

Complimentary

MAKAI

Ocean Lifestyle Magazine

January/February 2011



**KIMI
WERNER**

HĒKILI

Aloha with Every Stroke

HĒKILI Pointing 221-4113

Ocean Ambassador: Herbie Titcomb

Photo: JDS



FEATURES

JANUARY/FEBRUARY 2011



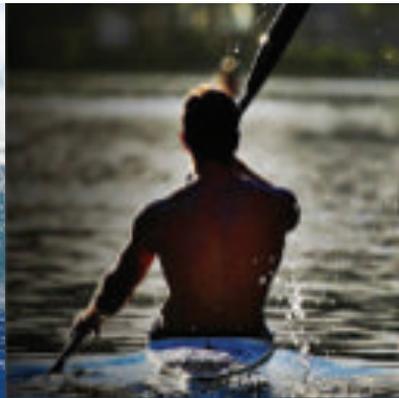
07

KIMI WERNER



14

OUIKSILVER/BRADA MELS
MAKAHA



19

35 SECONDS
WITH RYAN DOLAN



20

PORTFOLIO:
TOR JOHNSON



Photo Courtesy John Johnson



KAMANU COMPOSITES



VOLUME 8 · NUMBER 1-

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2011 Makai Ocean Lifestyle Magazine, is the premier source for information devoted to the ocean lifestyles in the Hawaiian Islands. The unique blend of an island surrounded by pure blue ocean, we highlight commercial, recreational, and people with a passion for the ocean which surrounds us.

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THE BAREFOOT PUBLISHER



Our readers have recently been asking about the advertising campaign for Hekili they've seen in our magazine.

The name is familiar but they can't quite place it as a product or service.

The story behind the ads is an interesting one. Ken Bailey-- who was born a Downer—is, besides being a consummate waterman, the owner of Hekili Painting, a local firm he founded in 1993 that specializes in residential and small commercial painting jobs. That's where the theme line "Aloha in every stroke" has its genesis. The company was looking for a slogan that would capture both the care they bring to their work as well as the company's ongoing role supporting ocean sports.

Kenny's first surf lesson was from Rabbit Kekai at Canoes. But it was his uncle, George Downing, who played the most critical role in Bailey's relationship with the sea. George constantly mentored and encouraged him in water sports. In fact, George built Kenny his first board. From Canoes, Bailey graduated to Baby Queens, then moved up to Queens, Poplars, Number Three and Bowls. By then, his family had moved out to Niu Valley where he surfed Paiko with neighbors Victor and Gerry Lopez. After he got his driver's license, he expanded his horizon to Velzy Land, Chun's Reef and Sunset with Victor, Kiki Spangler and Jimmy Lucas.

After Bailey graduated from Kalani in 1968 he went to work as a part-time painter. Soon, he was the father of a beautiful baby girl named Erin whom he would raise on his own as a single parent. "The ocean was always calling. I just didn't have a lot of time," he remembers.

Ken had lived in Town his whole life but always wanted to live in Kaaawa. Being equally proud of and grateful for his Hawaiian heritage, he was able to enroll his daughter Erin in Kamehameha Schools after moving to the Country. Although it was a long way away, the school provided bus service for its students. About the same time, Marshall Rosa built Ken his first kayak. Bailey quickly began participating in races with his characteristic intensity. From kayaks he moved to paddleboarding and one-man, introduced to both by his friend Dale Hope. From there he got into six-man canoes. Mentored by Chris Crabb and Tom Arnott, Bailey was determined to race in regattas whenever he could.

This love of the sea and Ken's commitment to its ohana led him to create Hekili's marketing campaign that honors what he calls "quiet heroes" of Hawaiian water sports. It also helps sustain publications like Makai that are as dedicated to all things ocean-related as he is. And while the ads may be so soft sell that some folks don't know what or who Hekili is, that's on purpose. The idea is for the company to take a secondary role with the primary focus being the outstanding athletes the campaign salutes.

This is natural for Bailey since he has long been playing a significant role behind the scenes of our local ocean sports. For the past 15 years, he has dedicated a portion of the profits from his firm to help individuals and teams defray the costs of competing, whether it's going over to Molokai or up to the Mainland.

