



UNIVERSITY OF HAWAI'I

A MAGAZINE FOR ALUMNI AND FRIENDS

FALL 2017

# MAKING WAVES

How Hōkū Award winners Keauhou and other young artists are revitalizing Hawaiian music

## LEADING THE WAY

Building college sports in Hawai'i: ADs Marilyn Moniz-Kaho'ohanohano and Ramon Goya

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**UH MAGAZINE**

**Sharon Spear**

PUBLISHER

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

**Gail Miyasaki**

EDITOR/WRITER

**David Choo**

**Tiffany Hill**

CONTRIBUTING WRITERS

**Wes Funai**

ART DIRECTOR

**Dora Culahara**

SENIOR ACCOUNT MANAGER

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

808-534-7183

**E.S. Adler**

ACCOUNT MANAGER

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

808-534-7127

**Margie Memminger**

ACCOUNT COORDINATOR

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

808-534-7110



UNIVERSITY  
of HAWAII  
FOUNDATION

**UH FOUNDATION**

**Janet Bullard**

VICE PRESIDENT FOR MARKETING

AND COMMUNICATIONS

ALUMNI AND DONOR RELATIONS

**Margot Schrire**

DIRECTOR OF COMMUNICATIONS

SEND FEEDBACK TO

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

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**ON THE COVER:** Nine-time 2017 Nā Hōkū Hanohano award winners Keauhou - Jonah Solatorio, Zachary and Nicholas Lum. (Photo: David Croxford)

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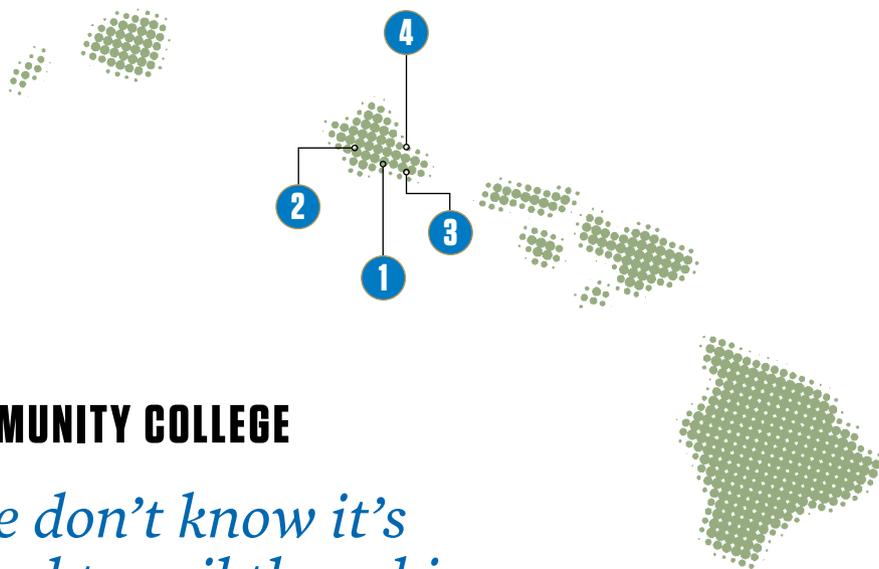
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## 1 HONOLULU COMMUNITY COLLEGE

*“Most people don’t know it’s pretty physical to sail these big voyaging canoes.”*

Maleko Lorenzo, Hōkūle‘a crewmember and Honolulu Community College student, of an eight-week, 15-session course, “Level 1 Basic Crew Member Training,” first ever course on learning to sail a voyaging canoe, offered by Honolulu CC and the Polynesian Voyaging Society, and taught by associate professor and PVS Captain Robert Perkins.

[“Learn to sail a voyaging canoe at Honolulu Community College,” UH press release 6/28/17]

## 2 WEST O‘AHU STARTUP FOR CREATIVE TECHIES

Can budding young artists earn college credits in creative media while still attending high school? You betcha. UH West O‘ahu’s unique partnership with two public high schools and its Academy of Creative Media has embraced aspiring youth artists to create UH System’s first official Early College pathway for creative media. Launched this summer, the innovative partnership reaches out to diverse young talent—including Native Hawaiian, Filipino and Southeast Asian—at Wai‘anae High School, with its Emmy-winning Searider Productions, and Waipahu High School, a recognized leader in Early College programs in public education.

“It’s about developing college-ready students, especially under-represented minorities in the arts, with the goal of preparing them to be career-ready and competitive with marketable skills in a rapidly growing field,” says

Sharla Hanaoka, associate director, Creative Media at UHWO. By the time they earn their high school diplomas, many ACM early college students will be close to obtaining a two-year associate degree. Together with video production, web design, digital photography and more, students also learn “life skills” such as cooperation, communication and teamwork.

“What makes this program unique is its focus on cultivating creativity and imparting skills-based, rather than solely content-based lessons to students,” says Garyn Tsuru of UHWO’s Early College program. And timing is perfect, as an expanding ACM will be hosting new facilities at UHWO in the very near future.

**For more information:** [acmsystem.hawaii.edu/campus/uh-west-oahu/](http://acmsystem.hawaii.edu/campus/uh-west-oahu/)

## 3 MĀNOA WANTED: CITIZEN SCIENTISTS

Enjoy the outdoors? Like to help? Here are two UH programs extending an invitation to “citizen scientists” to help improve our Islands’ well-being.

**HONEYBEE PROJECT.** Hawai‘i leads the nation annually with the highest honey yield (100 pounds per colony) and as the world’s largest exporter of honeybee queens (500,000). Project Research Technician and Apiary Manager at the Waimānalo Research Station Scott Nikaido is looking for volunteers and collaborators among hobbyists and private citizen beekeepers to help with caretaking, data collection and sample testing. “There’s been a huge 10-fold increase in beekeeping in the last decade,” says Nikaido, following a 2008 near-collapse of colonies due to the varroa mite. “We need help to know what keeps bees healthy, makes better hives and improves pollination.”

**KING TIDES PROJECT.** More than 400 private citizens, armed with personal smartphones and digital cameras, heeded the call this summer to provide over

2,200 photo records by the end of July to document the phenomenal King Tides (a combination of summer high tides and south shore swells). UH Sea Grant College Program’s Extension Faculty Matt Gonser says this project is now seeking more “eyes” in the community to capture this winter’s north shore swells and high tide convergences. “We’re so gratified and hope to see continued citizen participation. There’s no way our staff can document hundreds of miles of shoreline to develop a robust long-term data set, to modify more accurately our forecasting, and to share anecdotes and engage citizens about rising sea levels, coastal erosion and climate change.”

**HONEYBEE - For more information/to volunteer:** [uhbeeproject@gmail.com](mailto:uhbeeproject@gmail.com) or call 808-956-2444

**KING TIDES - For more information/** [www.PacificIslandsKingTides.org](http://www.PacificIslandsKingTides.org) email [KingTide@hawaii.edu](mailto:KingTide@hawaii.edu).

## 4 WINDWARD COMMUNITY COLLEGE



**SMITHSONIAN TOUR FEATURES ANCIENT HAWAIIAN FISHPOND** – Restoration of Kāne’ohe’s 650-year-old Waikalua Loko fishpond (the work of volunteers shown here, from among over 100,000 community participants) is one of only four indigenous marvels selected nationwide for a Smithsonian traveling exhibit that kicked off a two-year national tour at Windward CC earlier this year. Waikalua Loko is the only fishpond and only Native Hawaiian project in “Roots of Wisdom: Native Knowledge, Shared Science,” which showcases how traditional knowledge combined with Western science can address current ecological and health issues. The exhibit returns March 17-27, 2018 to UH West O’ahu.



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**\$38M**

Amount in visitor spending generated by UH Mānoa's College of Engineering by bringing in the

International Microwave Symposium—the state's largest conference in 2017—to the Hawai'i Convention Center. Honored as the Elele "Organization of the Year" by the Hawai'i Tourism Authority and the Hawai'i Convention Center, UH COE helped secure over \$170M in the state's convention business.

["HTA recognizes University of Hawaii for securing over \$170M in convention business," Pacific Business News 6/06/17]

*"There's a genetic component to this, and we don't know why that is."*

Mariana Gerschenson, Center of Biomedical Research Excellence in Diabetes Director at JABSOM, awarded an \$11 million grant from the National Institutes of Health, of diabetes, which affects 600,000 (1 in 2 residents) and is growing, disproportionately affecting Native Hawaiians, Asians and Pacific Islanders in Hawai'i. Why 15 to 30 percent, not all, of prediabetics develop the disease is "the billion dollar question," she adds.

["Diabetes becomes greater risk in isles," Honolulu Star-Advertiser 8/05/17]

**\$1.4M**

Amount of a three-year National Science Foundation grant to UH to double the number of Native Hawaiian and other underrepresented

minority students in STEM programs. Kapi'olani Community College will lead the grant program for UH.

