadao, and later elected outright to serve for a decade. At age 47, she enrolled at UH Hilo to earn a bachelor's degree in business ('79). Widow of well-known Big Isle businessman/rancher David DeLuz Sr.

ALOHA 'OE

Matsuo Takabuki (1923-2015), brilliant, internationally respected financial strategist, World War II Nisei veteran, Hawai'i Democratic Party stalwart and visionary Bishop Estate (now Kamehameha Schools) trustee for 21 years, spearheaded the transformation of Hawai'i's largest private land trust into a financially sound and politically influential land owner. He attended UH 1940-'43.

PHOTO COURTESY OF THE STAR-ADVERTISER/EUGENE TANNER

Distinguished ALUMNI AWARDS *University of Hawai'i*

THURSDAY, MAY 18, 2017

Sheraton Waikiki Hotel

5:30–9 p.m.

UHALUMNI.ORG/DAA

For nearly three decades, the University of Hawai'i Alumni Association (UHAA) has hosted the UH Distinguished Alumni Awards, honoring more than 100 UH alumni who have used their education to excel in their profession, impact the community and give back to the University of Hawai'i.

DISTINGUISHED ALUMNI AWARDS

Since 1989, the UHAA Distinguished Alumni Award has paid tribute to alumni who have used their UH education to bring the highest level of excellence to their professional achievements, provide inspirational leadership to others, and develop exceptional qualities. This year's honorees are:



Rockne Freitas
EEd '95, MEd '83 Mānoa
Former Chancellor
UH West O'ahu



James Hirai
BEd '74 Mānoa
Brigadier General (Ret)
U.S. Army



Kitty Lagareta
BA '81 Mānoa
CEO
CommPac



Harold Nishimura
BEd '78 Mānoa
Retired Carpentry Professor
Hawai'i Community College

UHAA PRESIDENT'S AWARD

The UHAA President's Award recognizes and honors those who have dedicated themselves to and made significant contributions to the University of Hawai'i, its alumni and students, Hawai'i and the world. Recipients are selected by the UHAA president.



K. Mark Takai
MPH '93, BA '90 Mānoa
Former U.S. Representative
Hawai'i Congressional District 1

UH FOUNDERS ALUMNI ASSOCIATION LIFETIME ACHIEVEMENT AWARD

The UH Founders Alumni Association honors those who have made a significant impact throughout their lifetime with this award.



Samuel Slom
BA '63 Mānoa
Former State Senator
Hawai'i Senate District 9

ONE ALUMNI, ONE 'OHANA

The Distinguished Alumni Awards event is an annual fundraiser that supports UHAA in its mission to promote and support the University of Hawai'i. UHAA works to connect alumni and friends with the university and with each other, strengthens stakeholder relationships in the community, and inspires pride among the University of Hawai'i 'ohana. Here are some ways UHAA has given back to the university and its alumni in recent months:

► Supporting future alumni

In addition to providing networking opportunities to future UH alumni through UH chapters and events, UHAA proudly funds an endowed scholarship. Kristal Kaku, a UHAA scholarship recipient in her senior year at UH West O'ahu, is working toward her bachelor's degree in accounting with a certificate in risk management and insurance. She said, "UHAA's financial generosity has allowed me to be one step closer to my goal and has inspired me to help others by giving back to the community. I hope one day I will be able to help other students achieve their goals, just as UHAA has helped me."



► Legislative advocacy for the university

UHAA recognizes the importance of fostering positive relationships with the community in order to advance the goals of the university. Members of the UHAA Board of Directors visited with local lawmakers and provided testimony in support of the University of Hawai'i Promise Program, which provides "last dollar" scholarships to qualified UH students and helps Hawai'i's educational leaders meet the goal of having 55 percent of working-age adults hold a two- or four-year degree by the year 2025.

► Inspiring UH pride

To inspire pride, UHAA hosts annual events to engage alumni and encourage their curiosity and support for various UH programs. Recently, UHAA held its annual Life Member Event at the Kamakakūokalani Center for Hawaiian Studies. 'Onipa'a members participated in hands-on cultural experiences and learned about lei making, Hawaiian jewelry and kapa pounding.