And while he is inherently modest -- as anyone who knows him will tell you -- he could not be prouder of being able to profile great local watermen and women who embody the aloha spirit through the gifts they bring to their chosen fields of endeavor, be it paddling, stand-up or canoeing. So far the campaign has featured Guy Pere, Harold Akeo, Pat Dolan, Keoni Watson, George Kam, Victor Lopez, Gerry Lopez, Katie Slocumb, Herbie Titcomb, Paula Crabb and Ross Koizumi.

"Beyond their talents, they all have one thing in common: big, big hearts," Bailey says. It's one thing to be at the top of your sport, it's another to do it with style and grace. That's why he calls them "Ambassadors of Aloha." Each portrait is taken by renowned sports photographer Joss who always looks to capture a unique aspect of the individuals' personalities, which sometimes takes the photography in unexpected directions.

It's no wonder Ken is respected by people throughout the Islands. "Helping others is the right thing to do," he says. "I have the best friends in the world. George taught me how to surf; Dale, how to paddleboard; Marshall, how to surf ski; Chris and Tom, the six-man." All these turning points led him to his life's philosophy: "You just can't take. You have to give back."

A hui hou!



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makai Calendar

February 26 & 27
March 6 & 7, 2011
Hawaii Surfing Association
Alii Beach Park, Haleiwa

March 5 & 6, 2011
Koa Nui Championship Race
Hawaii Kai-
3 stage race - Oahu Only

Mar 12 & 13, 19 & 20, 2011
Hawaii Surfing Association
Sandy Beach

March 19, 2011
**Kanaka Ikaika Racing Assn,
Oahu Championships**
Makapu'u & Hawaii Kai
to Magic Island

March 27, 2011
**Kanaka Ikaika Racing Assn.
Oahu Costal Relay**

April 2, 2011
**Kanaka Ikaika Racing Assn.
State Championship**
Waimanalo & Hawaii Kai
to Kaimana Beach

April 9, 2011
4th Annual **Mauka to Makai
Environmental Expo,**
9 am -2pm, Waikiki Aquarium

April 17, 2011 Sunday
**Steinlager Kaiwi Channel Solo
OC-1 World Championship**
Kaluakoi Molokai to Hawaii Kai,
Oahu

May 1, 2011 Sunday
Kaiwi Channel OC-1 Relay
Molokai to Magic Island, Oahu

May 6, 7 & 8, 2011
Hawaii Surfing Association
**HAWAII STATE
CHAMPIONSHIPS**
Ala Moana Bowls

May 14-15, 2011
**Rainbow Sandals Gerry Lopez
Battle of the Paddle**
Duke Kahanamoku Beach - Waikiki

May 14-15, 2011
Olukai Ho'olaulea
Maui - OC-1/SUP Race
Kanaha - Maliko

May 22, 2011 Sunday
PA'A 'Eono Hoe
6-man Iron race
Molokai to Hawaii Kai, Oahu

A smiling woman with dark hair, wearing a blue wetsuit, is holding a large, speckled fish in the ocean. The background is a clear blue sea.

Kimi Werner

Written By Cliff Young

Photos Courtesy
Sterling Kaya &
John Johnson

Every once in awhile, a person comes along who is just a breath of fresh air, someone who has a passion for life and a passion to succeed, one such person is Kimi Werner.

Don't let her warm brown eyes, friendly smile and slender build mislead you into thinking she's just another able surfer, like she is, or compassionate school teacher, which she was. This Maui native is a culinary chef, an award winning artist and a decorated freediver. She can take ordinary items like a kitchen knife, a paint brush and a spear gun and use them to produce mouth-watering meals, works of art and a national championship, all the while honoring her family, the ocean and her Hawaiian culture. Like most kids growing up in Hawaii, Kimi spent a majority of her time in or near the water. However, unlike the typical teenager, many of those hours were spent alongside her parents learning the art, culture and tradition of living off of the land, especially through spear fishing and cooking. She says, "I really learned the whole resourceful cooking side from my mom and grandmother and then learned the hunting part from my dad."

After the loss of a close friend while attending high school, Kimi decided, "I can't go on living trying to please everyone. I realized I was not living my life like I wanted to and was focused on things that didn't matter and wasn't focused on the things that did matter, like just being happy with yourself and just doing whatever it takes to make yourself happy, because you never know when you're going to go. Life is short and way too precious to be spent not expressing love and not doing what makes you happy?" Kimi told herself, "From now on, I am going to be living a happy life."