["University of Hawaii awarded \$1.4M grant to support minority students in STEM programs," Pacific Business News 4/03/17]

*"It's not the best day when we come back and see more and more trees down."*

Ryan Perroy, head of UH Hilo's team of researchers and associate professor, department of geography and environmental science, of the use of UAV (drones) to speed up mapping and detection of rapid 'ōhi'a death, a fungal disease already threatening 75,000 acres of Hawai'i Island's 'ōhi'a forests. Other new high-tech detection tools include an in-the-field "lab in a suitcase," and a twin-engine aircraft loaded with 3D imaging.

["UH Hilo researchers part of rapid 'ōhi'a death combat team," UH press release, 7/19/17; "Battle against rapid 'ōhi'a death includes top-notch technology," State Dept. of Land & Natural Resources web site 6/19/17]

**74** Rank of UH Mānoa in the top 100 nationally from among 2,167 four-year colleges with 15,000 students or more in the Safest Colleges in America report by the National Council for Home Safety and Security. Criteria included criminal violations, drug and firearm arrests, and violent crimes against women.

["UH named one of nation's 100 safest colleges," Honolulu Star-Advertiser 6/25/17]

*"There are marked differences in the way people distribute their fat."*

Dr. Loic Le Marchand, UH Cancer Center researcher and cancer epidemiology program professor, of a pilot study, using an app, for participants to record what they eat to learn which diets best reduce abdominal fat. The study sought Asian participants because among five ethnic groups, Asians in Hawai'i have the most abdominal fat, an indicator of increased risk for diabetes, heart disease and some cancers.

["Asians sought for fat-cutting study," Honolulu Star-Advertiser 5/28/17]



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# Q&A

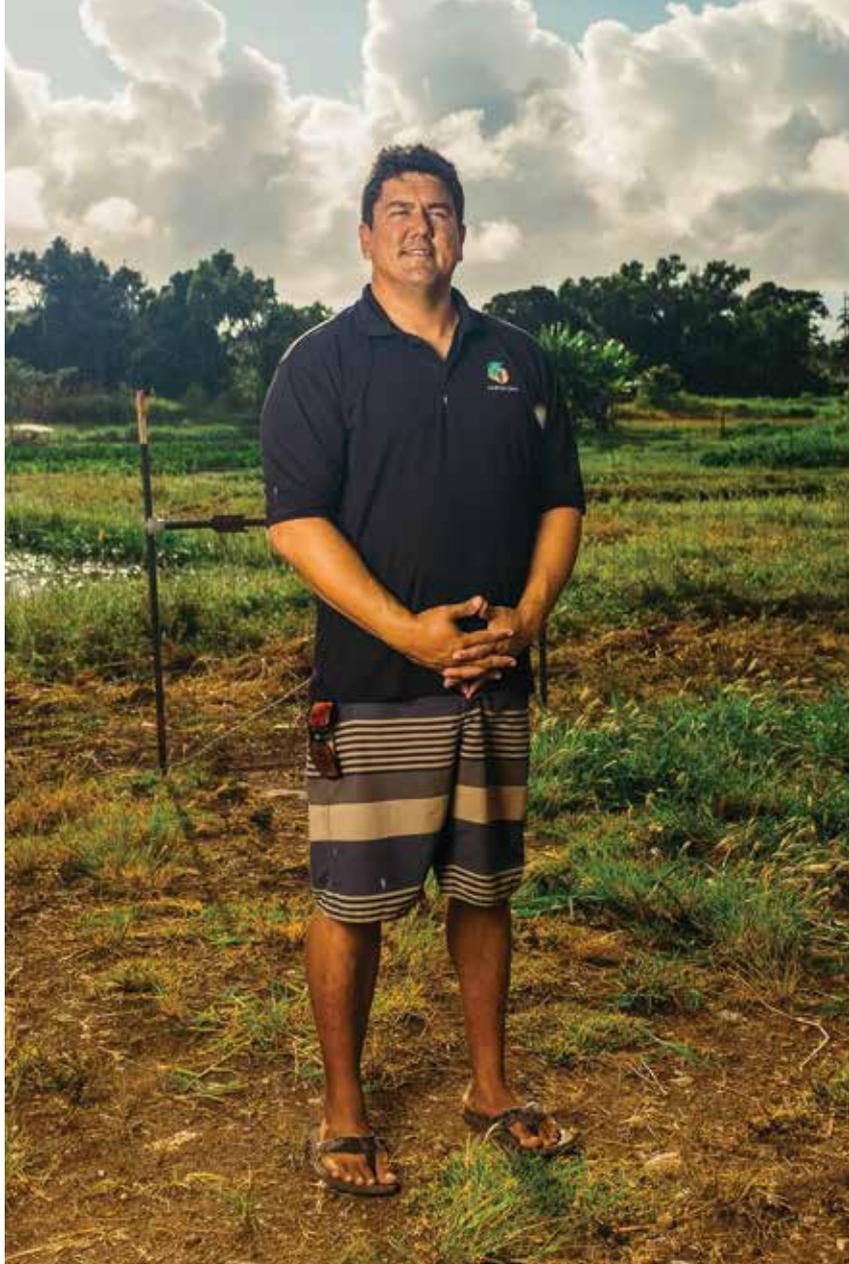
*Jonathan Kanekoa (Koa) Kukea-Shultz, 39, wears “two hats” as conservation scientist/practitioner and Kāne’ohe Bay marine conservation coordinator at The Nature Conservancy, and as executive director of Kāko’o Ō’iwi, a native Hawaiian nonprofit to perpetuate cultural and spiritual practices. He is one of PBN’s 40 Under 40 for 2017.*

## **How did your interest in a healthy ocean come to encompass a larger vision of sustainability?**

I grew up in a family of educators and doctors who loved the environment, especially the ocean, diving on the North Shore, visiting Coconut Island with my father (Edward Shultz, former dean of UH Mānoa’s School of Pacific and Asian Studies). Through my uncle Nate Wong (Hōkūle’a crew member and physician in the 1980s), I got glimpses into our culture and where I came from. At Kamehameha, science introduced me to limu—ocean and fresh water plants, the basis of ocean health. At Mānoa, Celia Smith (reef algae and corals specialist) and Isabella Abbott (Pacific algae ethnobotanist) were mentors for my education (MS ’04, botany with emphasis on phycology, algae and limu research, Mānoa). I saw the connection between the ocean and ancient fishponds. I learned from my peers, young Hawaiians of Paepae o He’eia, caretakers of He’eia Fishpond, O’ahu’s largest existing fishpond.

## **So how did taro and food security become part of your work on the 405-acre area to revitalize part of the He’eia ahupua’a?**

It started with the incredible community support, the longtime families who protected the Windward coast from resort, housing, marina and golf course development in the 1970s and saved the wetlands. They told stories of taro fields and fishponds once thriving there to feed O’ahu. Working as ocean resources specialist for KIRC (Kaho’olawe Island Reserve Commission) showed me how bringing back native limu to beautify its devastated reef system brought back fish and coral to restore a healthy ecosystem. Working since 2000 to mobilize partnerships, volunteers and resources to restore He’eia Fishpond showed me that social change can happen through sustainable agriculture. It scares me that we rely so much on shipping in outside food sources to feed ourselves.



## **Are you making an impact?**

Oh yeah. We want to reinvigorate and diversify our agriculture to achieve sustainable self-sufficiency by making our lands momona again. We’re now working on reestablishing 180 acres of taro lo’i, turning raw wetlands to raising taro. At full production, we’re aiming to increase taro production by 30 percent on O’ahu, which now has to import most of its poi. We’ve got a farm apprentice program on best practices for growing taro and other produce to teach the business of farming to produce future small business owners.

## **So this is not about “turning the clock back,” but looking to the future by looking at the past?**

I’m a botanist trained (in modern science) to know the health of an ecosystem. I’m also a proud Hawaiian, following in the footsteps of the Hōkūle’a, knowing that it can be done because it has been done in the past. The ancient stories tell us, “Nice taro; nice ocean.” Common sense: Wetlands hold back upland flooding and run-off to prevent chocolate-colored oceans. Here’s a hard question for Waikiki’s brown waters: Why not sustainable fishponds next to golf courses? Why not?

— GAIL MIYASAKI



# Making Waves

Fall 2017

BY TIFFANY HILL

**J**oshua Kulhavy-Sutherland, James “Koakāne” Mattos and Lukela Kanae are barely in their mid-20s. But the three share an affinity for traditional Hawaiian music created decades before they were born. They particularly love the rich harmonies and vibrant sound of artists like The Brothers Cazimero and The Mākaha Sons, first established in the 1970s. In fact, Kūikawā, the band they formed last October, is named after the 1996 Mākaha Sons album of the same name.

The guys first discovered their shared musical

tastes in a UH Maui College classroom. They’re enrolled in the college’s Institute of Hawaiian Music, a unique two-year certificate program in which students learn the intricacies of the local music industry. (Kulhavy-Sutherland has since graduated.) It wasn’t long after they became friends that they started rehearsing on campus before class.

