

LĀNA'I TODAY

SEPTEMBER 2021

Chengdu Taste: Chinese cuisine arrives on Lāna'i



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The team of Chengdu Taste, Lāna'i, serves up Szechuan dishes, such as Sweet and Sour Pork, Tan Tan Noodles, and Chengdu Taste's signature dish, Toothpick Lamb, at Hotel Lāna'i, the first foray into Chinese cuisine on the island. Front row: Shanette Castillo; Rowena Gani; Rungang Xu; Chris Graham; Chalie Flojo; Fernando Duclayan. Back row: Diamonds Suetos; Teresa Grabowska; Shayne Kunimitsu; He Mang Ging; Travis Spark; Jie Yu; Jacob Baltero. Photography by Ron Gingerich

The breeze off Keōmoku

Long stretches of the dirt road between the end of Keōmoku Highway and the turn off to ‘Āwehi Trail, are either fine as ash or rocky, as they are on the two squat hills that pass through Kalaēhi and Lopā. I know what to expect. I’ve run through this dry expanse of keawe scrubland, along the island’s eastern coast, several times this year and I know I will alternate between sinking in silt and plodding over rocks, as I move across swirling curtains of dust from one end of the coast and through the walled-in heat of a sauna at the other. But there have been times when a breeze would rise from the ocean and cool my face. It felt like a kindness, giving me hope, blowing just long enough to break the spell of the heat and keep me going.

The terrain through Keōmoku is why I chose it – and the trek to Keahiakawelo at first light that morning and later, up ‘Āwehi – to be part of my last training run before the Pine to Palm 100, an ultramarathon in southern Oregon. The race has some 20,000 feet of elevation gain and loss, and the training run I’d planned that day, a loop of fifty-plus miles and roughly a third of the race’s elevation profile, was an attempt at simulating the physical conditions of the race.

I thought I was prepared. Keōmoku is a land of extremes, amplified by climate change. It’s a broiling furnace in the heat of the day. So, the day before the run, I made water drops every eight miles, and just to be safe, stowed extra liters of water, after ‘Āwehi, to get me home. I stuffed packs of gels and peanut butter sandwiches and salt tablets and knobs of baked sweet potato, and because I worry about muscle cramps, packets of mustard, into the pockets of my running vest.

Ultramarathoners are an obsessive lot, fixated on either running out of water or food during a race. We have reason to obsess. Anything can happen over the thirty to forty-eight hour window of an ultra. There are time cut-offs to make. There’s fatigue and altitude and dehydration, and things beyond anyone’s control, such as weather. What rides me are the twin worries of getting too cold and getting lost, both of which I’ve experienced in an ultra. One was costly, as I spent the entire race, after fifty miles, chasing cut-offs. The other was an easier fix. I dropped to the ground, with rain falling in sheets, and started to do push-ups, twenty-five at a time, then ran some more, stopping every three hundred yards to do push-ups

until my core temperature was warm enough and my body stopped shuddering. Finishing an ultra is like life: you find a way to keep going in the face of adversity.

I had planned to write about the training run and the lessons I learned for this September column. I started writing on Labor Day, with this as the opening sentence: *By the time this paper goes to print, I will have run the Pine to Palm 100....* Having trained well, I could reasonably expect that it would have been true.

But it is not to be. A few hours into writing this column, I and two-hundred fellow registered runners, received an email from the race director who wrote that the race, which was scheduled for September 11 and 12, was cancelled. The smoke of the raging fires in the surrounding area, forest closures, and a spike of COVID-19 cases from the delta variant in southern Oregon, have proven too great a barrier to ensure everyone’s safety and health for the race to run as planned.

It is difficult news to swallow. I had been training for months, timing the peak of my conditioning to fall on race day. I’ve balanced print deadlines and running fatigue. I’ve run at dawn and at night. I was as mentally prepared as I could ever hope to be.

I’ve been unable to fully absorb the blow. However much I’ve trained, I did not expect this news. But I should have. How many plans and dreams have been crushed or derailed or surrendered during this pandemic? No one can escape the toll of the lives lost to COVID-19. The pandemic, like climate change, is transforming the planet. It feels like we are at a precipice, and how we survive and the world we create from this firestorm, will depend on what we do right now. I wish us wisdom. I wish us kindness. May breezes rise up from a cool sea to keep us dreaming of what is still possible to reach, not yet out of our control, and give us hope.



Nelinia Cabiles

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New DOH reports underscore toll of delta variant

Hawai'i Department of Health press release

Two new Hawai'i Department of Health (DOH) reports illustrate how the highly transmissible delta variant is sweeping across the state.

"These reports reinforce what we know about the alarming increase in cases across Hawai'i. Delta is different—it is twice as transmissible as other variants," said Dr. Elizabeth Char, health director, DOH, Fellow of the American College of Emergency Physicians (FACEP). "COVID-19 vaccines are highly effective at preventing severe disease, hospitalization and death, including from the delta variant. It's critical that Hawai'i residents take precautions to stop the rapid spread of COVID-19 and preserve healthcare capacity."

DOH released a new cluster report September 2 identifying seventy COVID-19 clusters statewide, totaling 1,374 cases. Eighteen clusters occurred on O'ahu, forty-four occurred on Maui, one occurred on Hawai'i Island and seven occurred on Kaua'i. The report underscores that this surge is being driven by widespread community transmission. Vaccination reduces but does not eliminate the risk of becoming infected.

The delta variant, which was first identified in Hawai'i in June 2021, makes up virtually all sequenced samples in Hawai'i, according to a State Laboratory Division report.

The SLD began whole genome sequencing of SARS-CoV-2 in June 2020. It now examines fifty to one hundred specimens a week to find variants in a timely manner.

In addition to vaccination, Hawai'i residents should stay home if sick and get tested for COVID-19, wear a mask in indoor public places, move activities outside, and postpone gatherings to protect themselves, their families, and our community.

DOH statement on the Pono Coalition for Informed Consent

Hawai'i Department of Health press release

Dr. Elizabeth Char, health director, Hawai'i Department of Health, Fellow of the American College of Emergency Physicians (FACEP), released August 26 the following statement on the Pono Coalition for Informed Consent:

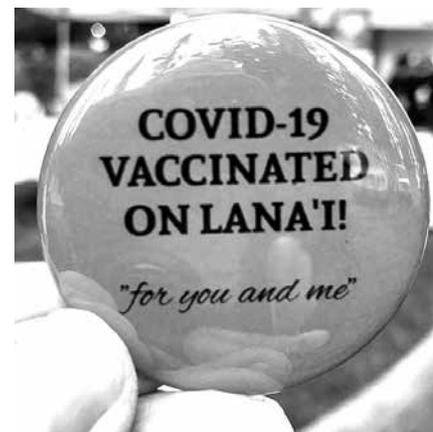
"This week, COVID-19 took the lives of nineteen Hawai'i residents. More than 9,000 of our family, friends, and neighbors are sick with COVID. The tragedy of this spike in cases is that by and large, it's preventable. We have vaccines that will save the lives of Hawai'i residents.