UHAA
UNIVERSITY OF HAWAII
ALUMNI ASSOCIATION

For more information about the Distinguished Alumni Awards, visit UHalumni.org/DAA



Reinventing
health
insurance
to keep
Hawai‘i
healthy.

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? »



THINKSTOCK



UHA
HEALTH INSURANCE

Better Health • Better Life

Call today to find out how we help keep
employees – and businesses – healthy!

808-532-4009

800-458-4600, ext. 301

uhahealth.com

The Future of Health Care

The patient in the optometrist's chair was halfway through her eye exam when her doctor asked if she had made an appointment for her annual mammogram. Her electronic health record flagged that she was overdue for the screening, which the optometrist saw when he logged in to view her chart.

The answer was no, she hadn't gotten her mammogram yet. Her optometrist made sure the patient got her mammogram scheduled right after the exam – it was just one floor down. Thanks to Kaiser Permanente's advanced electronic health record system, the patient was able to complete her mammogram that day.

But the story doesn't end there. A few days later, the patient received a call from her primary care physician. The mammogram showed an irregularity, and she wanted her to come in for a second test. Soon after, the patient was diagnosed with stage I breast cancer, caught early by the annual screening. All thanks to a proactive optometrist and Kaiser Permanente's integrated health care system.

Annual screening reminders are just one of the many ways electronic health records

transform the way health care is delivered today. At Kaiser Permanente, advanced technology makes it possible for patients, physicians and other care providers to stay connected online as well as in person.

Advanced technology supercharges health care

It all starts with one of the largest and most extensive private electronic health record systems in the world. Kaiser Permanente HealthConnect® connects physicians and care providers throughout the state, giving them real-time access to their patients' medical records.

Uniquely coordinated care

Patients often have different doctors treating their high blood pressure, bad knees, heart disease, and other health issues. With many physicians operating in different networks and locations, it's easy for health care to become fragmented. Medication prescribed by one physician may have a bad interaction with medication from another. Treatment options suggested by one physician might

exacerbate a condition being treated by a different specialist.

Kaiser Permanente's electronic health record system makes it possible for physicians from many different specialties and locations to work together on providing coordinated care. When doctors have a holistic, big-picture look at the total health of their patients, it helps them make care decisions that are right for their patients.

KP HealthConnect raises a red flag if two medications are at risk for a bad interaction, or if a patient misses a screening appointment. Physicians from other specialties can see these red flags and act as a checkpoint or correct the issue. Electronic health records are an extra safety net to ensure patients receive the right care at the right time.

There's no doubt technology is transforming the way doctors and providers do their job. Thankfully, it's also giving members the tools they need to take control of their care, so they can enjoy a lifetime of total health and wellness.

AT MEMBERS' FINGERTIPS

Kaiser Permanente's electronic health record system helps members take control of their own health. The online member health portal on kp.org provides personalized tools and online capabilities that enable members to manage their health care quickly and conveniently.

More than 100,000 members in Hawaii are digitally connected through kp.org to their personal health records, appointment history, prescription information and more.

At the touch of a button, members can schedule an appointment, view their lab results, email their doctor's office, or receive helpful reminders about their flu shot or cancer screening. They can refill prescriptions and have them delivered directly to their door through Kaiser Permanente's award-winning mail-order pharmacy program. Best of all, it's available 24/7.



I'm Aging Right Here

“I'm never leaving my home.”
 You probably know someone who has this opinion towards aging—whether it's a loved one, neighbor, or friend (perhaps it's even you, yourself). As it turns out, most of the nation wants to stay at home too. AARP reports that up to 90 percent of older adults in the U.S. (age 65+) want to age at home. This idea has even more traction in Hawai'i, where multiple generations live together and kupuna have strong ties to their neighborhoods. Although retirement communities are on the upswing, they can be costly and are not the right choice for everyone. Fortunately, there is good news: older

adults can thrive at home with the right support. As more and more retirees look to age in place, home and community-based programs will grow to meet the demand.

“I want to stay at home... but I need help.”