Her zest for cooking led her to Oahu where she earned her degree in Culinary Arts at Kapiolani Community College. At the same time, she pursued her (other) passion for painting and studied the Fine Arts at the University of Hawaii. While working as a chef and an art teacher, Kimi began feeling as if

Photo Courtesy Sterling Kaya



“...It’s about taking care of our ocean;
it’s about taking care of our reef.”

something was still missing in her life. Her quest for that element led her full circle, back to her roots, to simpler things like the ocean and living a sustainable life. Kimi realized she had to get back into the water and under the water to relearn the skills she was taught many years earlier by her father. Kimi’s eagerness to develop her proficiency at spear fishing connected her with a couple of elite divers who trained her to not only be competent, but also to compete at a high level. Three years later, at the beginning of 2008, Kimi set her eyes on winning the National Championships of Freedive Spear Fishing in Rhode Island. After eight grueling months of practice, she walked out of the Atlantic as the Women’s National Champion and the first from Hawaii. Even though Kimi qualified last year to compete in the World Championships representing the United States Women’s Team, Croatia, the host country, would not allow any women’s team to compete. Through her disappointment she has learned, “Things are never going to work out as you planned and you have to embrace that because when you do, the whole adventure is going to start. I told myself it’s good to have goals, but don’t let them get in the way of the whole journey because life has other



Photo Courtesy John Johnson

Photo Courtesy Werner Ohana

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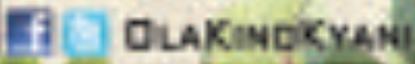
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plans.”

And what are some of those plans life has for her?

Kimi says, “I want to continue diving and continue to better myself at that.”

She is using her National Championship platform to remind other divers what they do is more than a competitive sport and not something to boast about. Rather it’s a culture, a way of life and a livelihood for many who depend upon their catch to feed their family. She promotes awareness and respect of the ocean, and taking only what you need, “One thing I want to do is set an example of being selective. I try to promote divers to be responsible.”

Kimi has also been an outspoken advocate of invasive species meets, which are fishing tournaments designed to decrease the number of “roi” (peacock groupers), a non-native fish to the islands that can consume nearly 150 native fish per year, found in the reefs around Hawaii. She

explains, “They have no natural predators, they don’t belong on the reef and some scientist think they do more damage to Hawaii’s reef than over-fishing, pollution, and all of the other things combined. It’s so unique to spear fishing (to be able to single out specie) and it’s in our hands to take care of the problem. It’s about taking care of our ocean; it’s about taking care of our reef.”

By diving, Kimi is carrying on the traditions taught to her by her father and the Hawaiian culture. Her cooking allows her to share and express her love to those around her through uniquely prepared meals bringing honor to her catch, as well as her mother and grandmother. And with her art Kimi says she is “capturing a moment to share with others who will never get the opportunity to see the ocean as I do.”

“People would say, ‘that’s such a diverse combination,’ yet at the same time they are so tied together.”