"We listen to all sides in public health. We believe in dialogue. But in this case, the science is clear. More than 350 million doses of COVID-19 vaccines have been administered under the most intense safety monitoring in U.S. history. The vaccine will protect you against severe illness, hospitalization and death.

"The Pono Coalition for Informed Consent is spreading misinformation about these lifesaving vaccines. This is dangerous. The Coalition proliferates misinformation about the severity of the disease and the safety of the vaccines.

"I want to be clear—hydroxychloroquine and ivermectin should not be used to treat COVID-19. Taking unprescribed large doses of ivermectin or doses intended for animals can cause serious harm.

"We are in a crisis. COVID-19 will continue to take lives until we do the right thing and come together behind vaccination. Those with questions about the safe and effective COVID-19 vaccines should seek information from official sources like DOH or the U.S. Centers for Disease Control and Prevention."



Cut to the chase

Community

- The Hawaiian Airlines Made in Maui County Festival 2021 will be an in-person/virtual event November 5 and 6, 2021 at the Maui Arts & Cultural Center, Maui. For more information, visit madeinmauicountyfestival.com
- Participants are needed for a **Lāna'i Wellness Survey** to help identify health and wellness classes and workshops that best serve the interests and needs of our community. Survey results will be used to create a Wellness Week, a series of classes that offer strategies and tools to improve one's health and well-being. The survey is open to Lāna'i residents of all ages. Marcus Washington, Sensei Guide, will collect the surveys. Visit <https://forms.gle/VjkFVwe7QcLED5GDA> to access the survey or scan the QR code below. If you have ideas for wellness events, please call (808) 707-4250.
- **Maui Economic Opportunity, Inc. (MEO)** is always looking for volunteers. You can help MEO support the economically challenged, persons with disabilities, youths in Head Start and those in middle and high school, and seniors. To become a volunteer, call (808) 249-2990 or visit meoinc.org/volunteer/becomeavolunteer/
- Love to hike Lāna'i's historic trails? Interested in helping manage access to and maintaining these trails? **Nā Ala Hele** is looking for you. Apply to become a volunteer member of its Lāna'i Advisory Council. For an application form or more information, please contact Kari Bogner, kkbogner@gmail.com



Business

- **Bank of Hawaii**, the exclusive local bank of HawaiianMiles, will award a total of five million HawaiianMiles to 41 lucky winners who use their new **contactless debit cards** from Sept. 1 through Dec. 31, 2021. Ten winners each month will be chosen to receive 100,000 HawaiianMiles, and one person will be chosen as the grand-prize winner of one million HawaiianMiles. No purchase necessary to enter or win. See boh.com for full rules, including alternate method of entry.

Lanaians

- **Harrilynn Kameenui**, senior vice-president of Administration, Pūlama Lāna'i, was named a Pacific Business News' 2021 Women Who Mean Business honoree. The WWMB laurel recognizes the business excellence and leadership of a distinguished echelon of women, each of the forty honorees an exemplar in her respective field of real estate, health care, education, insurance, to name a few. An awards ceremony is scheduled for October 27, 2021, at The Royal Hawaiian, Honolulu.
- **Jonathan Preza**, retired fire captain, Lāna'i Fire Station, Maui County Department of Fire and Public Safety, won the first annual Lāna'i Golf Association Match Play Championship, on July 2021, at the Cavendish Golf Course, Lāna'i. Match play, a style of golf that pits one player against another, as opposed to the entire field of golfers, ran from May to July, as a single-elimination tournament of twelve players, with one winner from a pairing advancing to the next round. Preza got a bye (or automatic advancement) in the first round, bested Neal Tamashiro in the second; MaryLou Kaukeano in the third; and Rick Dunwell in the championship round, to win the title and the tournament's top cash prize.

'Ōlelo No'eau - **Hōkai ua lawai'a o ke kai pāpa'u, he po'opa'a ka i'a e ho'i ai.** *A fisherman who fools around in shallow water takes home po'opa'a fish.* Said of one who prefers doing easy work instead of venturing into something harder and more profitable. The *po'opa'a* (hard-headed) fish is easily caught with hook and line (Pukui 112).

Chengdu Taste: Chinese cuisine arrives on Lāna‘ī

Text by Nelinia Cabiles

Between the closing of Lāna‘ī City Bar & Grille August 7, and the opening of Chengdu Taste, the new Szechuan restaurant at Hotel Lāna‘ī, the restaurant staff had less than two weeks to immerse themselves in all things Szechuan cuisine, including learning the new menu, preparing and sampling dishes, absorbing standards of service, and becoming savvy about the QR (quick response) code, the restaurant’s new point-of-sale system, which has replaced the traditional paper menu, though it is still offered if one forgets to bring one’s phone.

They are some pretty smart cookies, for they executed like old pros at the family and friends’ event August 19, a dress rehearsal for the grand opening on August 21, handily describing the entrees by memory and highlighting favorite dishes, while helping guests, who scanned the QR code on their smart phones, navigate the menu.

With its emphasis on texture and aroma and distinctive flavors from each region, Chinese food has universal appeal. The cuisine of Szechuan (Sichuan), a province in the southwestern part of China, famous for its unique Sichuan peppercorn, is spicy, subtle, flavorful, and, if the Tan Tan noodles I had that night are a good representative of the offerings, absolutely delicious. The noodles were silky and lightly coated with a sauce that is beyond my vocabulary or imagination to describe. I must resort to simple words, such as perfect and extraordinary and yummy. I am not alone in my judgment. Local residents, guests at Four Seasons and Kō‘ele, have become immediate fans of Chengdu Taste.

“The reception has been great. We’ve had limited options here and Chinese food is something we can offer,” says Travis Spark, hotel and restaurant manager, Hotel Lāna‘ī. “Maybe it’s the honeymoon phase. But even at fifty percent capacity, staying within the state’s mandate, we’ve been booked every single night since we opened. We’re seating seventy to eighty people a night. And that’s for indoor seating.” Spark admits to having had to turn down diners, something he doesn’t like to do.

As Lāna‘ī’s first Chinese restaurant, Chengdu Taste seems to have filled a void – a hunger, so to speak – for Chinese food. Szechuan cooking does have a reputation of being fiery. But most of the family-style platters, such as the sweet and sour pork, beef pancake rolls, pork dumplings in a sweet and spicy sauce, that my dinner companions ordered that night were mild, with the exception of Ma Po Tofu, which was explosive. As is the stir-fried beef with chili pepper, the gold standard of hot, laughs Shanette Castillo, a server, who admits to being a spice wimp, but will make an exception. “When something is good, even when it’s hot, you going eat it!” she says. Customers can use a spice scale as a guide when they place their orders. Castillo is surprised to note that many customers have become repeat visitors, a frequency she didn’t see with LCBG, “which may have to do with [Chengdu Taste’s] relaxed atmosphere,” she says. And the restaurant’s price point: with dishes ranging from \$8.99 to \$21.99, a dinner of family-style portions is affordable.