“(We) want to revive the old classics but put a little twist to it, without losing the essence of its true Hawaiian nature,” says Mattos.



**THE NEXT GENERATION OF HAWAIIAN MUSICIANS IS TALENTED, DEEPLY ROOTED IN THEIR CULTURE, AND THANKS TO UH PROGRAMS, RECEIVING REAL-WORLD TRAINING.**

**James “Koakāne” Mattos, Lukela Kanae and Joshua Kulhavy-Sutherland,**  
Members of the band Kūikawā.

PHOTO: RYAN SIPHERS

This is the next generation of Hawaiian musicians. They are talented young digital natives, ready to disrupt the music industry. Thanks to Hawaiian language immersion schools, first created in 1987, many are also proficient in ‘Ōlelo Hawai‘i, the Hawaiian language, and deeply rooted in Native Hawaiian culture. This new wave of Hawaiian musicians is also classically trained, musically literate and pursuing two- and four-year degrees in music-related fields. This trifecta has resulted in a revitalization of Hawaiian music, as today’s musi-

cians build on the foundation of what it means to be a Hawaiian artist.

## THE STUDY OF MUSIC

Kūikawā entered the Institute of Hawaiian Music already knowing how to kani ka pila. Kulhavy-Sutherland, who plays guitar, taught himself to play as a child, later taking music classes at UH Mānoa. Mattos, who plays ‘ukulele, and Kanae, who plays bass, are both graduates



Jonah Solatorio,  
Zachary and Nicholas  
Lum, Members of the  
band Keauhou

of Kamehameha Schools and were involved in the school's choir and Hawaiian ensemble. But knowing how to make music is only part of the equation for successful musicians. The University of Hawai'i has two music industry programs tailored to not only hone the playing skills of budding musicians, but also to help them learn the business of the industry, including connecting them with professional Hawaiian music performers and experts.

Formed in 2011, the Institute of Hawaiian Music teaches UH Maui students marketing, recording, com-

position, 'ukulele and guitar, stagecraft, plus Hawaiian language and history. Faculty coordinator Keola Donaghy, a respected composer and educator, says the Institute provides students with "the foundation and knowledge of the language and the history of the music and the groups that have come before."

Celebrating its 10th anniversary this year, the Music & Entertainment Learning Experience program, better known as MELE, is a two-year associate's program at Honolulu Community College. It focuses on music's

PHOTO: DAVID CROXFORD

“HAVING A FIRM GRASP ON LANGUAGE AND CULTURAL KNOWLEDGE IS ESSENTIAL TO BEING NOT JUST A HAWAIIAN MUSICIAN, BUT A HAWAIIAN IN GENERAL.”

NICK LUM, BASSIST FOR THE BAND KEAUHOU

technical side, including engineering, technical production, music publishing and artist management.

“What we’re doing at MELE is giving students the opportunity to learn the fundamentals of what it takes to make it in the business,” says John Vierra, program coordinator since 2010. Vierra is a longtime audio engineer and runs his own audio production company, Blue Drip.

Some of the programs’ best lessons come from career Island musicians and industry professionals. Musicians such as Ledward Ka’apana, Sean Na’auao and Herb Ohta, Jr. have guest lectured and even recorded with students. Donaghy and Vierra also help students network with local industry businesses. Students even attend the annual Nā Hōkū Hanohano Awards, aka the Hawai’i Grammys.

“I would never be playing Hawaiian music if not for the Institute of Hawaiian Music,” says Kulhavy-Sutherland. “I’d still be a wannabe ... there would be no Kūikawā without it.”

## SPEAKING (AND WRITING) ‘ŌLELO HAWAI’I

For many of today’s Hawaiian musicians, a thorough understanding of ‘Ōlelo Hawai’i is just as important as proper singing and strumming. It’s something the members of Keauhou understand. Bandmates, Jonah Solatorio and brothers, Nicholas and Zachary Lum, are all in their 20s, classically trained, graduates of Kamehameha Schools and UH Mānoa, and fluent in ‘Ōlelo Hawai’i.

Their simultaneously classic and bold sound won them nine Nā Hōkū Hanohano Awards this year for

PHOTO: DAVID CROXFORD



**John Vierra** Music & Entertainment Learning Experience program coordinator, Honolulu Community College.



their debut album “Keauhou.” The young Hawaiians were equally recognized for their haku mele, or composer, prowess. Zach, who plays the guitar, won a Nā Hōkū for his original composition. On their second album—slated for release in October—each member composed two original songs.

“Having a firm grasp on language and cultural knowledge is essential to being not just a Hawaiian musician, but a Hawaiian in general,” says Nick, who plays the

bass. “I am not saying that one is not Hawaiian if they do not know these things. However, through a solid understanding of Hawaiian cultural ideologies, a whole new world is revealed, a world that was experienced by our kūpuna.”

Solatorio adds they created Keauhou, which translates to “the new generation,” because they love Hawaiian music, and want their mele, songs, to inspire others to learn and preserve Hawaiian language and culture.



Keola Donaghy, Faculty coordinator, Institute of Hawaiian Music, UH Maui College

PHOTO: RYAN SIPHERS

“Instead of transforming Hawaiian music, we hope to re-transform or re-introduce a style of Hawaiian music that our kūpuna did so well, with a modern flair to it.”

Donaghy credits this language proficiency, especially in music, to current opportunities to learn ‘Ōlelo Hawai‘i from keiki to college. Hawaiian language is emphasized at the Institute. Roughly half of the required courses are for Hawaiian language classes as bands like Kūikawā strive for accuracy and meaning in their songs.

“Outside of my music class, I do separate mentoring on Hawaiian language because I can’t impress on them enough that if you don’t get this, you’re not getting the music,” adds Donaghy.

Grasping the deeper meaning helped inspire established Hawaiian musician Raiatea Helm to enroll in UH Mānoa full-time this fall. The 33-year-old Moloka‘i native comes from a musical family—her uncle was the late musician and activist George Helm—and is internationally known today for her lustrous falsetto. She’s won 10 Nā Hōkū and was twice nominated for a Grammy. Helm is pursuing her bachelor’s in Hawaiian music, which requires two years of Hawaiian language and plans on getting her doctorate in ethnomusicology. “I try to put myself in the composer’s shoes,” she says, adding that she sings in Hawaiian and English. “That’s how I imagine myself, going through this time capsule in a time where my (ancestors) lived. It’s something I can hold onto and be motivated by.”

## HAWAI‘I’S MUSIC RENAISSANCE

After Keauhou swept the Nā Hōkū awards in May, Nick says the band’s inbox was inundated with gig requests. Each band member works full-time, so they had to quickly adjust to their new fame while balancing their careers. “It was overwhelming,” adds Zach.

For Helm, Hawaiian music has taken her to venues across the Mainland and Japan and created friendships and collaborations with established artists, including the late legendary Genoa Keawe, Keola Beamer and Grammy-winning jazz saxophonist Matt Catingub. “Hawaiian music continues to open opportunities for me.”

Donaghy and Vierra view this global desire for traditional Hawaiian music as a revitalization of the Hawaiian renaissance, a cultural movement during the 1970s of growing interest in Hawaiian language, music,



Raiatea Helm,  
Hawaiian musician

“I TRY TO PUT MYSELF IN THE COMPOSER’S SHOES. THAT’S HOW I IMAGINE MYSELF, GOING THROUGH THIS TIME CAPSULE IN A TIME WHERE MY (ANCESTORS) LIVED. IT’S SOMETHING I CAN HOLD ONTO AND BE MOTIVATED BY.”

RAIATEA HELM

traditional navigation and voyaging, and hula that sparked new pride among Hawaiians. This time, young musicians have technology on their side. “The stories are there, the music is there, technology is there,” says Vierra. “Once (students) grasp the fundamentals we’re teaching them, they just run with it.”

It’s a mindset that’s worked out well for Kūikawā since

forming a year ago. “When we say we play Hawaiian music, there’s a lot of opportunities out there,” says Kulhavy-Sutherland, adding that the band performs at a Wailuku sports bar, community events and sometimes hotels. “To me, that signals a period of transformation where people are wanting to hear Hawaiian music more and more and that makes me happy. It’s the music of Hawai’i.”

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## CONTACT

Ku‘ulei Williams, Executive Director  
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[www.alohaharvest.org](http://www.alohaharvest.org)

# Q HAWAII

**WANTS TO KNOW**



Six UH experts, from among its 10 campuses statewide, share their expertise and advice to enlighten and guide us on quality of life (termites?), culture (Pidgin?) and health care (medications?), among other concerns in our Island state. Here's what they have to say:

COMPILED BY: **GAIL MIYASAKI**

Also check out "Hawaii Wants to Know," fall 2015:  
[www.uhfoundation.org/news/publications/uh-magazine-fall-2015](http://www.uhfoundation.org/news/publications/uh-magazine-fall-2015)



PHOTO: AARON YOSHINO

## Maria Aihara-Sasaki

Termite Project Coordinator, Plant & Environmental Protection Sciences  
UH Mānoa

### Will termites ever be eradicated from Hawai'i?

I have worked with termites at UH for over 16 years. Although we've seen termite control methods improve, it's unlikely that total eradication will be achieved. Research, development, increased knowledge and consumer awareness have helped suppress termites but it's difficult to eliminate insects once they become established. Our mobile society makes it easier for pests to become introduced. Pest control technology evolves but so do pests. Two species of termites found in Hawai'i have been suspected to hybridize in other areas and who knows what that might mean for the future of termites on the Islands. Unfortunately, I don't think termites will be eradicated anytime soon.