Photo Courtesy Werner Ohana

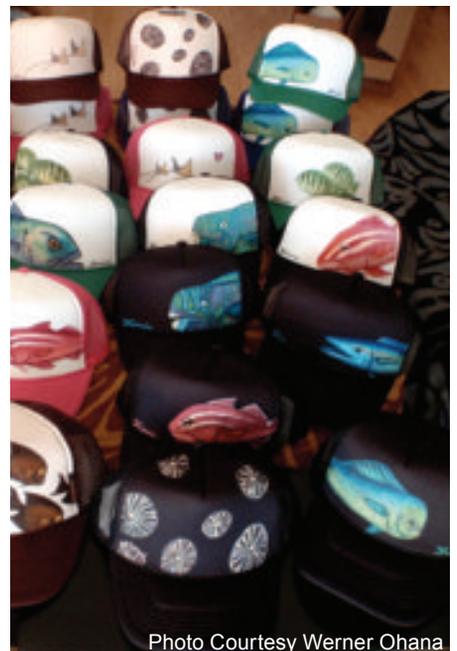


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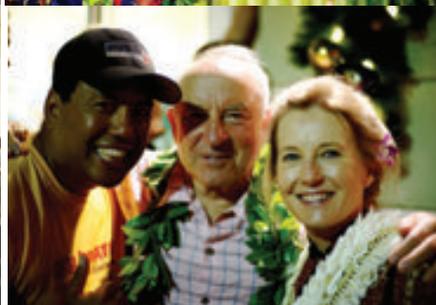
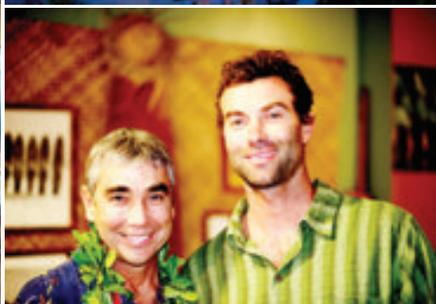


Patagonia Opens Ward Location

Patagonia celebrated their second retail location in Hawaii at the Ward Gateway Center. The new location next to Jamba Juice and Wahoo Taco, makes it convenient for those who can't get out to their popular Haliewa location in the North Shore Marketplace.

Famous for their Environmental Awareness in their business practice and even in the materials used in their products, Patagonia on Ward, celebrated their grand opening in December, with founder Yvon Chouinard and Surfing Legend and Patagonia Surfing Ambassador Gerry Lopez, Legendary Waterman George Downing and this months feature Kimi Werner, all made a special appearance at the opening. Morgan Maassen of Patagonia was there to capture the moment.

All Photos Courtesy Morgan Maassen/Patagonia.



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MONSTER LIVES.
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SWELLS, A SHADOW
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“Whatever you want to do, you have to try for it...”

“I was told you’re not going to make it as an artist, it’s a great hobby, but don’t try it for a career.” Kimi is proving them wrong as she shares those “captured moments” through beautiful oil paintings on canvas, acrylic painted trucker hats and a variety of other mediums. All of her current work

(and livelihood) can be seen and acquired at : www.kimiwernerart.com

Unsure about following your passions and dreams, Kimi responds, “Whatever you want to do, you have to try for it. You do have a chance and you will never know until you try. Part of the process is losing yourself and finding yourself.”



Photo Courtesy Sterling Kaya



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**The Quiksilver Makahiki/Brada Mels Canoe Surfing Championships at Makaha
Lance Ho'okano wins the Longboard event- Kekoa Auwae wins the Stand-Up Paddle Surfing**



Photo Courtesy Jody Ragsdale

Photo Courtesy Hawaiianswell.com



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Kekoa Auwae - 2011 Quiksilver Makahiki SUP Champion. Photo sequence Hawaiianswell.com



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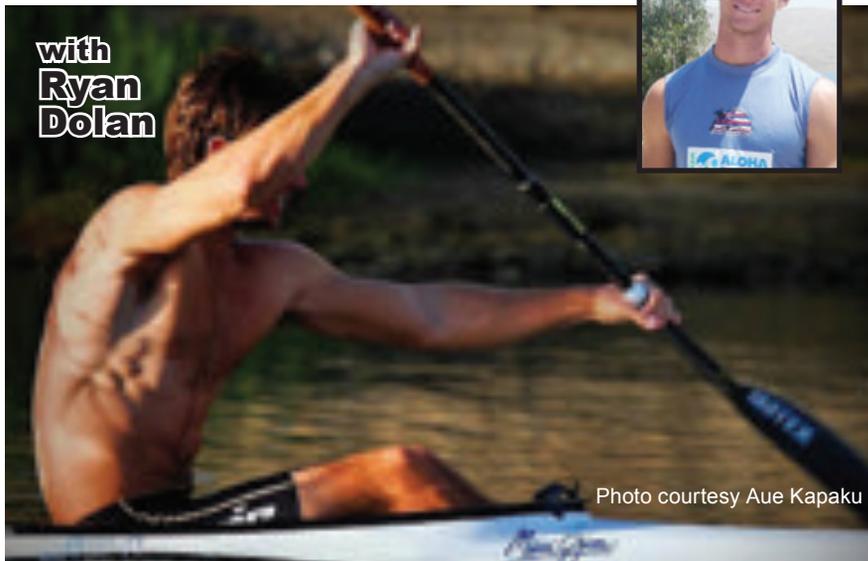