Spark, whose philosophy is to bend over backwards for guests, fulfilling a request for an entrée, if it isn’t on the menu, such as vegan dishes, believes that one of the most important selling points that he and his staff can impart, is a sense of community. “This is a place where you can celebrate birthdays, listen to live music, come with your families. It has that kind of vibe.” Open Wednesday-Sunday, 5 p.m. - 9 p.m., (808) 563-0936.



LFCC’s T-shirt logo design contest and membership drive

September and October promise to be busy months for the Lāna‘ī Filipino Community Coalition. The newly-formed group is seeking artists to design a new LFCC T-shirt logo and new members to amplify its ranks.

First on tap for September is a T-shirt logo contest, open to all ages, using any medium. The logo must represent an aspect of the Filipino culture, and all entries must include the artist’s rationale for his or her design. The winning logo will be featured on LFCC T-shirts. Participants can submit their entries by email: lanafcc@gmail.com, or drop them off at the Filipino Clubhouse, 450 Jacaranda Street; Lāna‘ī Federal Credit Union, 816 Ilima Avenue; or with any of these LFCC officers and board directors: Elmer Agtarap; Epifania Agtarap; Noemi Barbadillo; Kathleen Costales; Juan Jaughn Degamo; Charity Figuerres; Raina Mirafuentes; Charlie Palumbo; Ashley Richardson; Kendra Sabin; and Ella Yumol. The deadline to submit T-shirt logo design entries is September 27. The grand prize for the winning logo will be determined at a later date.

Next on the LFCC’s to-do list is its membership drive, which will be run through the LFCC Facebook page for the entire month of October. LFCC’s annual membership dues are \$15/individuals; \$25/family; \$100/business; membership comes with a free T-shirt, which will be handed out to new members some time in November.

The membership drive will culminate in an inaugural drive-by October 31. LFCC officers will drive around town to pick up membership applications and checks for dues. If a new member wears a Halloween costume at the time of pick up, he or she will be automatically entered into LFCC’s costume contest. For more information or if you have questions, please email: lanafcc@gmail.com.



LFCC officers and directors of the Board. First row: Epifania Agtarap, vice president, Membership; Jean Sumagit, past president. Second row: Raina Mirafuentes, vice president, Community Engagement; Noemi Barbadillo, president. Third row: Ashley Richardson, vice president, Communications; Ella Yumol, director of the Board; Charity Figuerres, executive vice-president. Fourth row: Charlie Palumbo, secretary/historian; Kendra Sabin, director of the Board; Kathleen Costales, treasurer; Elmer Agtarap, director of the Board. Not pictured: Juan Jaughn Degamo, director of the Board. Photograph by Nelinia Cabiles



Kaunoa Dupree, manager of the Blue Ginger Café, receives a tropical flower arrangement, which includes blue ginger, from Pūlama Lāna‘ī’s Facilities department to commemorate the café’s thirtieth anniversary August 19. “Thank you to all of our customers who helped us celebrate thirty years in business and whose ongoing support made this milestone possible. We look forward to serving you for many years to come,” says Phoenix Dupree, owner. Clockwise from the bottom: Lynn Fuchigami-Costales, Leinani Zablan, Larry Plunkett, Noemi Barbadillo, Kaunoa Dupree, Rose Baptista. Photograph by Nelinia Cabiles

Ho‘i no kau me ‘oe. *May yours return to you. A reply to a person who utters a curse. It means “I do not accept your curse,” and frees the speaker from trouble (Pukui 111).*

\$35 million of rental, mortgage and utility assistance, other resources available to Maui County residents

Contributed Yuki Lei K. Sugimura

This past month, Hawai'i's eviction moratorium expired August 6 and the Centers for Disease Control eviction order was invalidated by the U.S. Supreme Court. On August 26, the Supreme Court ruled that the CDC lacked the authority to issue such an order without direct authorization from Congress.

While the order was voided immediately, there is still a substantial amount of aid and assistance available. The nullification of the CDC order does not impact the funding already received by the County of Maui for rent, mortgage, and utility relief.

The County has received \$40 million to help residents needing rental and mortgage assistance because of COVID-19. To date, only 645 households have accessed money to avoid eviction and potential homelessness, leaving about \$35 million still available.

I hosted an eviction moratorium roundtable August 13 to assist residents in understanding the different types of assistance available to both landlord and tenants. A recording of the discussion and other information is available at mauicounty.us/Sugimura. Rental assistance is available for residents needing assistance as far back as March 31, 2020, and prospective rent into the future.

Even though there are no longer any state or federal eviction moratoriums in effect, mediation is mandatory before any court evictions can be filed, as per the state law passed earlier this year by the State Legislature to help landlords and tenants.

Maui Mediation Services is available to assist landlords and tenants with mediation, applications for rental assistance, and related services. You can also reach out to Maui Economic Opportunity or Catholic Charities Hawai'i directly for assistance.

Rental assistance funding is available until September 30 to Maui County residents who qualify.

Although Hawaiian Electric Company ended its disconnection moratorium on May 31, it continues to work with customers to implement payment arrangements to help them avoid service interruption. Customers are encouraged to reach out if they are experiencing hardship, and the company will do its best to work with them.

Here's a list of resources available to assist residents with rental, mortgage or utility needs in Maui County:

Legal Framework:

David W.H. Chee, attorney at law
(808) 539-1150 - dchee@dcheeLaw.com

Legal Aid Society of Hawai'i, Maui Branch
(808) 244-3731 - legalaidthawaii.org

Rent, Mortgage, and Utility Relief:

Catholic Charities Hawai'i - (808) 873-4673
catholiccharitieshawaii.org/maui-county-rental-utility-relief-program/

Maui Economic Opportunity, H.E.L.P Program

(808) 249-2970 - meoinc.org

Hawaiian Electric Company - (808) 871-7777 (Maui)

or (808) 871-8461 (Moloka'i, Lāna'i)

hawaiianelectric.com/hawaiian-electrics-response-to-covid-19

County of Maui, Housing and Human Concerns -

mauicounty.gov/mauirenthelp

Mediation:

Maui Mediation Services - (808) 344-4255

landlordtenanthelp@mauimmediation.org; mauimmediation.org

I encourage community members to share this information with friends and family. If you are in need, please seek assistance. For more information, contact my office at (808) 270-7887 or call me directly at (808) 870-8047.

* Yuki Lei Sugimura is chair of the Infrastructure and Transportation Committee. She holds the council seat for the Upcountry residency area. "Council's 3 Minutes" is a column to explain the latest news on county legislative matters. Visit mauicounty.us for more information.

HYSC applications now open

Kupu and Kōkua Hawai'i Foundation press release

Kupu and Kōkua Hawai'i Foundation announced August 25 that applications for the 2021-2022 Hawai'i Youth Sustainability Challenge (HYSC) for students in grades 9-12, statewide, are now open. The deadline to apply is October 8, 2021.