» In-home services support the independence of kupuna and caregivers. These services support the older adult by helping them with everyday tasks and providing them with comfort and safety. Hired caregivers can do chores like housekeeping, laundry, and meal preparation. They can assist clients with their Activities of Daily Living,

such as bathing, dressing, grooming, and toileting. Aides may also run errands, escort clients to medical appointments, or simply keep the client company.

Home care in Honolulu averages \$25-30 per hour, with some agencies accepting private pay, long-term care insurance, or Medicaid. When researching home care, consider making three lists: what the older adult can do, what they need help with, and what isn't safe for them to do alone. Home care can alleviate stress in the “need help” and “isn't safe” categories.

Arcadia Home Health Services offers hot meal delivery, housekeeping, personal care, transportation, care coordination, and health care services. A discounted hourly rate is available for two clients receiving services in the same home (some restrictions apply). The program operates in greater Honolulu, from Salt Lake to Hawai'i Kai.

“I want to support my aging loved one... but I need time to care for myself and my family.”

» Adult day programs meet the needs of caregivers who are “sandwiched” between caregiving and other responsibilities like work or child rearing. They also provide needed respite time for caregivers to rest or run errands. At adult day centers, kupuna have opportunities to socialize, exercise, and express their creativity. Meals are usually included in the daily rate, and programs can also assist clients with Activities of Daily Living.

Adult day services are a cost effective option for the value they bring. Programs average \$80 per day on Oahu, which comes out to about \$8-10 per hour of care. Caregivers may also consider supplementing adult day care with home care.



Kilohana Senior Enrichment Center

The Arcadia Family of Companies operates Central Union Church Adult Day Care & Day Health (in Makiki) and Kilohana Senior Enrichment Center (in Niu Valley). Both programs offer day care and two levels of day health, which are designed to meet each cli-

ent's needs. The daily rate includes two meals and a snack, activities, exercise, and excursions. Bathing services are also available at additional cost.

“I plan to stay at home... but my health care needs may change.”

» Planners often recognize the benefits of continuing care communities, but they may not be ready to “take the plunge” and move to one. Life Plan Communities (LPCs) like 15 Craigside and Arcadia offer all-in-one support from independent living to assisted living and long-term care. Continuing care is attractive... but so is independence at home. To bridge the schism, some LPCs offer memberships that combine the best of both worlds. Called Life Plan Communities Without Walls, these programs offer the freedom to age at home with guaranteed care at an LPC.

Arcadia At Home is Hawai'i's only LPC Without Walls. An entrance fee

provides members with lifetime care and access to a long-term care bed (if or when it is needed). A monthly membership fee provides access to services that include home maintenance, fitness training, housekeeping, an emergency response system, and personal care. As part of their benefits, members also enjoy amenities at 15 Craigside and Arcadia, including use of the dining rooms, gyms, and pools. Arcadia At Home is open to older adults in Honolulu, Kailua, and Kaneohe.

The Arcadia Family of Companies is guided by our mission and vision to provide senior living excellence to our residents, clients, members, and older adults in the greater community. *For more information, visit arcadia.org.*



Arcadia Home Health Services and Arcadia At Home



Dr. Royal and Aurora Fruehling, Manoa Residents and Arcadia At Home Members.



**45 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.



Aging... Are we failing our children?

Ever think about growing old? Even when we become caregivers for aging loved ones, or start to feel pain in our joints, or often experience the “where did I leave my keys and what was I gonna say?”, we still don’t think about growing old.

But it’s inevitable. What we see our aging loved ones go through is a process that we all will eventually experience. When I think back about taking care of my grandmother who had Alzheimer’s disease, I reflect on one of the most challenging times in my life. My grandmother, a vibrant and beautiful woman who went beyond the call to care for everyone now needed care. Incontinence issues, assistance with bathing, meal prep, elopement situations, and medication management were an ongoing part of my life. While caring for my grandmother, I was also raising 4 young daughters. They called me “the sandwiched genera-

tion.” That was in 1998. My beautiful and loving grandmother passed away in 2001 from a hemorrhagic stroke while she was living in an Alzheimers Unit on the Leeward side of O’ahu. The hardest thing for me to do was place her in the Alzheimers Unit. But the easiest thing for me to do was place her in an Alzheimers unit. Make sense? Of course it does. The guilt of placing my grandmother in an Alzheimers Unit, was hurtful and difficult, but the relief (for her safety and for the peace of mind) of placing her in an Alzheimers Unit surpassed the guilt. It truly was the best decision I made, for me, my family and most importantly for her.