**For more information:** <http://manoa.hawaii.edu/ctahr/termite/>



PHOTO: JOSH FLETCHER

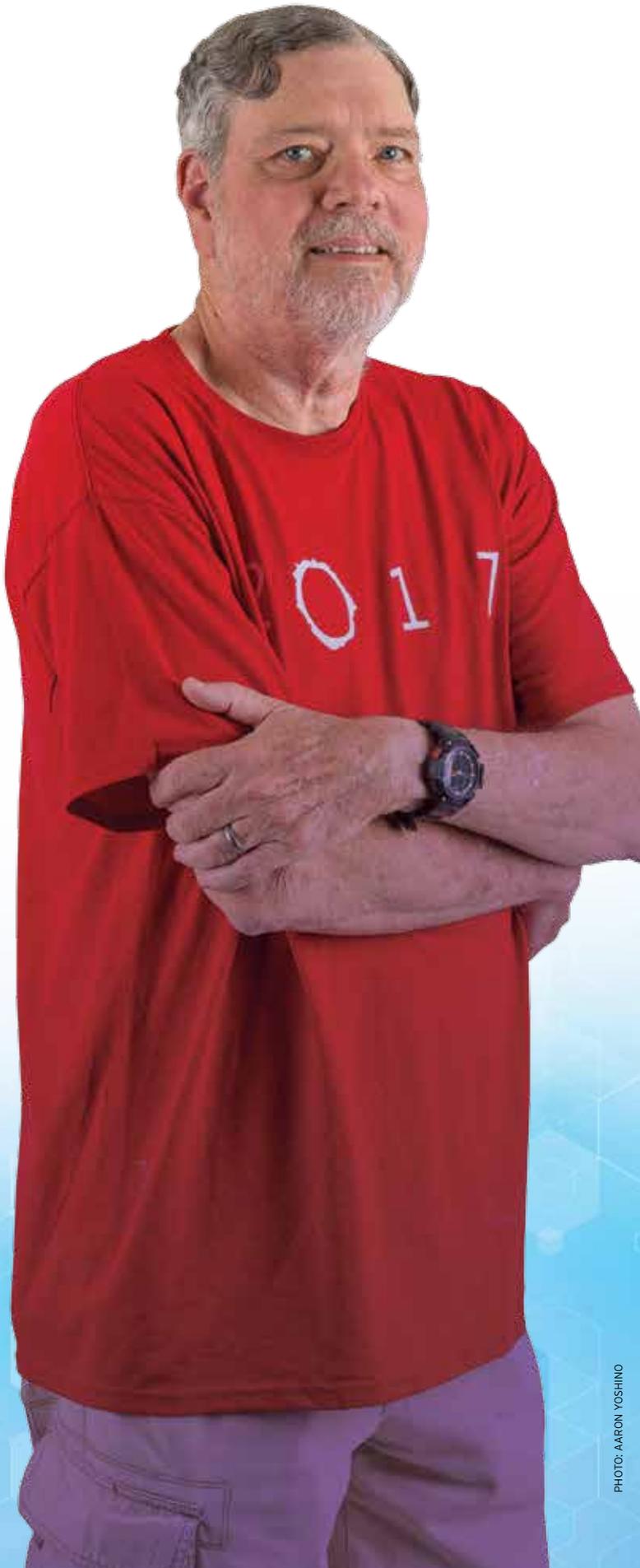
## Ka'iu Kimura

Executive Director  
'Imiloa Astronomy Center  
UH Hilo

### What can Western science learn from the Hawaiian worldview?

At 'Imiloa, we integrate indigenous Hawaiian perspectives and modern science education by design, in the belief that embracing multiple "ways of knowing" strengthens our understanding of the world. The Western lens tends to examine phenomena in discrete component parts, literally atom by atom. By contrast, the native Hawaiian worldview looks at nature more holistically, within the context of culture, language and place. This holistic approach can make science learning more effective. It is one of the reasons we currently see a premium placed on interdisciplinary scholarship ... and why we recognize that current challenges in conservation or climate change, for example, cannot be solved if addressed solely from a science perspective. 'Imiloa was created to respond to the Western dichotomy view of "science" vs. "culture," by providing a space where the two can coalesce, where culture makes science relevant, and where new and improved solutions become possible.

**For more information:** [www.imiloahawaii.org](http://www.imiloahawaii.org)



## **Richard Brill**

Professor, Earth and Physical Science, Retired  
**Honolulu Community College**  
Science columnist  
**Honolulu Star-Advertiser**

### **Why do so many hurricanes seem to veer away from our Islands at the last minute?**

We are located in a “sweet spot” of the Pacific Ocean where winds associated with low- and high-pressure systems intersect. A much-oversimplified visualization is of two continent-sized wind gyres rotating in opposite directions like gears, clockwise to the east, counterclockwise to the west. At their intersection, air flows to the north. These systems move around east/west, north/south, their location depending on global weather patterns and jet streams. At the same time, upper level winds mostly flow to the northeast. Caught in these winds, many hurricanes are swept northward before they reach us from the east. Others stay to our south but may be caught in the northeasterly flow and turn back on us, as was the case with both Iwa and Iniki. Although we can forecast the path of hurricanes, the system is not perfect, and nature does not follow our rules. Be prepared. Have your hurricane survival items ready just in case.

***For more information: [brill@hawaii.edu](mailto:brill@hawaii.edu)***



PHOTO: AARON YOSHINO

## Kent Sakoda

Instructor, "Pidgin and Creole English in Hawai'i"

Consultant/Community Liaison, The Charlene Sato Center for Pidgin, Creole and Dialect Studies

**Second Language Studies**

**UH Mānoa**

### Will Pidgin continue to survive?

Mostly I'm asked, "Pidgin stay dying, o wat?" My glib answer: "No way stay dying. Try go Neighbor Island. Big Island. Kaua'i li'dat...get choke Pidgin, and heavy." My thoughtful answer always starts with: "Pidgin one complex language. As not 'broken' English or even English, and Pidgin not only about slang or da kine iconic nostalgic vocabulary." So how come people tink stay dying? Perhaps they're sensing the differences between city and country talk, or how Pidgin's changing and influenced by English. "I stay talk da kine." "I stay talking da kine." "I talking da kine." As all good Pidgin dat. Folks maybe can comprehend but not use them all. Sometime, I no tink they even know how much mixing going on between Pidgin and English...like what part what. And stuff like English 'never' and Pidgin 'nevah' not da same. So I no tink dying. Stay changing. Just gotta leave om alone, try make om mo functional beyond cutesy slogans, and hope da younger generation no scared and no shame talk...Pidgin.

*For more information: <http://www.hawaii.edu/satocenter/>*



PHOTO: AARON YOSHINO

## Tasia Yamamura

Māla (Garden) Manager, Student Organic Garden

**UH West O'ahu**

### What are the easiest crops to grow in a home container garden?

Food sustainability can begin at home, with the added bonus of freshness, flavor and peak nutritional value. First consider direct sunlight, space and what you like to eat. In general, easy crops include cherry tomato, eggplant and culinary herbs, such as thyme, mint, oregano, rosemary, sage, green onions and chives. You can even grow kalo in a pot. Your pot size should match how large the root system and leafy growth of your plants will be at maturity. Plant seeds directly into your garden space or start them in a seed tray and transplant into a larger container once they've developed a couple sets of true leaves. With a larger pot, try medicinal crops (for immunity-boosting teas), such as 'ōlena (turmeric), lemongrass and holy basil. Water when the top couple of inches of soil feel dry and just the base of the plants (wet tomato leaves encourage fungal diseases). Add compost to your soil before planting and every couple of months for heavier-feeding plants. Best of all: Save your seeds and cuttings to continue the growing cycle.