The HYSC is an initiative to empower Hawai'i's youth to solve conservation and sustainability problems in their schools and communities. Selected students will receive funding, mentorship, and training to support their innovative and grassroots environmental initiatives.

In addition to identifying conservation and sustainability challenges, students are also encouraged to solve community partnership challenges that community groups confront. This year, twelve federal, state and community organizations have submitted twenty different challenges for students to tackle.

"To help prepare students to submit strong, well-thought-out proposals, we are offering HYSC Readiness Workshops for the first time," said Elia Herman, Kupu senior program manager.

The virtual workshops will enable students to talk directly with organizations about their challenges, help them better define their vision and ideas, and write more effective proposals.

Projects are awarded up to \$1,000 for supplies and materials, based on scope and need. Awardees will also receive mentorship, training, and support to help them implement their projects. All projects, which must be student-driven, will commence December 2021 and must be completed by May 2022. Students, together with a teacher advisor, are invited to apply. To learn more and apply, visit: <http://www.hawaiiyouthsustainabilitychallenge.org>.

Tips for repelling deer

Text and photography by Nelinia Cabiles

Though slight of bulk and slim of waist, a deer is an unfussy, indiscriminating eater. Only the palate of a pig or a dog, which will happily root through steaming garbage and find a juicy morsel to its liking, is probably less refined. But pound for pound, a deer is no less insatiable or voracious: it can devour its own weight in greens within minutes, at the all-it-can-eat salad bowl that is your vegetable and fruit garden.

That gorgeous, leafy head of kale? Munched to nubs in five seconds. That ruby-red Swiss Chard? *Wait, what Swiss Chard?* Poof. Dispatched and digested. Papaya? Forget it.

Lāna'i gardeners have struggled for years to keep the doe-eyed salad thieves at bay. What doesn't work: a scarecrow; sensor lights; fencing. Without resorting to violence, you can repel deer from your vegetable bounty with these simple and inexpensive tricks.



Grate a bar of Irish Spring, place it in a plastic cup, and set it among your kale. Whether it's the Titanium Dioxide or the Pentaerythrityl Tetra-Di-T-Butyl Hydroxyhydrocinnamate, deer find the scent of Irish Spring disgusting.



Plant rosemary. A deer is ruled by its nose. The compounds in an aromatic plant such as rosemary is a good deer deterrent. Sage, thyme, mint, oregano and basil are good choices, too.



Scatter ironwood leaves on your hedges. Ironwood is as appetizing as eating straw or sawdust.

Ho'ohewahewa ke aloha, aia i Puna i Nānāwale. Love failed to recognize him, for it is gone to Puna, to Nānāwale. Said when an acquaintance or friend merely looks at another and offers no greeting. A play on *nānā-wale* (merely look) (Pukui 113).

Virtues in Paradise Becoming good navigators

Contributed by
Linda Kavelin-Popov

How are you, really? This is a question I often ask friends, giving them the freedom to share their full story and feelings – whether sad, mad, scared, or glad. Recently friends have replied, “depressed”, “anxious”, “scared”, “confused”. The global pandemic of emergency exhaustion and crisis fatigue is persistent, like waves that keep battering the ship of our lives.



Linda Kavelin-Popov

How are we to feel when the whole world seems to be falling apart, in the death throes – burning, drowning, suffering, and literally, plagued? More importantly, how are we to respond? One thing I know for sure is that there is a way through this time, if we see ourselves not as victims, but as athletes – good sailors. History tells us that every major crisis also births positive change. Good sailors don’t sink in the storm; they ride the waves. They watch the stars and read the currents.

What we need now, in this time of uncertainty and testing, is the will not only to survive, but to make the world around us a better place. We need to find the courage to create change in our inner climate in order to heal the climate of our outer world, our families and communities. We find strength to navigate troubled waters in the practice of virtues – the qualities of character and soul given to us by our Creator, the “fruits of the spirit” (Galatians 5:22). Virtues can guide us through this, like brilliant stars leading the way home in a dark time.

1. **Call on Resilience** – it’s your ability to navigate adversity with hope and faith. Author Anthony Robbins says, “Every setback is a setup for a comeback.” And what gives us resilience when we feel helpless and the world seems out of control? Finding our purpose.

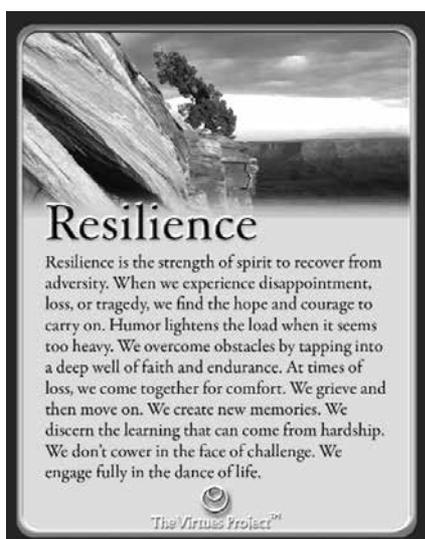
2. **Service.** Service gives us purpose and direction, like a rudder, guiding us to meaning, and even joy. What is your way to help others now? Who needs you? How can you help your children adjust and learn in fun and creative ways? Our island is a place of remarkable kindness, with neighbors helping neighbors, staying in touch, calling, sharing food, shopping for kūpuna. When we focus on caring for others, our own cares dissipate.

3. **Take care of yourself, too.** Eat healthfully, meditate, exercise, connect. Find safe people who can companion you – your crew. Take “me” time in solitude or with a friend.

3. **Keep a pace of grace.** Create a schedule. Make your bed, get dressed. Create a family routine. Order brings peace. Make time for devotion and reflection. Create a gentle flow of chores, work and learning, and remember to play. Have bedtime rituals, such as stories, sharing a thorn and a rose from your day, or naming three things for which you are grateful that day. The practice of gratitude is a profound antidote to stress.

We will get through this, but let us never get past it. This is a tipping point for creating sustainable change, both within us and in the world, whether by doing our part for climate change, reaching out to help others, keeping ourselves sane with companions we trust, and above all, finding our path of purpose for whatever comes. Anthropologist Margaret Mead said, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

You can get a Virtues Card app for your phone to make virtues picks and send others positive acknowledgments. www.virtuesmatter.com/app



Reese’s Peace Becoming your authentic self takes courage

Contributed by Caroline Reese

Many people struggle between being who others expect them to be versus being their authentic selves. Sometimes it takes many years before someone dares to live his or her real life. Digging deep to uncover one’s true beliefs can be challenging, especially if one was taught that other’s opinions and being liked or accepted were more important than one’s own feelings.



Caroline Reese

As young children, we didn’t choose our beliefs. We accepted all information as valid, regardless of whether the ideas or beliefs were right or wrong. Opinions were just as worthy as beliefs. They became part of our belief system, which in turn, became part of our identity.