If I knew then, what I know now about retirement communities, I would have definitely educated my grandparents early enough so that they could have enjoyed their aging years knowing that they would never have to

burden their loved ones. And no one in our family would have to experience the guilt, pain, or mixed emotions of placing a loved one in a Care Home or retirement community.

Retirement communities provide that peace of mind by providing meal options, socialization opportunities, 24hr oversight, emergency call systems, transportation services, and priority access to higher levels of care such as 24hr care and nursing services. It’s really a community where residents take the time to care for each other and share in the aging process.

So the next time you see a senior, think about your life. Do you want your children caring for you as I cared for my grandmother? Or do you want to give your family the best gift by guarantying that they never have to be burdened by giving up their life to take care of you. All the while as they watch you enjoy your retirement years with others that share your interests, professionals that care for you, and having the opportunity for your family and friends to visit and enjoy your new life?

Retirement communities in Hawai’i start at about 3100.00 per month for a private studio. This includes all utilities, maintenance, meals, wellness programs, a lifeline, transportation to medical and personal appointments, and priority access to assisted living. **Call John at 808 236-7835 for more information.**



Kelika Ishol is the Director of Sales, Marketing, & Resource Development at the Good Samaritan Society Pōhai Nani and has almost 20 years of experience in the Retirement Living and Nonprofit development.



Native squid and its bacterium may help human and environmental health

The humble Hawaiian bobtail squid is helping to build University of Hawai'i's capacity in the hot field of microbiome research. A microbiome is a community of microorganisms, and the small spotted cephalopod (about the size of the end of one's thumb, and considered "cute" by some) could hold the key to unlocking questions about human and environmental health.

"Not only is the diversity of the biosphere principally microbial, but the health of every single corner of the biosphere relies on interactions with microbes," says Margaret McFall-Ngai, director of the UH Mānoa's Pacific Biosciences Research Center. "It's huge and deep."

Bubbling aquaria house the Hawaiian bobtail squids at UH Mānoa's

Kewalo Marine Laboratory, which incidentally should win an award for best office view. Researchers (some of whom can see Diamond Head from their desks) are studying the simple squid and its interactions with a single bioluminescent bacterium (*Vibrio fischeri*) that grows inside of it. Such studies will shed light on the incredibly more complex human microbiome.



The Hawaiian bobtail squid's glowing bacteria provide a kind of camouflage or cloaking device at night that allows the squid to forage in the water column for prey. As the squid's unsuspecting dinner looks up at a starlit night sky, the glowing squid can swoop down for a meal.

"We use the squid-vibrio system as a very simple model of more complex interactions. This particular luminous bacterium, which makes light for the squid, associates with the animal cells in exactly the same way as our bacteria associate with our cells," explains McFall-Ngai.

Pacific Biosciences Research Center Researcher Ned Ruby adds, "And we hope that by understanding how it works in a simple model system like ours or like several other models that are being studied out there, we'll be able to understand how to maintain the health of humans by maintaining their beneficial associations."

The National Institutes of Health has said that the bacterial genomic contribution is "critical for human survival." For example, genes carried by bacteria in the gastrointestinal tract allow humans to digest foods and absorb nutrients. Microbiome research is so important that in 2016, the White House announced a National Microbiome Initiative to understand,



Margaret McFall-Ngai



UH Mānoa's Kewalo Marine Laboratory

protect and restore healthy microbiome function, with specific implications for human health, environmental sustainability, and energy and food production.

Ruby notes that recent research shows that dysfunctional microbiota in humans can cause ailments, such as inflammatory bowel disease (IBD). "What we hope to do (with the Hawai-



Ned Ruby

ian bobtail squid) is find out how you have a persistent beneficial association that doesn't go over to the dark side," he says. "University of Hawai'i is in a wonderful position to be a leader in the microbiome initiative."