Photo courtesy Aue Kapaku

It's a new year and as always we always say we are going change something or try to do something differently. As a paddler I know for myself I always try to make goals for each season. While I have a very big goal and dream in mind I try to have short term goals to help break down my biggest goal and even more shorter term goals to break my short term goals and so on. The biggest goal I have in life right now is to win an Olympic gold medal in the 200 meter kayaking event. I am an athlete who trains 6 days a week 2-3 times a day for 4 years at time for a race that is around a mere 35 seconds. Whilst I know winning an Olympic gold will take years to complete I start by looking at each season and really focusing on how I am going to shave off that 1/2 second and become a champion. Of course I look at aspects from training ideas and plans for the year but even more so I try to minimize and focus on the very small things that go into creating a much larger scale in my case shaving milliseconds off my fastest times. Some of these small things are so simple but can yet be so hard. I visualize everyday when I wake up to train "what is another person doing" or when I feel lazy and unmotivated I think "I bet they are doing something right now" so it really helps me to stay on my toes and really commit myself, push myself and keep myself honest. When I am hungry and out and about there is a McDonalds restaurant that is catching my nose with great smells but I have to ask myself "do I really need it?" or "what is the current champ eating". Taking the little extra time to stretch or warm up so that I get the most quality for my time. These things are endless but its all about being proactive when youre really trying to achieve something, always trying to think how you could be better or make

the most of your time. Whilst I am like this with training and my sport I cannot be like this every second of the day or else I will go crazy. You have to also be balanced and let yourself relax at times. From competing and training at a high level for the last couple years I have learned some things that I think can apply to everyone whether they are paddlers, surfers or just people trying to live an active and healthy lifestyle. Here are some things I try to address my self...

What are my goals?

Make goals for yourself. You should always have something in mind that you want to achieve. You need something to shoot towards and to gauge your progress. Is this a short term goal, long term or lifelong? Whatever it is good because its something to start off of.

How am I going to achieve these goals?

Make a plan, start from nothing. It doesnt have to be some complex training program but maybe a pledge like "I am going to paddle at least 3 times a week, or I am going to run 2 times a week" and so on. But even more so make it like an equation. For example if I want to loose 10 lbs the only way that is going to work is by changing what I have currently been doing. I am going to need to exercise and be more active and possibly change my diet to suit my goals.

Have Tools!

Uses tools that will help you make progress along the way. Maybe it's a watch that helps you keep track of how long you have been working out or even a friend that is committed to the same goal as you that will help push you when you need a push and vice versa.

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Tor Johnson

Portfolio: Hawaii

Outside the Box- A New Angle on the Ocean



Tor Johnson and his wife Kyoko run their photography business out of a small house on the beach in Waialua, which is faithfully guarded by a dog named Luka. Tor grew up sailing around the world with his family, to places like the Philippines, Hong Kong, Japan, and Central America. He never studied photography, but someone gave him a secondhand camera as a kid, so he started recording the many things he was fortunate to witness. A lifelong surfer, Tor has kept a deep sense of wonder for the ocean, the light, and for the people who make up the world, and especially for our multicultural Hawaii.

“There are a lot of great water photographers in Hawaii who are completely dedicated to their work, to the point that they gladly take incredible beatings for an image. Guys like Scott Aichner who pushed the boundaries of water photography influenced me to take that sort of dedication and passion, and try to apply the techniques to other areas of photography around the ocean.”

Whether he’s shooting lava for the Hawaii Visitors Bureau, sailing for SAIL Magazine, Antarctica for Patagonia, a local wedding, or just something for himself, he’s always after an image no one else has done.

Tor says: “The whole thing is really about coming up with something new and unique, something with feeling. I think this is the greatest job in the world.”

See more at: www.tjhawaii.com



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3rd Annual OluKai Ho'olaule'a Ocean Festival

OluKai's Ho'olaule'a, a celebration of the ocean and the cultures that surround it, returns on May 14th and 15th to the Lae 'Ula O Kai Canoe Club at Kanaha Beach Park, Maui. The third annual Ho'olaule'a pays tribute to the ocean lifestyle through competition, tradition, family and giving back to the community.

Watermen, waterwomen and paddle enthusiasts will have the opportunity to race the famous Maliko down wind run on Maui's north shore. This eight-mile stretch of open ocean swell riding takes competitors from Maliko Gulch to Kanaha Beach Park. Last year Livio Menelau finished first in the men's elite SUP, Danny Ching finished first in the men's elite OC1 and Andrea Moller swept both elite women's SUP and OC1 races.