*For more information: [tasiay@hawaii.edu](mailto:tasiay@hawaii.edu)*



## **Karen L. Pellegrin**

Director, Continuing/Distance Education &  
Strategic Planning

Founding Director, Center for Rural Health Science

**Daniel K. Inouye College of Pharmacy  
UH Hilo**

### **Who is at risk for medication problems?**

Medications save lives and can help us live longer, healthier lives. But there are risks as well as benefits: 1) Those age 65 and older are at greater risk for medication problems because they're more likely to require medications and because how we process medications changes with age. 2) Certain types of medications are more likely to cause problems. For example, Warfarin is effective in reducing the risk of life-threatening blood clots in patients with atrial fibrillation, a common heart arrhythmia. It is also a "narrow therapeutic index" drug that must be closely monitored to reduce bleeding risk. 3) The more medications one takes, the greater the risk of drug interactions. 4) Finally, "care transitions," such as going home after a hospital stay, increase risk of medication error

#### **For more information:**

**Pharmacists reduce medication-related hospitalizations among older adults:**  
<http://onlinelibrary.wiley.com/doi/10.1111/jgs.14518/epdf>

**On-line training for pharmacists and other clinicians to reduce medication problems:**  
<http://pharmacy.uhh.hawaii.edu/ce/irdtp.php>

# LEADING THE WAY

## TWO PIONEERING UH ATHLETICS DIRECTORS ON BUILDING COLLEGE SPORTS IN HAWAII

By Dave Choo



Mānoa's Marilyn Moniz-Kaho'ohanohano



**B**ack in 1989, when urged by a friend from UH Mānoa's Athletics Department to apply for the vacant women's athletics director position, Marilyn Moniz-Kaho'ohanohano quickly turned him down. She was an ideal candidate—head of the Maui County Department of Parks and Recreation, graduate of both UH Mānoa (BA '76) and William S. Richardson School of Law (JD '79) as well as a former UH athlete—but the O'ahu native had put down roots on the Valley Isle, and had no intention of returning to the hustle and bustle of Honolulu.

"I didn't want to deal with all the traffic again, but he told me, 'Just submit your application and come to the school and meet everyone,'" says Moniz-Kaho'ohanohano.

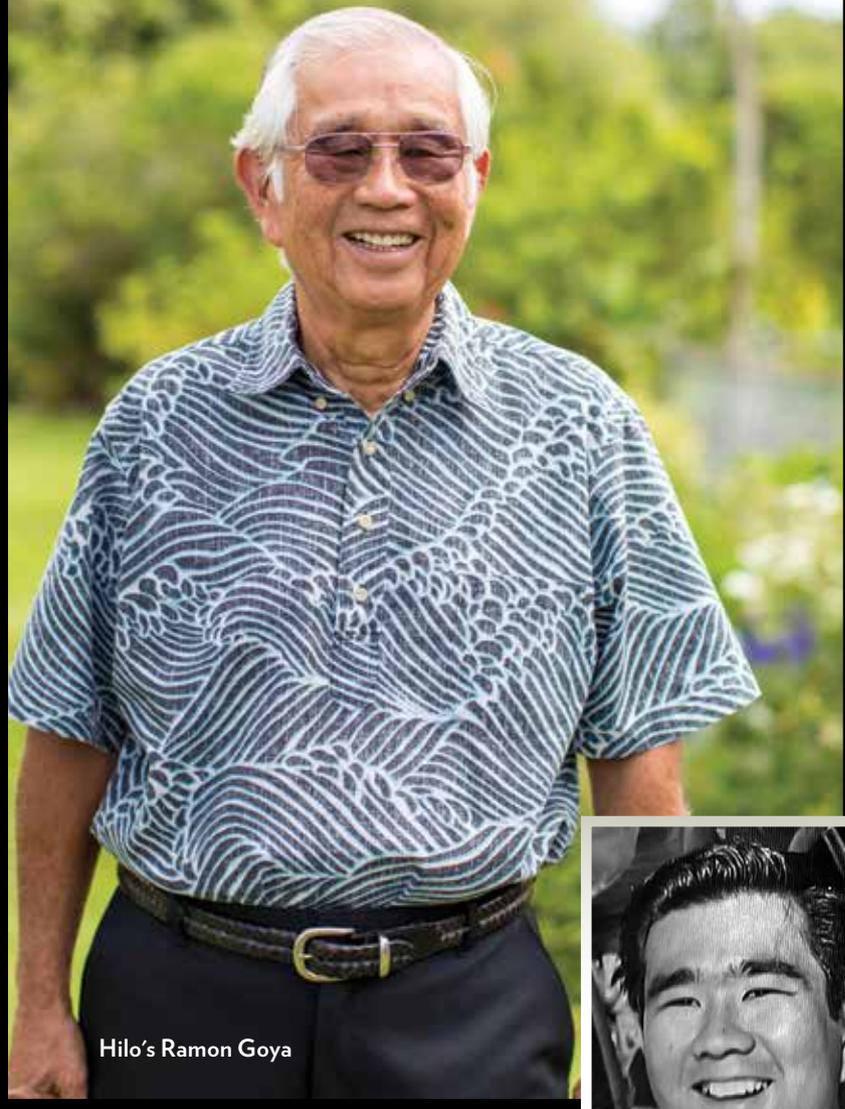
At her interview, (then-athletic director) Stan Sheriff told her of his plans to build a new sports arena on campus and his need for someone to continue to build the department's women's program, which at the time was not in compliance with Title IX of the Education

Amendments Act of 1972. (Title IX, renamed in 2002 as the Patsy Mink Equal Opportunity in Education Act, after Hawai'i's late U.S. House Representative, its co-author and sponsor, is the federal law that protects people from discrimination based on sex in education programs or activities that receive Federal financial assistance.) Sheriff's subsequent job offer was both an opportunity and a challenge that she couldn't refuse.

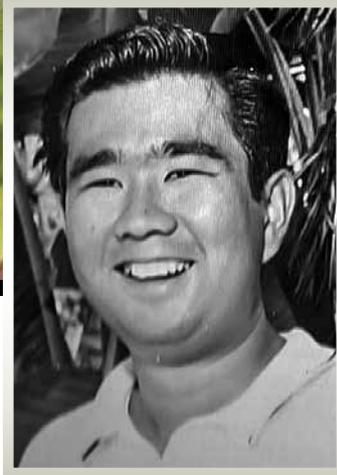
Moniz-Kaho'ohanohano knew of the importance of equal opportunity in education and the integral role that sports had played in her life. When she graduated from Kaimuki High School in 1972, she had played volleyball, the school's only girls' team sport. After winning the O'ahu Interscholastic League championships her junior and senior years, she joined Mānoa's first women's college volleyball team as a freshman, eventually becoming the program's first four-year letter winner.

Growing UH's women's program to fulfill Sheriff's vision was no small feat, requiring patience, perseverance, advocacy and decision-making. During her 28-year tenure as head (retiring last summer), the UH Women's Athletics Program has grown from 7 sports to

PHOTOS: DAVID GROXFORD AND THE UNIVERSITY OF HAWAII



Hilo's Ramon Goya



leyball teams. And before that, he and his wife resided in the campus residences for six years, serving as “dormitory parents.”

“Back then, there was no such thing as a full-time coach. You coached in addition to teaching or doing another job on campus,” says Goya. “I wasn’t a very good golfer or bowler, so we got some other people to do those.”

In 1973, Goya hired his first coach, his assistant, Jimmy Yagi, to take over Hilo’s basketball program, then prepping to join its first national athletic conference, the National Association of Intercollegiate Athletics (NAIA). By 1976, the Vulcans were 23-3 and made it all the way to the NAIA’s national tournament in Kansas City, falling in the second round. In 12 seasons, Yagi would compile a record of 252-126. His teams would win three district championships and earn two more trips to Kansas City.

Hilo’s fledgling baseball program was next. Goya chose twentysomething Hilo boy Joey Estrella, who in addition to being a Vulcan assistant basketball coach, had been a standout player on the UH Mānoa baseball team. Estrella would go on to coach for 37 seasons, with his teams capturing five NAIA district championships and making three NAIA World Series appearances.

Goya’s hiring hat trick was completed in 1978 when he convinced Sharon Peterson, a young

coach from Hawai‘i Preparatory Academy, to head Hilo’s women’s volleyball program. When she retired 25 years later, her teams had racked up 511 wins and seven national championships. Her players earned 42 All-America honors, and she was named National Coach of the Year five times. In 1988, she became the first Hawai‘i coach to be inducted into the NAIA Hall of Fame.

When asked what the secret behind his hiring acumen was, Goya at first says that he was in the right place at the right time. But then his inner Vulcan shines through: “I always felt that there was more to a good athletic program than wins and losses, X’s and O’s,” says Goya. “So when I looked for coaches, I looked for people who were good teachers who truly cared for their players on and off the field, in and out of school. College athletics has changed a lot over the years, but we were and continue to be a program with Aloha.”

PHOTO: JOSH FLETCHER AND RAMON GOYA

14, doubling the number of female athletes from 98 to 200. In 2012, the program added women’s beach volleyball, bringing UH into compliance with Title IX.

“It is a struggle financially to have a balance between men and women sports, and revenue-generating and non-revenue-generating ones. That push and pull will never go away,” says Moniz-Kaho’ohanohano. “But college sports is about the development and growth of our students. Playing sports is part of the education process, and the mental and physical discipline and determination you learn on the court or playing field are things that these students will draw upon for the rest of their lives.”