With more than a dozen researchers, led by three members of the National Academy of Sciences, including McFall-Ngai, UH already is a veritable microbiome powerhouse. With the isolation and landscape of the Hawaiian Islands, it is also uniquely positioned to study the interactions between environmental microbial communities and the human microbiome. Moreover, with expertise across multiple disciplines, University of Hawai'i is poised at the vanguard of environmental microbiome research.

McFall-Ngai says, "The connection between human health and what goes on with the earth's microbiome is an expansive frontier."

—Kelli Abe Trifonovitch



Project Imua team looking forward to third rocket launch

University of Hawai'i community college students are designing their third payload to launch from a NASA facility—fitting for a project whose Hawaiian name means “to move forward.”

Project Imua is a joint faculty-student enterprise of four UH community college campuses (Honolulu, Kapi'olani, Kaua'i and Windward). Its primary mission is to engage undergraduate students in project-based

STEM research with real-world development of small payloads for actual space flight. A NASA grant awarded to the Hawai'i Space Grant Consortium helps to fund the project.

Project Imua's first payload was launched on a NASA sounding rocket from Wallops Flight Facility, which is located on Wallops Island on the eastern shore of Virginia, in the summer of 2015. Its second payload named PrIME (Project Imua Multiple Experiment), consisted of a neutron-gamma ray detector and an innovatively powered rocket that was deployed at a height of 96 miles. Although the NASA rocket's sub-orbital flight in August 2016 was successful, NASA search planes were unable to find and recover the payload containing mul-

multiple student experiments. The payload was declared lost at sea in the Atlantic, but the experience was invaluable.

“We learned so much, and we met all these amazing people,” said Windward Community College student Madori Rumpungworn. “We got to see the flow of things and the whole nature of NASA.”

The Project Imua team is currently designing their third payload—PRIME-AT (pronounced primate) for Project Imua Multiple Experiment Attempt Two. This payload consists of many of the subsystems from the lost 2016 flight and is scheduled for launch from NASA Wallops Flight Facility in August 2017.

Above: Team at work at NASA Wallops Flight Facility in Virginia (A,D), Windward CC (C), and the rocket at NASA Wallops Flight Facility in Virginia (A).

Powerful pioneering ag-to-culinary partnership pleases palates

A beautiful academic partnership is blooming across the Hawai'i Community College campus. The campus' agriculture program is providing produce for its culinary program —creating an important model for a state that imports 90 percent of its food.

The ag students are growing lettuce, tomatoes and edible bright orange nasturtiums among other requested crops for their culinary counterparts.

“The best part is getting the knowledge to grow our own food and how to grow sustainably or organically,”

noted Hawai'i CC agriculture student Joshua Agno.

Once their crops are picked and washed, they are whisked to Hawai'i CC's kitchens.

Culinary students then transform produce so fresh it could have been picked that morning into gourmet fare, such as an amuse bouche of crostini with ceviche and a tomato soup shooter.

Hawai'i CC culinary student Jericho Tobin gestured towards the delicious appetizer he had just assembled. “They provide a lot of great products. Their

greens are awesome. Their heirloom tomatoes are awesome.”

Students and the community can enjoy the culinary creations at campus dining establishments. Culinary Instructor Brian Hirata, who has worked at some of the state's best restaurants, says the collaboration helps teach his students the value of locally grown produce and how to form business partnerships with local farmers.

“I think food security and food sustainability are really important,” said Hirata.





Pōmaikāi Ballrooms
AT DOLE CANNERY ~ IWILEI

Centrally located near downtown Honolulu, Pōmaikāi Ballrooms is an elegant and convenient venue to host your corporate meetings, seminars, and business luncheons or dinners. State of the art technology includes free wi-fi and audio-visual equipment. Ample parking and room set-ups to accommodate your needs. An excellent retreat to hold your corporate events.