A \$15,000 prize purse will be shared equally between the men's and women's elite division of each racing discipline. The standup paddle race will take place on Saturday starting at noon and the OC1 race will begin at noon on Sunday.

OluKai has expanded this year's Ho'olaule'a to include an "Ohana Fun Paddle". This 2.5 mile non-competitive, non-timed paddle was developed for ocean enthusiast of all ages and all skill levels, in the spirit of inspiring and building tradition with your families and community. The "Ohana Fun Paddle" will occur on Saturday at 9 am from Baldwin Beach to Kanaha Beach Park.

In addition to the paddle races, free, fun activities will celebrate the





spirit and traditions of Island culture. Everyone is invited to join in ancient Hawaiian games hosted by Maui Cultural Lands. The 2010 HSCA Champions “Team OluKai” will be offering sailing canoe rides in their renowned vessel Kamakakoa throughout the weekend.

Saturday evening the celebration continues with a traditional Hawaiian luau, hula performance and live music.

Part of the proceeds from the OluKai Ho’olaule’a Ocean Festival go to the OluKai ‘Ohana Giveback Program. Beneficiaries include Maui Cultural Lands a non-profit grassroots land trust organization dedicated to preserving Hawaiian culture resources and the Hawaiian Lifeguard Association’s Junior Lifeguard Program.

To learn more about OluKai and the Ho’olaule’a please visit www.olukai.com



Ask the Dermatologist: Sun Damage and Skin Cancer

By Greg K. Sakamoto, M.D.

Growing up on the North Shore of Oahu, I admit to spending countless hours in the sun, devoid of any UV protection. With the beach as my backyard playground, it was typical for me to surf and fish from sunrise to sunset with no wetsuit, hat, sunglasses or sunscreen. So some may find it hypocritical for me, as a dermatologist, to be admonishing patients for spending too much time outdoors with no sun protection. My excuse is a simple one: back in the day, there was no awareness. I do not recall ever being educated on the harmful effects of UV rays as a child. No one ever mentioned that too much UV radiation could lead to skin cancers, including one of the most deadliest forms, melanoma. That message simply did not exist. Furthermore, I did not have parents barricading the door and slathering on a handful of sunscreen before I left the house, a ritual that my two children now go through daily. My multiple agonizing sunburns did teach me to limit the amount hours I spent in the sun, but I had no idea that numerous doses of UV exposure would have a cumulative effect over time. It was not until my early years in medical school that I gained an in-depth understanding of the deleterious effects of the sun's UV rays. These days, the concept of sun-protection is gaining a larger audience and products that promote sun-protection are ubiquitous. Rash guards with UV protection, sunglasses, and a myriad of cosmeceutical products with sunscreen, including moisturizers, makeups, and lip gloss line the shelves of stores. We have entered the age of awareness, and with the ever dwindling ozone layer and living in one of the sunniest places in the world, we have no choice but to jump on the bandwagon.

So how does sun damage occur?

It is a well known fact that exposure to UV rays is a risk factor for the development of skin cancer. UV rays produced by the sun are capable of damaging the DNA in skin cells. Repeated UV damage to DNA eventually leads to mutations in genes that are important in preventing cancer. When these genes become mutated, the skin then loses its ability to ward off cancer. This process takes years and requires numerous mutations to take place before the skin's ability to fix these mutations are overwhelmed. This is when cancers are likely to develop. This also explains why people usually develop skin cancers later in life, despite their efforts of sun-protection during their adult years. Most people receive between 25% and 50% of their lifetime sun-exposure by the age of 18. Therefore, it is paramount that we instill the importance of sun-safety from a young age.

What types of skin cancers are there?

Skin cancer has become the most common type of cancer in the U.S. with over 2 million people diagnosed each year. One in five Americans will go on to develop skin cancer.

The 3 main types of skin cancers are:

(1) Basal Cell Carcinoma, (2) Squamous Cell Carcinoma, and (3) Melanoma.