When I attended grad school, I spent many hours studying identity formation. Identity is the result of societal beliefs, cultures, relationships, etc. The concept of identity has undergone many transformations and continues to be incessantly researched.

Our emotional and physical health is impacted by constructing our identity and communicating our thoughts and feelings. How we perceive these thoughts reflects how we communicate them and whether we feel a sense of belonging or have a low self-esteem. Identity is one of the factors that defines our self-esteem. Self-esteem impacts not only our decision-making but our emotional and overall well-being.

Becoming aware of our feelings is the first step in recognizing that it is the limiting beliefs from which sadness and suffering comes. Limiting beliefs are those little whispers in your head that sow doubt and fear about the things you want to do or who you wish to be, and stop you from trying.

Beliefs are not facts. Beliefs are thoughts formed from an experience, but are not grounded in the truth. Are you willing to reflect and let go of beliefs that don’t serve you?

This is not an easy task. It takes courage to move forward and let go of the beliefs that keep you from feeling joy.

Start off by asking which beliefs are false. Write down the ones that come to you quickly. Then ask, am I willing to let them go? Think about what you want in life and what limiting beliefs are in your way that are keeping you from those desires.

Some common limiting beliefs:

I am not good enough

I am not pretty or thin enough

I am too old

I am not smart enough or I didn’t go to college

I can’t be my real self or I’ll be judged

Remember tapping into the real sense of who you are and your purpose promotes overall wellness. When we do not go inward and pay attention to our emotions, we lose clarity of ourselves. Ralph Waldo Emerson wrote, “What lies behind us and what lies before us are tiny matters compared to what lies within us.” What lies within you?

Remember, you are the master creator of your self, and the creation begins with a thought. Whatever you think creates your life experience. You hold the power of choice, and the more aware you become in choosing your thoughts, the more mastery you gain over your life. Take your time and remember loving yourself and discovering and embracing your authentic self is an essential part of healing and wellness.



Hō a‘e ka ‘ike he‘enalu i ka hokua o ka ‘ale. Show [your] knowledge of surfing on the back of the wave. Talking about one’s knowledge and skill is not enough; let it be proven (Pukui 108).

Hōkūao project model house is one word: Fabulous!

Contributed by Alberta de Jetley

Coming home...but where was I going to live? In 1996, I was offered the Parent Community Networking Coordinator's (PCNC) position at Lānaʻi High & Elementary School. Although I loved working at Haleakalā Waldorf School in Kula, Maui, every night I drove to a rental house at Kēōkea, near Kula Hospital, and looked across the ocean to Lānaʻi . . . I knew where I wanted to be.

Hanging on the wall of my home was a watercolor by Maui artist Phil Gronquist. Painted in 1983, it depicts former Lānaʻi resident Rose Pajente in front of her plantation home, feeding chickens in her garden. I took it off the wall to look at it: "I want to live in a house just like this one," I said.

A month after I returned, I rented the house next door to it! In 2005, I was able to purchase it when Lānaʻi's previous owner, David Murdock, sold off a number of the plantation's older houses to the tenants who lived in them.

Today, my 1935 house is held together by love, Bondo and paint. I wouldn't trade it for a palace. But after visiting the model house at Hōkūao, the 150-unit rental housing project Pūlama Lānaʻi is planning, I am downright envious!

I was predisposed not to like it. The model house sits on a hill by Sensei Farm and looks boxy with its small windows and entry porch. However, when the front door swings open, it reveals a huge living/dining/kitchen area that welcomes you into the house. Across the room, large windows reveal a spacious deck that runs the entire length of the house. The deck steps down into a spacious backyard which is perfect for playing with your children and pets. The two bedrooms are on either side of the living area and could rival luxurious rooms at Four Seasons Resorts and are furnished with king-sized beds. But, wait until you see the bathrooms! The walk-in

showers are huge and I think my whole bathroom is the size of the shower. If you haven't tried the Toto Japanese toilets yet, you'll soon understand why they are so popular!

After absorbing the shock of being in this super comfortable and beautiful house, its most amazing feature is the

roof! The roof looks like shingles, but it is made of photovoltaic cells that convert the sun's energy into electricity to power the entire house, which includes a central air-conditioning system! Each house generates its own electricity. When the sun goes down, Tesla batteries take over. Kiss your electricity bill good-bye – it's included in the rent!

Pūlama Lānaʻi's Hōkūao project will follow Maui County guidelines with 76 units set aside for affordable rental housing, while 74 units will be rented at market rates. Many residents have been doubled up with relatives and friends while waiting for a place of their own to rent.

I'm keeping my fingers crossed that one day next year, I'm going to be taking photos of your families receiving the keys to homes at Hōkūao!



Alberta de Jetley with a 1983 watercolor painting by Phil Gronquist of Rose Pajente, feeding chickens in the garden of her plantation home. Photograph by Nelinia Cabiles

The positive results of COVID-19

Contributed by Catherine Riel

Pandemic. The word conjures up negativity almost as soon as it reaches our ears. We have all been affected – almost without exception – in the most personal of ways. Long-lasting events can feel like persistent waves overtaking us, as we try to duck-dive for survival. They reveal what we are. Am I a good swimmer? Do I have the will to fight, or will I succumb to the power of the waves?

What has the pandemic revealed about you? Have you kept your calm? Have you lost hope? Have you found faith? Have you discovered a strength you never knew was within you?

For some of us, COVID has not only uncovered our hidden inner workings, but also revealed an opportunity to rediscover things outside of us. Amid a year inundated by tragedy, I stumbled upon my own rediscovery – a reminder that the internal realm and the external domain are almost symbiotic. As a result of COVID-19, I have reconnected with a group outside of my immediate world that is a part of my internal being, a bevy of friends I call, "my girls".

With pandemic isolation came the advent of using technology in ways I'd never previously conceived. After attending the funeral of a woman we all knew and loved, we gathered on Zoom in our own "room". What is now our monthly visit has become a lifeguard reaching to pull me out of the overhead waves of COVID-19. As I listen and share, I'm reminded of the stunning qualities with which these women are clothed: humility, resilience, strength, faith, the ability to laugh in the face of hardship. These are the very traits that drew me to them so long ago.

Tucked away in a valley of flat land and wooded rolling hills, among bounty and beauty, the seeds of friendship were put in fertile soil. The five of us grew up in a place not much unlike Lānaʻi, a rural community with deep cultural roots and strong family ties. Instead of pineapples, imagine bowing heads of yellow-beige wheat, trees laden with apples and peaches in straight-rowed orchards, the pungent smell of mint permeating the air as the low-lying leaves bake in the August sun.

In that environment, I was the wallflower, hoping someone would ask me to dance, never quite feeling worthy of being at

the party. These girls engaged me with invitations to a slumber party, a trip to the river, a night of girl talk, or to dance the Salty Dog Rag at the annual Scandinavian Festival. When I felt like toppling under the weight of sadness and disappointment, they held me straight like a sapling tied to a stake. They helped me find who I am, and made me feel I belonged. Their love and acceptance gave me the courage to form more lasting bonds with others that came after.