He may have received his bachelor’s degree from UH Mānoa and his master’s degree from San Jose State University, but Ramon Goya, is a Hilo Vulcan through and through. Goya, who retired in 1999 after more than 30 years as UH Hilo associate professor of health and physical education, also served as its director of intercollegiate athletics from 1973 to 1980. Before leading the department, he coached Hilo’s basketball, baseball and vol-

## Selected: Keoni Lee

2017 Omidyar Fellows

### Being Hawaiian now

At one time, 39-year-old Keoni Lee’s ambition was to “earn a lot of money and then donate it to philanthropy to give back to the community.” As an MBA candidate in finance at Shidler (’09), the Kamehameha Schools graduate felt he was on track back then, working on a joint thesis on the Hōkūle’a. Then his co-author (and future business partner) insisted Lee learn to sail the voyaging canoe.

“I was asked, ‘What are you going to do?’” recalls Lee, then 26, while on the canoe crew off Maui. When he explained his goal to fellow crew members, well-educated professionals, many speaking fluent Hawaiian, “They told me, we need you now to create new businesses that benefit our people now. A light bulb went off for me.”

In 2008, Ōiwi TV was born out of this epiphany as a multimedia company and social enterprise for next generation Native Hawaiian storytellers to produce documentaries, news and content from a uniquely Hawaiian perspective, says Lee, co-founder and general manager. He was recently executive producer of “Mele Murals,” a documentary on Native Hawaiian graffiti artists broadcast nationally in early 2017 on PBS. In mid-August, it premiered on Al Jazeera, the Middle East-based and second largest international media service next to the BBC.

Of Hawaiian, Japanese and Irish ancestry, Lee is part of the largest group of Native Hawaiians, six among 13 Omidyar Fellows, of emerging executives chosen for their promise as



game changers to transform Hawai‘i. A self-described “social innovator” who envisions a “happier, healthier, sustainable Hawai‘i,” he says, “Our parents generation fought to protect. Ours is to create solutions: How do we be Hawaiian in the 21st century?”

Lee’s latest project, to open in December in the Varsity Building in Mō‘ili‘ili, is a two-year development of a business hub. Inspired by the Polynesian marae (a traditional communal cultural place), its focus is a modern, urban space “to put our collective values into daily practice, where we learn together in designing a model to reshape our island economy.”

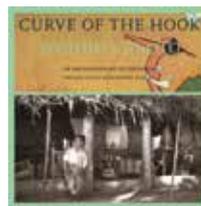
— GAIL MIYASAKI

#### APPOINTED

**Kwang-doo Kim** (PhD ’76 economics, Mānoa), vice chair, South Korea’s National Economic Advisory Council, a presidential panel on national economic and social welfare policies and strategies. Seoul, Korea’s Sogang School of Economics professor, Kim developed former President Geun-hye Park’s economic strategy of public-sector job creation, government’s social safety net expansion and chaebol (large family-owned business conglomerates) reform.

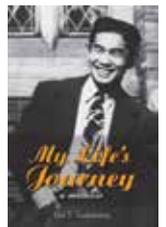
#### AWARDED

**Yosihiko Sinoto** (BA ’58 anthropology, Mānoa), the 2017 Hawai‘i Book Publishers Association’s Ka Palapala Po‘okela Award for nonfiction for *Curve of the Hook: An Archaeologist in Polynesia*. The pioneer in modern archaeology in Polynesia “dedicated his whole life to the protection, preservation and dignity of Hawaiian and Polynesian cultures and traditions.” (Nainoa Thompson, Polynesian Voyaging Society). (UH Press, 2016)



#### PUBLISHED

**My Life’s Journey: A Memoir by Ted Tsukiyama**, international arbitration expert, attorney, community leader and historian, attended UH (1939-’41; ’46) at outbreak of World War II, a founder of UH ROTC’s Varsity Victory Volunteers, member 442nd Regimental Combat Team and Military Intelligence, and first Nisei to attend Yale law school. (Watermark, 2017)





## Selected: Diane Paloma

### Pacific Century Fellows 2015-2017

among Neighbor Island communities. A UH tuition assistance program at Shidler for Native Hawaiians gave her a debt-free MBA ('99), followed by a job boost at HMSA to learn the business of health care, from budgets, facilities, human resources to an IT system installation.

“Learning a business perspective on medical care also showed me how training influences tomorrow’s physicians,” says Paloma of her work at JABSOM to help create a Native Hawaiian health department at UH’s then brand new medical school. By 2006, when she joined The Queen’s Health Systems on a “whim” to build a Native Hawaiian Health program, her career trajectory of growing expertise on Native Hawaiian health converged with National Institutes of Health’s “huge” national focus on health disparities and unequal treatments among underserved minorities. Serving as a “conduit and bridge” for Native Hawaiian health needs, she created clinical programs, developed scholarships and connected real-life medicine at Queen’s with JABSOM students’ academic training.

Named the first CEO this August for The King William Charles Lunalilo Trust with its focus on Native Hawaiian elderly, Paloma hopes to broaden its quality of life reach through intergenerational education, at-home services for independent elderly, and support services for the makua generation, who are raising keiki and taking care of kūpuna.

**G**rowth is an option, not a guarantee, in any career. For Diane Paloma, being at “the right place at the right time” is about melding her love for Native Hawaiian culture (through hula) with her interest in health care. The Kamehameha Schools graduate aspired at first to be a doctor as pre-med at UCLA. A job at age 23 teaching statewide community wellness classes for HMSA was an eye-opener, showing her disparities

PHOTO COURTESY OF CRAIG T. KOJIMA

#### ALOHA ‘OE

**Timothy Lui-Kwan** (1951-2017), member, UH Hilo’s Carlsmith Ball legal defense team for the Thirty Meter Telescope Project. Hilo-born Lui-Kwan (BA '74 anthropology, JD '78, WSRSL) worked as a Bishop Museum archaeologist, attorney for Legal Aid Society of Hawai‘i, and deputy planning director and deputy corporate counsel, County of Hawai‘i.

#### ALOHA ‘OE

**Edwina Moanikeala Akaka** (1944-2017), Native Hawaiian activist, former Office of Hawaiian Affairs trustee (1984-'96), was attending UH (1965-'69) when arrested in 1971 for protesting



eviction of farmers and Native Hawaiians in Kalama Valley, and later was involved with Kōkua Hawai‘i, Protect Kaho‘olawe, and OHA’s 2006 agreement with the state on revenues from ceded lands.

#### ALOHA ‘OE

**Ben Finney** (1933-2017), last surviving founder and first president of the Polynesian Voyaging Society, professor and chair Mānoa’s anthropology department (1973-2000), and member first crew of Hōkūle‘a’s historic 1976 voyage to Tahiti. Finney (MA '59 anthropology, Mānoa) helped demonstrate ancient Polynesians capable of sailing thousands of miles to



find the Hawaiian Islands through non-instrument navigation.

#### ALOHA ‘OE

**Shunichi Kimura** (1930-2017), highly respected first mayor, Hawai‘i County, widely admired Hilo Circuit judge, was born in Mountain View the son of a tenant farmer, graduated from Hilo High School, attended UH (1948-'52) and later served on its Board of Regents. At 34, he became the state’s youngest mayor in 1964 and the first of Japanese ancestry.

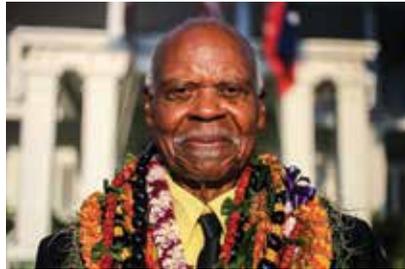
# PEOPLE, PLACE, PROMISE

SINCE 1907



### The Right Tools for the Job

**Robert Saito**, who received his BS and MS in Tropical Plant and Soil Sciences, is founder and CEO of Herbavore, a company that designs and sells high-quality horticultural hand tools that can be tailored to the user. Robert and his partner Derek Woodruff recently won first prize at the 2017 PACE Business Plan Competition at UH's Shidler College of Business, winning \$10,000 cash and more than \$12,500 value in other aid such as mentoring, legal advice, and marketing opportunities.



### The Crop Protector

**Ernest Harris**, CTAHR's 2017 Outstanding Alumnus, was honored for his groundbreaking techniques for suppressing fruit flies, a major agricultural pest. His methods have been widely adopted around the world, saving US farmers alone tens of million dollars per year in crop losses and lessening insecticide use. Dr. Harris, who received his PhD in Entomology from CTAHR, is a 2017 inductee into the USDA ARS Hall of Fame, and was also honored with a 2016 Congressional Gold Medal.



### Giving Back to the Community

Family Resources alumna **Sheri Daniels** just became executive director of Papa Ola Lokahi, which aims to improve the health and well-being of Native Hawaiians. Dr. Daniels, who's been honored with the Maui County Women of Excellence award and as a Ka Ipu Kukui Fellow and the Pacific Business News 40 under 40, says, "The FamR degree was critical in shaping my abilities to organize and develop time-management skills."