735 Iwilei Road Honolulu, Hawaii 96817 • pomaikaiballrooms.com • 808.369.8600



Nadine Ando

Nadine Ando (BA '78, JD '82, Mānoa) named 2017 president of the Hawaii State Bar Association. An attorney with 34 years of practice, she is currently a partner at McCorriston Miller Mukai McKinnon (M4). The Honoka'a native and graduate of Hilo High School will be representing the 7,800 members of the HSBA.



Solomon Elimimian

Ronell B. Badua (AS '14, Kapi'olani CC) elected 2017-2018 Region I director for the National Federation of Paralegal Associations, Inc., which consists of more than 50 member associations, representing over 9,000 individual members nationwide. NFPA's Region I includes western states and Hawai'i.



Kitty Lagareta

Solomon Elimimian (BA '09, Mānoa), the 2016 Canadian Football League Most Outstanding Defensive Player and veteran linebacker for Vancouver's B.C. Lions, played for UH Warriors 2005-'08 and was named WAC Co-Defensive Player of the Year in 2008.



Noelani Schilling-Wheeler

Evan Fujimoto (BA '83, Mānoa), the new president of the Building Industry Association of Hawaii installed in December 2016, is a 27-year veteran of the construction industry and current president of Graham Builders, the locally owned design-build company.



Steve Ueda



Richard Vuylsteke

Kitty Lagareta (BA '81, Mānoa) named Pacific Business News 2017 Women Who Mean Business Career Achievement Honoree. She is CEO of CommPac and served on the UH Board of Regents 2003-'08, including as vice chair and chair.

Lance Mizumoto (BBA '80, Mānoa), with more than 25 years of experience in financial institutions, named executive vice president and commercial real estate division manager of First Hawaiian Bank. The former co-president of Central Pacific Bank also serves as chair of the state Board of Education.

Glenn Nohara (BS '73, Mānoa), a 40-year veteran in Hawai'i's building sector, named by Mayor Kirk Caldwell to HART Board, replacing Colleen Hanabusa. A graduate of Roosevelt High School, he is currently chairman of Koga Engineering & Construction.

Noelani Schilling-Wheeler (BBA '91, Mānoa) appointed executive director, O'ahu Visitors Bureau to oversee O'ahu's marketing efforts for the Hawai'i Visitors and Convention Bureau, under contract with the state of Hawai'i's tourism agency, the Hawai'i Tourism Authority. Joining OVB in 1997, she was previously its sales and marketing director.

Jeremy Shigekane (1996-'97, 1998, Leeward CC) returns as executive chef to Chef Mavro restaurant. The Mililani High School graduate has worked at The Ritz-Carlton Half Moon Bay, Bouley Restaurant, East Side Fulton Restaurant, Chai's, and Hoku's at The Kahala Hotel & Resort.

Steve Ueda (BS '91, Mānoa) named president and CEO of Suisan Group, Inc., the 110-year-old Hawai'i Island fish market and food distributor. Grandson of former president Rex Matsuno, he is the well-known family-owned Hilo company's eighth president.

Richard R. Vuylsteke (MA '72, PhD '82, Mānoa), East-West Center's new president, is its 11th head and a former grantee in the 1970s. The former president of Hong Kong's American Chamber of Commerce is an expert in multicultural organizations and Asia-Pacific business and trade.

Tina Yamaki (BA '88, Mānoa) named president of the Retail Merchants of Hawaii, the statewide, not-for-profit trade organization. The former Hawai'i Lodging & Tourism Association executive director and PBS Hawaii business support director has over 20 years of nonprofit experience.

Looking for a CAREER?

Join Hawaii's leading security provider

NOW HIRING FOR:

- 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

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



Pre-Apply online at 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

up to
\$1000 Hiring Bonus*
IF HIRED WITH GUARD CARD

► Alumni Gatherings



UH Hilo Daniel K. Inouye College of Pharmacy Class of 2011 Reunion

The first graduates of UH Hilo's Daniel K. Inouye College of Pharmacy set a new milestone, gathering for their first ever alumni reunion with good food, fond memories and a presentation on pharmacy crime. DKICP is the only accredited U.S. college of pharmacy in the Pacific.