As in our youth they continue to impart special gifts: one, sacrifice, dotted with whimsy; another, straightforward, loving assurance; a third, an unassuming meekness, and still another, compassionate understanding. Though they are unique, there is a common thread that joins them together: the desire to feel loved, whole, worthy, and, at the same time, an inability to recognize they, too, deserve such grace.

A lesson from the past has been called to mind: strength, calm, faith, hope, and more, in times of trial, are not only reserves from which we draw sustenance, but are amplified and deepened by those we surround ourselves with, as flames fanned by trade winds. To "my girls", I say, thank you for being my courage and strength.



Catherine Riel

Hiki mai la na hoaloha, o Ke'olohaka lāua o Hanalē. *The friends Ke'olohaka and Hanalē have come.* The friends Vacancy and Hunger are here. Said in fun when one is very hungry (Pukui 106).

From the Farm Welcoming new Engineering & Operations Director: Humberto Garcia

A monthly column conceived and authored by the Sensei Ag leadership team.

This past June, Sensei Ag welcomed Humberto Garcia as Engineering and Operations director for our Lāna‘i farm. Born in Guadalajara, Mexico, in the state of Jalisco, Humberto recently moved from his hometown with his wife and the two youngest of his three children to Lāna‘i to join our farm team. It’s the Garcias’ first time living in the island state. “It’s funny,” Humberto laughs. “My wife had always asked me to take her to Hawai‘i on a vacation, and well, I finally did it!” Though not actually ‘on vacation’, per se, Humberto’s family has truly enjoyed their time on Lāna‘i, thus far. No question, “it’s a beautiful place. We love the beach, the food is awesome, and the people we’ve met have been incredibly friendly,” he says. As Humberto will be spearheading the operations efforts at our greenhouse, we’d like to take this opportunity to introduce you to him today.

From mechanical engineering to agriculture

While agriculture may have not been where Humberto started his career, it is definitely where he would like to stay. After receiving a bachelor’s degree in mechanical engineering, Humberto worked as an equipment engineer in IBM’s hard disk drive department, which, with all of the cloud technologies the Sensei Ag team uses today, truly feels like a relic of the past. During his career at IBM, Humberto was offered a unique opportunity to participate in a company program called Strategic Human Resources Business Partners, where individuals familiar with the “shop floor” dynamics of the company could work closely with the production area. Participating in this program launched Humberto onto a series of positions in which he swapped roles between human resources and production. One of these HR roles was for a company in the fresh produce industry in Mexico growing tomatoes in a very large greenhouse. After working as the HR director, Humberto eventually transitioned as the farm’s general manager, taking care of the 285-acre facility. “This was my first experience in the fresh produce industry,” he explains, “and I got hooked immediately.”

A holistic approach to farming

Humberto was looking to take his passion for the agricultural industry and growing fresh produce to a new level and ultimately found the opportunity to join the Sensei Ag team. Humberto explains he was inspired by Sensei Ag’s “holistic approach to growing produce. It’s not only the commercial interest in doing so, but also the nutritional part, the quality of the produce, and the wellness the products can bring to the lives of our customers, all while incorporating technology into our processes.” This vision, combined with the management team bringing the vision to life, is what attracted Humberto to join Sensei Ag.

While it has only been about three months since Humberto assumed his position with the farm team, he has already mapped out some key goals as our new Engineering and Operations director. Humberto’s first goal is to ensure all operations continue to run smoothly and efficiently, using hard data to make decisions regarding cultivation methods, nutrient inputs, seed selection and more, all while assuring food safety and quality at every step of the growing process. His second goal is to support the continued growth of top-quality produce, leveraging innovative techniques and knowledge of consumer preferences to ensure Sensei Farms produce has a competitive edge. All produce must be grown with a customer-centric mindset. It’s not enough to just grow large volumes of leafy greens, tomatoes, and cucumbers; you must grow produce that consumers want to eat. Third, Humberto believes a successful farm is one in which all employees feel fully engaged in the process. This collegial work environment is core to Sensei Ag’s culture. Humberto emphasizes, “I’ve enjoyed the time spent with the team, getting to know one another, sharing thoughts and bouncing off ideas.” This, he notes, is the way Sensei Ag is able to continue to promote internal talent while also encouraging innovation.

While Humberto recognizes his task at hand is not simple and there will certainly be some challenges along the way, as he grows and develops in his new role, the opportunity to increase local, fresh produce production on Hawai‘i is something he is ready to tackle. “Hawai‘i has true potential to grow some awesome products,” Humberto emphasizes, and this holistic approach that combines produce cultivation with wellness and technology “is something that separates Sensei Ag from any other company I have worked for previously.” Please join us in welcoming Humberto to the Sensei Ag team!

Tasty Takeaway

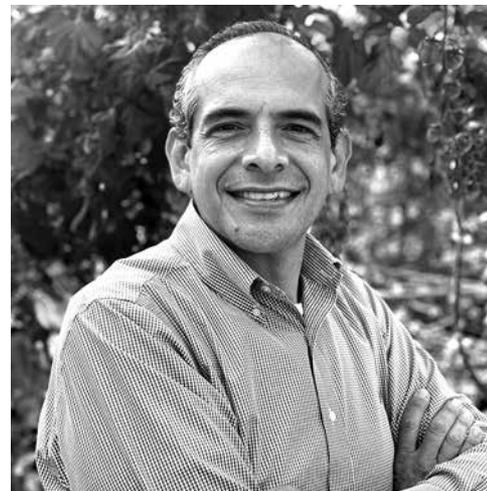
Humberto praises Sensei Farms’ tomatoes and lettuce varieties. “They all match well together in a super salad,” he explains, so here’s a salad recipe that combines both tomatoes and leafy greens: Farro Salad with Parmesan, Cherry Tomatoes and Arugula. This hearty salad highlights the innate nuttiness of the farro seed, while incorporating fresh greens and herbs. The fried egg on top makes this an easy brunch option and any leftover farro can be stored in the refrigerator for three days.

Ingredients:

- 1 1/2 cups pearled farro
- 1/2 cups raw sunflower seeds
- 1 1/2 cups cherry tomatoes, halved
- 2 cups fresh arugula
- 1 cup basil leaves, torn into pieces
- 1/2 cup shaved parmesan
- 4 tablespoons fresh lemon juice
- 1/4 cup extra virgin olive oil
- 2 cloves fresh garlic
- 1 sprig rosemary
- 4 eggs

Directions:

Bring a large pot of salted water to boil, and cook the farro for 12-15 minutes. When cooked, place the farro in the refrigerator to cool. Meanwhile, toast the sunflower seeds in a pan over medium-low heat for 5-7 minutes. Let the seeds cool in a bowl, and then combine them with the farro, cherry tomatoes, arugula, basil and shaved parmesan. In the same pan used for toasting the sunflower seeds, heat the olive oil, rosemary and garlic cloves over medium-high heat. Carefully add your eggs, season with salt and pepper, and baste with olive oil until desired doneness is reached. Remove the eggs from the pan, discard the garlic and rosemary and allow the remaining oil to cool. Add this oil to your farro mixture along with lemon juice and mix. Season with salt and pepper. To serve, divide the mixture evenly among four plates and top each salad with a fried egg. Packed with 14 grams of protein and 7 grams of fiber per serving, this salad is designed to keep you full and satisfied.