### Hope for the Butterflies

After launching the Pulelehua Project to track native Kamehameha butterflies, Plant and Environmental Protection Sciences alumnus **Will Haines** established a captive-breeding program for rare and endangered Hawaiian insects for the DLNR. He plans to rear the rapidly dwindling pulelehua and reintroduce it to areas it was previously found. One factor contributing to its decline is food supply, so Dr. Haines hopes to work with community members to plant mamaki, its preferred plant.



### Making the College a Better Place

Tropical Plant and Soil Sciences PhD student **Kauahi Perez** was honored with the Ka Hana Po'okela Award for her outstanding contributions to her department and the college. She revitalized TPSS's Horticulture Society, contributes to the Science Communicators 'Ohana and the American Society for Horticultural Science, and participates in CTAHR's Alumni Association. She also serves as a TA and collaborates with faculty on publications, conference presentations, and grant applications.



### Enough to Eat

Many students at UH may not be getting enough to eat. So Nutritional Sciences MS student **Surely Wallace** (pictured) and Animal Science MS student Danita Dahl spearheaded the #FeedTheDegree survey, which seeks to discover the extent of food insecurity among students. Surely and Danita submitted a proposal, including a petition signed by over 800 students, asking the administration to create the survey, which has now been emailed to all undergraduates and grad students.

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



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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? »»



# Hawaii Trails Nation in Access to Workplace Wellness Programs

The first local survey on the state of worksite wellness in Hawaii has been completed. The baseline survey was commissioned by the Hawaii Health at Work Alliance (HH@WA) for its over 375 participating Hawaii employers. Local market research company, Market Trends Pacific conducted the survey.

“Our research found that Hawaii is trailing the rest of the nation when it comes to offering workplace wellness programs,” said Wanda Kakugawa, president and owner of Market Trends Pacific Inc. “There is a lot of opportunity for growth and the benefits are evident.”

HH@WA surveyed over 500 local companies about workplace wellness. While data from wellness surveys exists on a national level, this is the first significant research survey of local organizations on wellness programs and their impact on companies’ financial performance.

“This local research makes it clear that workplace wellness programs positively impact key business areas,” explains Howard Lee, chairman of the board of the Hawaii Health at Work Alliance and president and CEO of UHA Health Insurance.

“For any manager who is concerned about challenges in developing a program, the survey results show that respondents believe that wellness programs at any level lead to tangible results.”

## Survey Respondents

In total, 509 local companies responded to the survey. Of those, 72 percent were O’ahu-based, with 10 percent on Maui, 9 percent on the Big Island and 6 percent on Kaua’i.

The survey focused exclusively on Hawaii businesses representing a wide range of sizes, industries and locations across the state. Seventy-five percent of respondents self-reported that they were company executives or managers. Eighty percent work for small or mid-sized businesses.

In terms of industries represented, 17 percent of respondents came from retail/wholesale, 16 percent were from health services, 16 percent were from professional, scientific or technical services, 13 percent construction and 38 percent from a wide variety of other, non-specified industries.

- The survey collected data on a wide array of workplace wellness issues including:
- Impact of workplace wellness programs on business performance measures like employee satisfaction, productivity and company revenues.
- Current workplace wellness behavior and usage of workplace wellness programs.
- Motivators for developing and implementing wellness programs.
- Effectiveness of workplace wellness programs.

## Primary Research Findings

Among the survey findings, 38 percent of local company respondents offer wellness programs to their employees – compared to the national average of 52 percent, according to the Global Wellness Institute.

However, of the respondents whose companies do offer workplace wellness programs, the majority positively connect wellness to key business metrics. Areas mentioned by respondents as positively impacted by such programs include:

- Productivity – 69 percent.
- Satisfaction – 68 percent.
- Retention – 63 percent.
- Revenues – 61 percent.
- Absenteeism – 60 percent.
- Recruitment – 56 percent.

The top reasons that were given for offering workplace wellness programs were:

- Improve employee self-care – 67 percent.
- Improve morale and enhance corporate culture – 52 percent.
- Increase productivity – 48 percent.
- Increase employee engagement – 45 percent.
- Improve safety and lower injury and error rates – 37 percent.

Of the companies that do not offer workplace wellness programs, primary reasons included:

- No time to implement/time constraints – 23 percent.
- Lack of employee interest – 22 percent.
- Lack of staff to organize worksite wellness programs – 20 percent.
- Don’t know where to begin – 17 percent.
- High cost/no budget – 16 percent.

Local wellness programs currently offered by survey respondents focus on the following:

- Job safety and injury prevention – 60 percent
- Physical activity – 32 percent
- Nutrition – 31 percent
- Emotional well-being – 30 percent
- Alcohol or substance abuse – 28 percent
- Stress management – 27 percent
- Weight loss – 24 percent
- Tobacco cessation – 23 percent

HH@WA will revisit the state of worksite wellness with biennial surveys as a long-range study on Hawaii employers and their wellness policies.

*For guidance on developing workplace wellness programs, contact Hawaii Health at Work Alliance today at [workwell@hhawa.com](mailto:workwell@hhawa.com) or 532-2156.*

*Hawaii Health at Work Alliance seeks to create and improve employee well-being for businesses of all sizes. Growing to over 375 participating organizations statewide since its inception, HH@WA is committed to providing best practices on how to build effective worksite wellness programs and methods that lead to sustainable lifestyle changes for employees.*

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## 2<sup>nd</sup> Annual Hawaii Wellness Leaders Conference

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

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

## “What is Continuing Care Without Walls?”

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

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

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

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

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

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

Members usually pay an entrance fee between \$60,000 to \$90,000, which guarantees them access to long-term



Arcadia At Home maintenance



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



care. They also pay a monthly membership fee averaging \$450 to \$650 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 occasion-

ally, 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, Kailua, and Kaneohe. As part of the Arcadia Family of Companies, the program offers 50 years of experience in senior living excellence. *For more information, visit [arcadia.org/AtHome](http://arcadia.org/AtHome).*



**ARCADIA**  
AT HOME



Pohai Nani

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206 bones. 60 billion brain cells.

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## Aging.... Are we failing our children?

**E**ver 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.*





# Reinventing Healthcare for Kūpuna

**Bold. Innovative. Visionary.**

**St. Francis Healthcare System** is taking a bold step forward to show age is not a barrier to enjoying a full, vibrant life. The Liliha campus is now being completely transformed into the St. Francis Kūpuna Village, Hawaii's first one-stop health and wellness center dedicated to bringing the best quality of life for seniors, caregivers and other family members.

## **An Exciting Convergence of Health and Wellness**

The campus already features a skilled nursing facility, and St. Francis is now embarking on the next phase of construction to add more programs and services, including an assisted living facility.

**The St. Francis Kūpuna Village** will feature a Quality of Life Center, a convergence of health and wellness, and where medical care intersects with fun social activities. A senior



center will offer recreational activities, companionship with other seniors, and meaningful volunteer opportunities. Seniors can also participate in enhanced health and wellness programs to stay healthy and active.

**Adult day care** will offer seniors opportunities to participate in recreational and educational activities, and enjoy physical exercise together, while providing peace of mind for working families.

## **Support for the Entire Family**

**Busy, stressed families will relax** and unwind in a casual, comfortable, healing environment. They will enjoy breathtaking sunsets and spectacular Honolulu skyline and ocean views from our new courtyard, which will serve as the hub of exciting activities for the whole family. In addition, a bistro-style café will complement the setting with healthier meals for the entire family.

## Franciscan Values

**St. Francis Healthcare System's new vision** is rooted in a legacy of caring, compassion and quality that began with the Sisters of St. Francis more than 130 years ago.

The Franciscan sisters have always identified needs in the community and then strategically filled those needs. At the request of King Kalakaua and Queen Kapiolani, they came to Hawaii in 1883 specifically to care for those afflicted with Hansen's disease. Led by Saint Marianne Cope, they boldly accepted the challenge and heeded their call to serve Hawaii's people.

At the time, those diagnosed with Hansen's disease were ostracized from the rest of the community and forced to accept their lot in life. They were often separated from their families, but the Sisters became their family, bringing comfort, love and joy into their lives, restoring their dignity.

## Caring for Caregivers

Today, seniors as well as their family caregivers can feel cut off from the world. Caregiving can be isolating and a lonely experience at times. Caregivers are often the unsung heroes, working relentlessly and often sacrificing their own health to meet the needs of their aging loved ones.

St. Francis Healthcare System lifts up caregivers in the midst of their challenges. We empower caregivers who must juggle multiple responsibilities by offering training, support and encouragement to make caregiving a positive experience.



Many have already enrolled in our caregiver education and training sessions, all of which provide a sneak-peek into what we will be providing at the St. Francis Kūpuna Village.

## Casual Meeting Areas

We are investing in the development of three outdoor cabanas in the courtyard of the St. Francis Kūpuna Village to provide dedicated gathering areas.

Carrying on the Sisters' legacy of caring, these outdoor areas will provide casual settings to bring light and hope into the lives of families, as caregivers share about their experiences and learn from one another to improve their quality of life.