Recalling the Era of the Ali'i at Kapi'olani CC

Kapi'olani CC alumna Colette Higgins, Honolulu-based Gypsy 808 music quartet and 'ono Hawaiian food set the mood for KCC's "In the Footsteps of Queen Kapi'olani" in October. Hawaiian scholar and storyteller Higgins retraced Kapi'olani's visit to England for Queen Victoria's 1887 Golden Jubilee.



Mānoa's Engineering College's 2016 Holmescoming Draws a Crowd

Sponsored by the 400-member Engineering Alumni Association, one of UH Alumni Association's largest member chapters, "Holmescoming," held in September, drew 900 alumni, friends and supporters. The college's Holmes Hall is named after Wilfred Jay Holmes, its first dean.



Scholarship Breakfast Fundraiser Gathers Hawai'i CC Alumni and Friends

How about breakfast, free blood pressure testing and a country store of donated homemade or grown produce, crafts, artwork and more? Alumni of the two-campus community college serving east and west Hawai'i Island raised \$6,000 at their 11th annual fundraiser for student scholarships.

PARTING SHOT



46
Spring 2017

Fit for a Princess

Photographer: Aaron Yoshino

➔ Carefully UH Mānoa Costume Museum intern **Yuanting Wu** (left), a senior in fashion design and merchandising (FDM), helps UH Costume Collection Curator **Shu-Hwa Lin**, also FDM associate professor with CTAHR, unpack a rare 19th century Qing Dynasty imperial dragon robe designed for a Chinese princess of the first rank. The tapestry-woven robe is among 18,000 historic and ethnographic textile and fabric items that comprise the museum's unique collection, including Western, Asian, Hawaiian and Ethnic costumes, which celebrated its 50th anniversary in 2015. Help conserve and display the one-of-a-kind collection: <http://www.uhfoundation.org/giving-opportunity/preserve-fabric-our-community>

The **UH Foundation** is proud to generate private support for **University of Hawai'i** researchers. Their important work is part of the thriving innovation, research, education and training enterprise that UH is building in an effort to develop a third major economic sector for Hawai'i. To learn more, visit www.hawaii.edu/innovation.