Basal cell carcinoma:

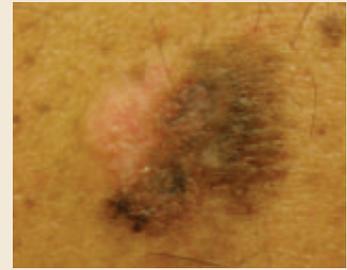
Basal cell carcinoma is the most common form of skin cancer. These cancers arise within sun-damaged skin and originate from the basal layer of the skin (the deepest portion of the epidermis, which is the upper skin layer). Basal cell carcinomas often appear as a non-painful shiny bump or red, scaly patch. Sometimes, they can resemble eczema or psoriasis. Other times, they appear as an open, bleeding sore. In their earlier stages, basal cell carcinomas are easily treated. However, if left untreated for an extended period, the tumor may invade deeper structures beneath the skin, requiring more extensive surgical treatment. Basal cell carcinomas on the scalp and face have a higher risk of recurrence, and surgical removal of them can result in unsightly scarring. People that have acquired a basal cell carcinoma are at higher risk for developing more over the years. Thus, it is important for someone who has had a basal cell carcinoma to schedule regular visits to a dermatologist for skin cancer screening.



Squamous Cell Carcinoma:

Squamous cell carcinoma is the second most common type of skin cancer. This cancer arises within the squamous cell layer of the epidermis, hence the name. These cancers also tend to occur in areas frequently exposed to the sun, such as the face, ears, scalp, hands, arms and legs. Fair skinned people with light hair and blue eyes are at higher risk for acquiring squamous cell carcinoma, as well as those who spend long hours outdoors in the sun. Squamous cell carcinoma can also occur within scars, ulcers, burns, and areas that have previously been exposed to x-rays. Precancerous growths, known as actinic or solar keratoses, can be the first step to developing a squamous cell carcinoma. Up to 10 percent of these keratoses can evolve into squamous cell carcinoma. Squamous cell carcinomas usually appear as rough, scaly patches and bumps. Occasionally, they can look like a wart or a non-resolving pimple or cyst. They occasionally hurt, bleed and can grow rapidly. Similar to basal cell carcinomas, squamous cell carcinomas that are diag-

nosed and treated early on are almost always curable. Those that are left untreated can invade the underlying tissue and occasionally become fatal by metastasizing to other organs.



Melanoma:

Melanoma is the most severe and deadliest form of skin cancer. It accounts for 3 percent of all skin cancers, but results in 75 percent of skin cancer deaths. This form of cancer arises within the melanocytes, which are the pigmented producing cells that color our skin, eyes and hair. There are four different types of melanoma: (1) superficial spreading melanoma, (2) lentigo maligna, (3) acral lentiginous melanoma, and (4) nodular melanoma.

Superficial spreading melanoma is the most common type of melanoma and appears as a tan, brown or multicolored patch or bump. Most tend to occur on the torso in men and on the legs in women. This type of melanoma can originate from a previously benign mole, so it is important to monitor your moles for any type of change. Lentigo maligna typically occur in elderly people on sun-damaged skin. They appear as brown or darkly pigmented, irregularly shaped patches that can sometimes be elevated. This is the most common form of melanoma in Hawaii.

Acral lentiginous melanoma is very different from the others, as it usually appears as a dark discoloration on the hands and feet, occasionally appearing under the nails. It is the most common type of melanoma in African-Americans and Asians.

Nodular melanoma is usually a dark brown, black, or multi-colored nodule. This type of melanoma tends to occur in elderly people and tends to be more aggressive.

A person who has had a family member with a history of melanoma has a greater chance of developing the disease. People who have numerous odd-colored or odd-shaped moles should keep a close eye on them and have them checked if there is any concern. Majority of the melanomas are diagnosed at an early stage and surgical removal of them can be curative. However, a number of melanoma do escape early detection and go on to become fatal.

Sun-Safety Tips:

The key to preventing skin cancer is to practice sun-safety.

Avoid direct sunlight from the hours of 10am to 4pm.

Apply a sunscreen with an SPF of 30 or higher, 30 minutes prior to going outside.

Wear clothing with ultraviolet protection, a wide-brimmed hat, and sunglasses. Avoid tanning and UV tanning booths.

If you have a question you would like to ask Dr. Greg Sakamoto, you can email him at:

drgregsakamoto@gmail.com



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(Iams Fu, Taylor Heen, Savili Barley Jr., Keanu Gututala, Jarret Stone, Max Wellein, Azariah Distajo, Ruckus Lindsey, Tyler Meditz, Makualii Perry), 3:32.73.