Humberto Garcia, Sensei Ag’s Engineering and Operations director




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Call for submissions



Photo courtesy of Lāna'i Culture and Heritage Center

We are our island's memory keepers.

Pineapple used to grow here. Our parents and grandparents worked in the fields, bending and stooping in search of fruit, and in the summer, we learned to do the same. Day after day, in sun and rain, we came to the fields, to back-breaking work from which our plantation community was built. It was our way of life. Until it wasn't. Except for the scraps of black mulch paper that litter the roads, there is little evidence that pineapple used to grow here.

To honor our island's past and those who shaped this island and made it what it is, Lāna'i Today is looking for stories of the pineapple era for its series, Plantation Life. The stories can be brief reminiscences, a moment in a life, a glimpse back into a certain way of doing things. I want to shore up these stories before the memory keepers are gone.

To submit your stories, email me: ncables@lanaitoday.com Or if you would like to tell me a story of the plantation life, please call (808) 563-3127. *Mahalo nui loa.*

How to grow a garden

Text and Photography contributed by Marie Romero - Pre-K teacher



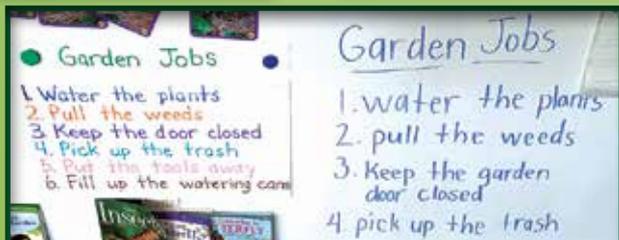
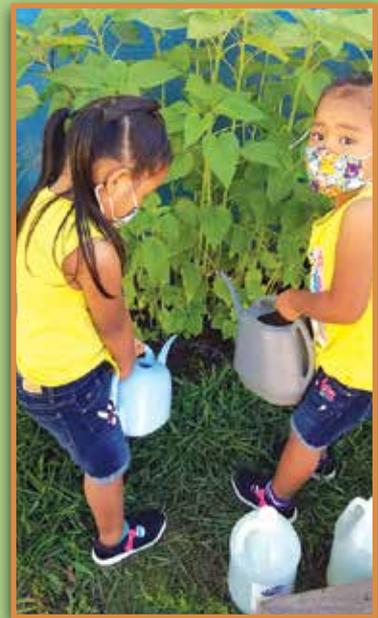
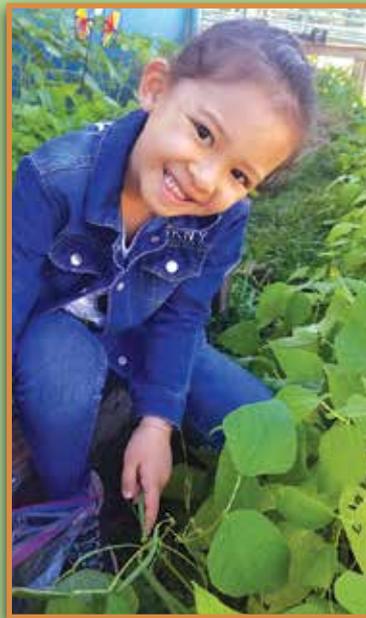
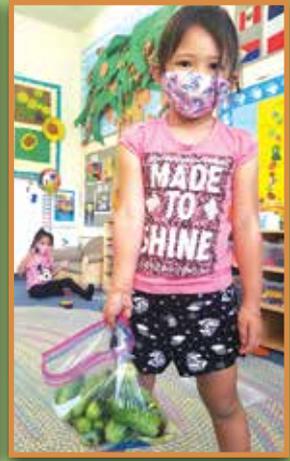
In April 2021, Hawai'i's Executive Office of Early Learning (EOEL) Public Prekindergarten Program was recognized for achieving all 10 of the 10 quality standard benchmarks identified by the National Institute for Early Education Research (NIEER). NIEER uses these ten standards to evaluate state-funded public prekindergarten programs and identify what is required for a high-quality public preschool program. Hawai'i is one of only six states to meet all 10 benchmarks.

"Since its inception in 2015, EOEL has sought to build a high-quality program for the long-term, as we know that children's experiences in the early years lay the foundation for continued learning and the building of essential life skills" (EOEL Quick Facts).

Our Pre-K garden project, which began in January 2021, was a perfect match for this EOEL goal. We asked the essential question, how do we start a garden and keep it growing? Then we got to work learning how to grow vegetables and sunflowers from seeds and how to maintain the garden. The integration of life science, math, health, art, language arts, career/life skills, and social/emotional growth made for rich and meaningful learning for these four- and five-year-olds.

Students learned about healthful eating from growing their own food, and the joy of sharing the harvest with neighbors, families, and the community. They learned about parts of plants, life cycles, and lots of vocabulary words. They went on bug hunts and became curious about insects, learning which bugs are good for the garden and which ones aren't. We read quality literature, such as, "Planting a Rainbow" and "Up in the Garden and Down in The Dirt." Children used magnifying glasses; they observed, predicted, and hypothesized. They counted green and yellow beans, radishes, turnips, cucumbers, sunflowers, and more. They measured the height of plants and compared the growth between one bean plant and another, identifying which were big, bigger, or the biggest. They learned how to make and interpret a picture bar graph with the various seed packets, and in this process, developed sorting and classifying skills, as well.

Children created beautiful paintings of sunflowers. They worked and played together, learning cooperation, sharing tools and responsibilities in maintaining a garden. We enjoyed a bountiful harvest from our magical garden, and we plan to do the same this school year!



Lānaʻi Fitness Challenge 2020

Text by Mindy Bolo Photographs courtesy of Lānaʻi Community Health Center



Lānaʻi
Community
Health Center

The year 2020 was a year no one could have expected. With a global pandemic and island lockdowns, Lānaʻi glimpsed a moment of stillness and true isolation from the rest of the world. The lockdowns pushed us to find creative ways to keep fit, inspiring such virtual events as the Lānaʻi Holoholo Challenge and the Lānaʻi Ballers Social Distancing Challenge. From the brainstorming power of staff from Maui Health, Lānaʻi Community Health Center, Lānaʻi Ballers, and LHES Foundation, the idea of the Lānaʻi Fitness Challenge was born.