INNOVATE FOR OUR FUTURE

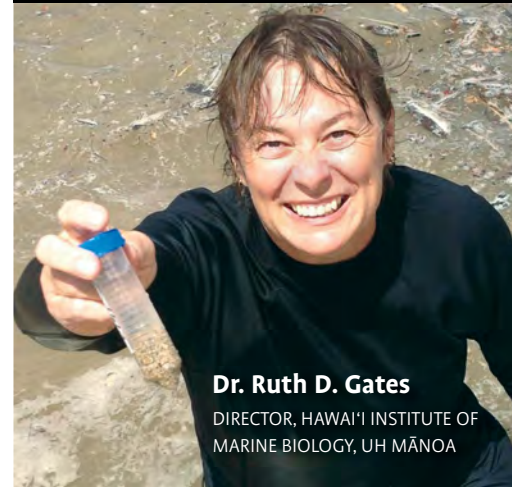
Suppressing cancer cells & tumors



Dr. James Turkson
DIRECTOR, NATURAL PRODUCTS &
EXPERIMENTAL THERAPEUTICS
UH CANCER CENTER

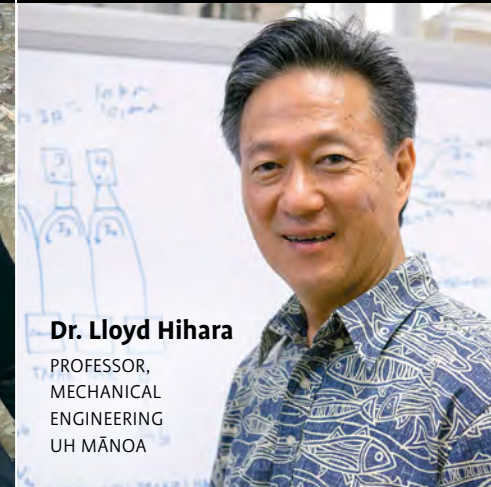
UH RESEARCHERS

Building resistance in coral reefs



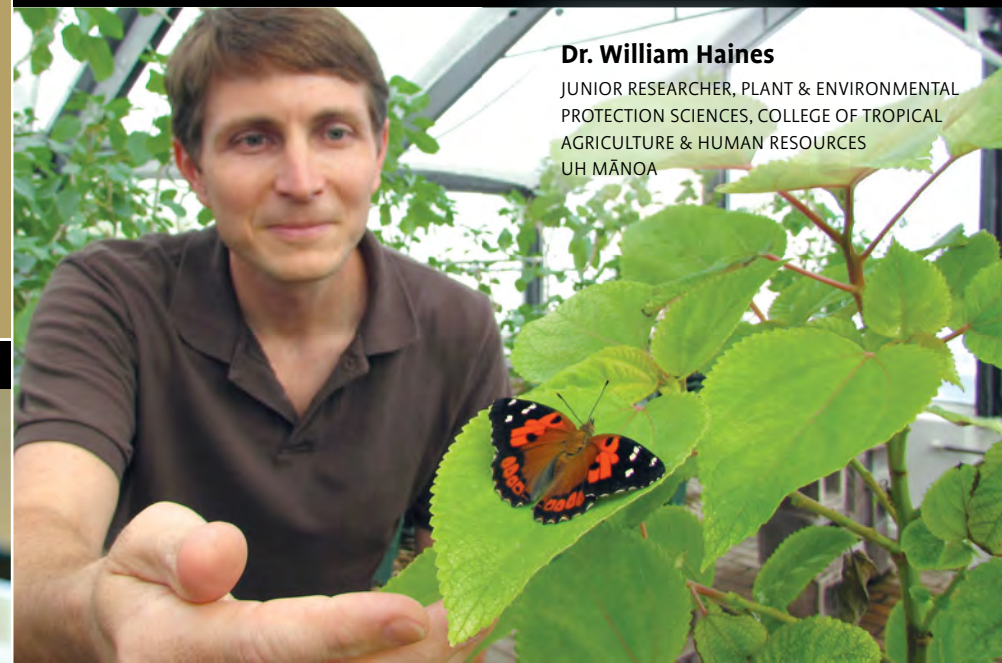
Dr. Ruth D. Gates
DIRECTOR, HAWAII INSTITUTE OF
MARINE BIOLOGY, UH MĀNOA

Combating metal corrosion



Dr. Lloyd Hihara
PROFESSOR,
MECHANICAL
ENGINEERING
UH MĀNOA

Protecting Hawai'i's native species



Dr. William Haines
JUNIOR RESEARCHER, PLANT & ENVIRONMENTAL
PROTECTION SCIENCES, COLLEGE OF TROPICAL
AGRICULTURE & HUMAN RESOURCES
UH MĀNOA

Simulating space exploration



Dr. Kimberly Binsted
PROFESSOR, INFORMATION &
COMPUTER SCIENCES, UH MĀNOA



www.uhfoundation.org/give

FOR OUR UNIVERSITY, OUR HAWAII, OUR FUTURE

CHARGING IS OPTIONAL. PERFORMANCE IS NOT.

THE NEW BMW 330e WITH 71 MPGe.*

The award-winning dual-engine technology that powers the BMW i8 is now available in BMW's most legendary model. Introducing the more powerful, more efficient BMW 330e iPerformance. Experience more than a 20% increase in torque,** an EPA-rated 71 MPGe, a total range of 350 miles, and the fastest acceleration time yet. Take a test drive at BMW of Honolulu and learn more about the new BMW 330e today.

iPERFORMANCE

The BMW
330e iPerformance

bmwhawaii.com



The Ultimate
Driving Machine



Special lease and finance offers will be available by BMW of Honolulu through BMW Financial Services.

BMW of Honolulu

777 Kapiolani Blvd, Honolulu, HI 96813-5211
808-597-1225
bmwhawaii.com

*Based on EPA estimates

**Versus the 2017 330i Sedan

©2016 BMW of North America, LLC. The BMW name, model names, and logo are registered trademarks.