2. Punahou 3:37.22.
3. Kealakehe 3:37.47.
4. Le Jardin 3:38.
5. Kalaheo 3:40.65.
6. Hawaii Pacific 3:41.53.
7. Roosevelt 3:44.68.
8. Seabury 3:46.88.

Varsity Girls

1. Kamehameha

(Chelsey Kahoonei, Alexandriz Ho, Zoey Kalahiki, Brittney Saldania, Kamalolo Koanui-Kong, Taeler Javier, Kawipuna Kalipi, Tressie Ostermiller, Anna Corotan), 4:06.40.

2. Pac-Five 4:06.40.
3. Molokai 4:12.12.
4. Kalaheo 4:12.42.
5. Kamehameha-Maui 4:16.36.
6. Seabury 4:16.77.
7. Punahou 4:22.25.
8. Konawaena 4:28.80.

Varsity Mixed

1. Kamehameha

(Savili Bartley Jr., Fullerton Pokipala, Azariah Distajo, Tyler Meditz, Iams Fu, Kayla Hew Len, Lehua Wall, Liana Dollar, Chelsie Puuohao-Hashimoto, Isha Fu), 3:49.30.

2. Seabury 3:53.47.
3. HPA 3:55.48.
4. Kapaa 3:58.11.
5. Punahou 4:01.00.
6. Kalaheo 4:03.32.
7. Roosevelt 4:05.11.
8. Kealakehe 4:05.45.

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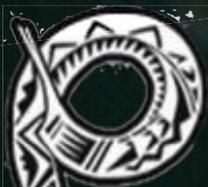
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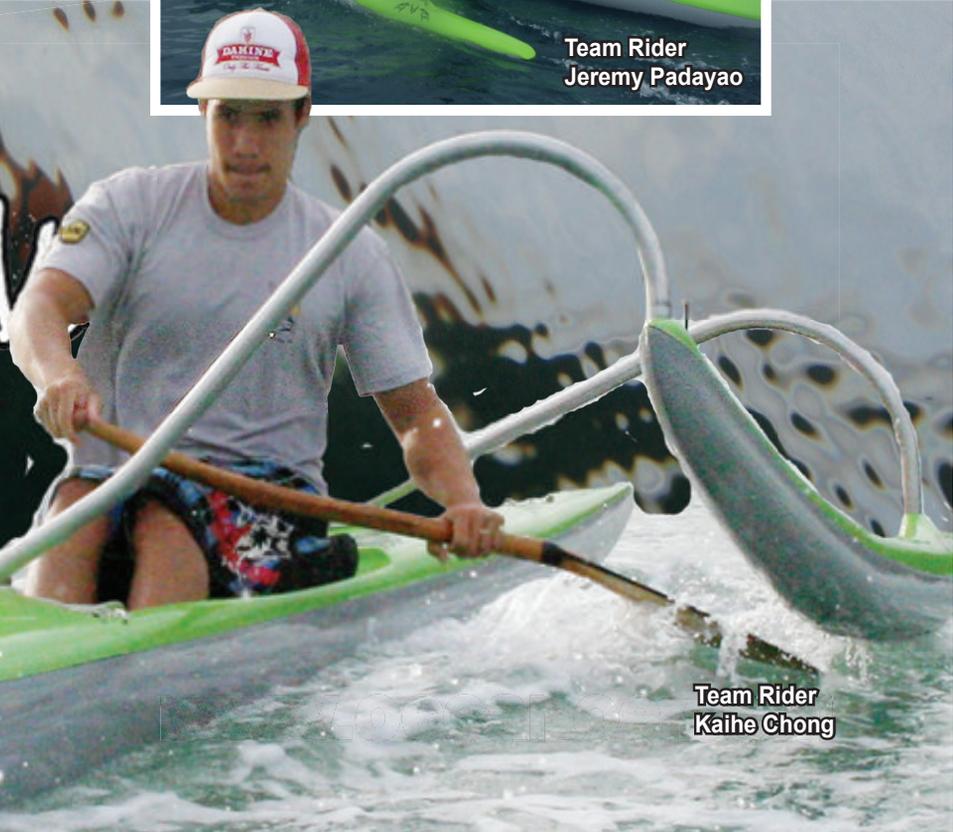
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