If you would like to be one of the first to receive the latest news about St. Francis Healthcare System, join our e-news list. Simply send us an email at [info@stfranchishawaii.org](mailto:info@stfranchishawaii.org).



# St. Francis

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*Live Every Moment*

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### Anatomy of a Healthy Smile

There's a lot more to a healthy smile than meets the eye. Good oral health and total body health go hand in hand. Both are important to our overall wellbeing.

### The Mouth-Body Connection

» Studies show the mouth is the gateway for preventing disease. Bacteria in our mouths can lead to arterial plaque build-up that can lead to heart attacks. The reverse is also true: chronic illnesses can be detected with telltale signs in our mouths. As examples, the oral health condition of pregnant women can change over time, potentially requiring additional dental care. Dentists may also be able to catch early signs of diabetes during a routine dental check-up.

### Preventive Care is Key

» The mouth-body connection is clear. Along with annual physical exams, we should also make good oral hygiene a priority. That's why Hawaii Dental Service (HDS) encourages regular dental visits from a licensed dentist twice a year. A good oral health regimen should also include brushing twice daily and flossing, good eating habits and proper nutrition, and taking care of ourselves overall.

Although many may not realize it, a simple dental check-up is the most powerful weapon to maintaining our overall health. In most HDS dental plans, preventive care check-ups are a covered benefit — and that means there are no out-of-pocket costs for members.

### Keeping Pace with Best Practices

» HDS touches the lives of a million people in Hawaii, and recognizes the immense responsibility to make dental care accessible and affordable for Hawaii's businesses and families and to help Hawaii residents maintain their healthy smiles. HDS continually reviews its dental plans and updates its benefits to ensure members are receiving the best care. Some employers may choose enhanced evidence-based plan features to make sure those with chronic diseases can manage their condition better, or that pregnant women receive additional dental care.

### Financial Sense

» It makes financial sense to make oral health care a priority. Regular physical exams can help prevent disease, and detection and diagnosis can lead to early intervention. This helps avoid the emotional and financial toll on individuals and their families. In the

same manner, regular dental exams can help prevent extensive tooth decay or emergency treatment that can be costly in the long run.

### Every Smile Translates into Success

» For HDS, a healthy smile means a healthy and happy life. For keiki, that translates into better school attendance and academic and sports performance. For adults, it means success in the workplace and in social settings. And for kupuna, it means maintaining a better quality of life. With dental plans for everyone for every stage of life, HDS is with you for a lifetime of healthy smiles.

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**Kaili Chun**



**Michael-Thomas Foumai**



**Kekoa Kaluhiwa**



**Wendy J. Laros**



**Karen Tan**



**Josh Watson**

**Collette Leimomi Akana** (BA '79, MA '83, Mānoa), co-author with Kiele Gonzalez of *Hānau Ka Ua: Hawaiian Rain Names*, winner Samuel M. Kamakau Award for Hawai'i Book of the Year, 2017 Ka Palapala Po'okela book awards, described by judges as a "beautifully designed and much-needed collection (to) ... serve as a resource for Hawaiians ... to generational knowledge about their environment." (Kamehameha Publishing, 2017)

**Conrad Aquino** (AS '92, Honolulu CC; AS '95, Kapi'olani CC), former executive chef, Turtle Bay Resort, named executive chef Pacific Beach Hotel's food and beverage program, including three restaurants, following hotel's \$115M redevelopment as the Alohilani Resort Waikiki Beach.

**Kaili Chun** (MFA '99, Mānoa), joined G70 as artist to work with the architectural firm's teams to assist principals in envisioning and conceptualizing the project design for clients. An acclaimed sculptor and installation artist, she specializes in transforming physical spaces into unique surrounding environments.

**Michael-Thomas Foumai** (BMus '09, Mānoa), lecturer, UH Mānoa music department, awarded 2017 Young Composer Award by the American Society of Composers, Authors and Publishers (ASCAP) Foundation for his composition, "Manookian Murals."

**Jonathan Gillentine** (BS '77, MEd, '81, PhD '05, Mānoa), inducted into the National Teachers Hall of Fame. The 40-year early childhood and special education teacher is the first Hawai'i teacher to receive this honor.

**Kekoa Kaluhiwa** (MPA '08, Mānoa), named senior director, Statewide Operations in Community Engagement and Resources, Kamehameha Schools; previously first deputy, State Department of Land & Natural Resources.

**Wendy J. Laros** (BA '11, Hilo; MEd '15, Mānoa), named executive director, Kona-Kohala Chamber of Commerce; as former Chamber operations coordinator helped develop West Hawai'i Workforce Needs Assessment.

**Sue Ann Lee** (BEd '72, MBA '88, Mānoa), named president of the Honolulu Board of Realtors, a 6,000+ member trade organization establishing policies and goals of professional standards for its members. The 17-year real estate veteran, currently a Realtor with Properties of the Pacific, also serves a director of Hawaii Association of Realtors and the HICentral MLS.

**Brian McInnis** (BA '05, Mānoa), honored as 2016 Hawaii Sportswriter of the Year by vote of his peers in the National Sports Media Association, joining 105 other recognized state sportswriters and sportscasters nationwide, covers UH men's basketball and women's soccer.

**Lawrence Nakamoto** (AS '09, Kapi'olani CC) named executive chef, Neiman Marcus, rose through its Mariposa Restaurant's ranks from line cook followed by evening sous-chef, and specializes in Italian-Asian cuisine.

**Austin Shelton** (MS '14, PhD '15, Mānoa), appointed executive director of the Center for Island Sustainability at University of Guam. Raised in Guam with a lifelong interest in island environments, he also serves as assistant professor of extension and outreach in University of Guam's Sea Grant Program.

**Carilyn Shon** (MA '72, MEd '79, Mānoa), named administrator, Hawaii State Energy Office, to manage, develop, oversee and implement statewide clean energy projects and contribute toward the Hawaii Clean Energy Initiative.

**Karen Tan** (MSW '94, Mānoa), selected President and CEO, Child & Family Service, bringing 23 years of nonprofit management experience, including 12 years at CFS, serving as vice president of programs and chief program officer.

**Josh Watson** (MEd '10, EdD '14, Mānoa), selected head of school, La Pietra Hawai'i School for Girls, brings extensive experience in school administration in Colorado, Florida and Hawai'i, including Mid-Pacific Institute, Academy of the Pacific and University Laboratory School.



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## HONOLULU CC'S COMMUNICATION ARTS 40TH MILESTONE

With more than 90 alumni in attendance, Honolulu CC communication arts program marked a landmark 40 years of career-prep in advertising, graphic arts, desktop and online publishing, including traditional printing and publishing industries. A presentation of "Decades," a special portfolio show, featured work of 2017 senior design students.

## HILO'S SCHOOL OF EDUCATION CELEBRATES IT'S GREAT TO BE A TEACHER IN HAWAII!

Alumni and college 'ohana honored UH Hilo's graduates and future teachers, and local teachers at a star-filled event at 'Imiloa Astronomy Center. Part of "It's Great to be a Teacher!" Week nationwide, some 320 alumni and friends enjoyed food, entertainment and prizes, donated by local sponsors and island merchants.



## L'ULU - LEEWARD CC CULINARY ARTS GALA

"Feast for the Senses," celebrating Leeward CC's annual gala L'ulu's 10th anniversary, featured the delectable culinary creations, made with local farm products, of 10 outstanding alumni and industry professionals. Music was by Sonya Mendez & Chica Tropica, Noel Okimoto and Dean Taba, plus a fashion show by Project Runway finalist Ari South.



## ALOHA FROM LOS ANGELES

More than 50 UH alumni, friends and leaders gathered as part of the Alondra Park Ho'olaulea July 15 in Los Angeles for an evening of enjoyment, networking and entertainment. A highlight of the festivities, held at Tin Roof Bistro, was a special hula performance by UH President David Lassner.



# PARTING SHOT



## Hold Still

*Photographer: Bonnie Beatson*

➤ Veterinary Technician Ramona Raymond (AS veterinary technology 2016, Windward Community College), on right, expertly holds Gazzelle, using “low-stress handling,” so Kathleen Baxter, Windward CC animal science instructor in the state’s only veterinarian technician program, can check vital signs for a general checkup. Vet tech students work hands-on with shelter, rescue and feral cat colony animals to gain essential skills, from x-rays and anesthesia to dental care and grooming. The two-year program provides industry-recognized credentials for graduates like Ramona, certified by the American Veterinary Medical Association, in the much-needed and rewarding field of quality animal care. For more information: [https://windward.hawaii.edu/veterinary\\_studies/](https://windward.hawaii.edu/veterinary_studies/)



# Journey Beyond

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

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

### GIVING TO UH SUPPORTS ITS STRATEGIC PRIORITIES:



GRADUATING  
HAWAII'S FUTURE



INNOVATING FOR A NEW  
HAWAII ECONOMY



BUILDING 21ST  
CENTURY FACILITIES



MAXIMIZING OUR UNIQUE  
SYSTEM TO BENEFIT OUR  
COMMUNITY

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

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



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