With students distance learning, and people either working remotely or cooped up at home, October 2020 became a month of fitness for more than seven hundred residents on the island. From the wee hours of the morning to late at night, participants of the challenge were out and about, getting in their steps to win fantastic prizes donated by island organizations. We saw families with their colorful event shirts hitting the hiking trails, Pūlama Lānaʻi workers in their fluorescent yellow shirts walking around the city at three o'clock in the morning, and teenagers running up and down to Kaumālapaʻu Harbor. Though the challenge was a competition, the event became a unifying activity in the midst of social distancing. The streets and hiking trails came back to life and the colors of the event shirts were nice reminders of how many people were working towards getting in their steps.

This October, in honor of Breast Cancer Awareness Month, we will be hosting our second annual Lānaʻi Fitness Challenge. This free event will feature seven categories and tons of prizes, which we hope will draw even more fitness buffs to register this year. To sign up, please go to <https://lanaihealth.org/lanai-fitness-challenge/> to register. If you have questions, please email wellnessliving@lanaihealth.org



Guillermo Bolo Sr.: 1,250,478 steps (age 50 +), and Mindy Bolo: 1,061,206 steps (age 18 to 49)



Archer Ozoa: 530,051 steps (age 0 to 9)



Lord Zablan: 875,479 steps (age 0 to 9)



Mark Ruaburo: 767,313 steps (age 10 to 17)



Geneva Castro: 1,183,501 steps (age 18 to 49)



SHEME Bacalso: 1,411,131 steps (age 18 to 49)



Julian Von Elaydo: 1,047,103 steps (age 10 to 17)



Taimane Fauatea: 672,858 steps (age 10 to 17); and Tayden Alcantara: 743,565 steps (age 0 to 9)



Stephen Ferguson: 1,554,907 steps (age 50 +); Sadie Ropa: 1,004,106 steps (age 0 to 9); and Ola Ropa: 1,026,132 steps (age 50 +)



Nani Ehlinger: 1,352,933 steps (age 50 years +)



Regina Agliam: 1,502,050 steps (age 18 to 49)



Ewald Atok: 1,875,559 steps (age 10 to 17)

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If you are unsure, it's best to get tested!

LCHC works with un-insured and underinsured patients to minimize patient's financial burdens for test costs.



SCAN ME



At this time LCHC Dental clinic is the **ONLY** operating dental office on Lāna‘i. Please be patient with our staff as we do our best to treat and care for our community's dental needs. If dental emergencies arise we will prioritize those patients and sometimes need to reschedule routine visits. Know that we are doing our best to make sure we can continue to give quality dental care to our patients. *Mahalo for your understanding!*

It's always a fun night when LCHC hosts **Family Fitness Night.**

This month's event, which was hosted in Dole Park, was a huge success! With over 45 participants, Mindy Bolo brought the heat with a fun Tabata workout that had everyone breaking a sweat before dinner. The greatest aspect of the night was everyone working out together with friends and family. The night ended with raffle prizes and snacks.

We hope you join us for our next Family Fitness Night! *A big mahalo to MKCF for sponsoring this event!*



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Protect Yourself from COVID-19



by Chrissy Miller, RN

The most important thing you can do to boost your immunity against COVID-19 is to get vaccinated. Even though it seems like we've been fighting this pandemic forever, COVID-19 is a new disease. Why does that matter? Because even the healthiest immune system will have no existing antibodies to fight off an infection. Because of this, getting vaccinated is the most effective way to protect yourself and provides the most protection against this dangerous virus.

However, there are still important benefits to keeping your body healthy and making sure your immune system is healthy and strong. Boosting your immune system can help you avoid regular

colds or bacterial infections, and it's good to know that your body is as strong as possible if you do get COVID. Here are some things you can do to support a healthy immune system:

- If you smoke, take steps to quit... today!
- Stay physically active, with at least 150 minutes per week of moderate aerobic activity, and two sessions of strength training. That is only 30 minutes, 5 days a week.
- Make sure you're getting at least 7 hours of sleep per night, on average.
- Eat a healthy diet, and get those natural vitamins from fruits and vegetables.
- Take steps to lose excess weight.
- If you consume alcohol, drink in moderation.
- Learn healthy ways to manage stress, such as mindfulness, meditation, or talking to a friend. There are plenty of free online resources, like YouTube!
- Practice good hygiene at home and at work. This includes washing your hands frequently and keeping surfaces clean.
- In the kitchen, make sure meats are cooked properly, and clean cutting boards and cooking utensils well.
- In addition to getting vaccinated against COVID, stay up-to-date on all your regular vaccines, including the flu vaccine.

And lastly, whether you are vaccinated or not, the most important thing you can do to protect yourself and help slow the spread of COVID is to follow infection prevention guidance and be diligent in your everyday actions. I'm sure you've heard this before, many times, but the fact is – COVID-19 and especially its Delta variant are invisible and

very contagious. So it is critical that you pay attention to where you go, what you touch, who you are around and how you keep your distance, every hour of every day. Wear a mask at all times when outside your home (even when outdoors and around others that are not part of your household), wash or sanitize your hands often and always before and after going into stores, doctor offices, or other places of business, and please avoid large gatherings, especially with Halloween and the holidays coming up soon. We know it is hard to turn down invitations to celebrations and get together but from what we have experienced over the course of this pandemic, spikes in positive cases occur 10-14 days after holidays. Let's do our part to flatten this curve and support our healthcare heroes at Lanai Community Hospital and our other incredible frontline heroes on Lanai.

Mahalo - from all of us at Maui Health!

* Chrissy Miller is the Employee Health Manager at Maui Health.





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MKCF has been a partner with Lana'i community organizations for the past 6 years. Our passion to improve the quality of life for Lana'i residents continues as we give notice of our fall funding cycle. Our goal is to inspire and empower Lana'i recipients to learn, participate, improve and thrive.

Visit our website at www.manelekoee.org. You must complete your request and submit via email utilizing our user-friendly template. Deadline for completed requests is no later than **October 15, 2021**. Funding will occur the latter half of November 2021. Please be sure to answer all the questions and follow instructions on submitting your request.

Our dedicated board carefully reviews each request and meets with every applicant to discuss the needs of their organization. We look forward to hearing from you and to working with you to achieve your goals.

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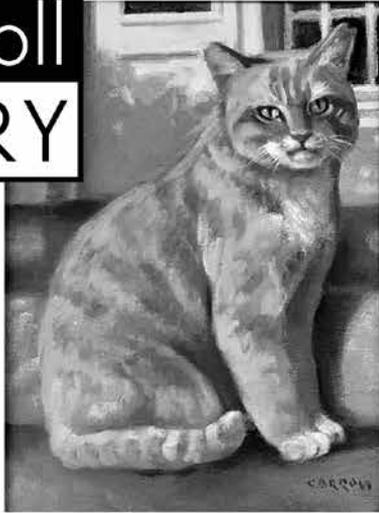
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Hours subject to change pending any COVID-19-related restrictions



We are looking for people to join our team at Sensei Farms to grow nutritious and delicious food right here on Lānaʻi!

Throughout 2021 we'll be hiring for roles in a variety of capacities including harvesting, logistics, food safety, and greenhouse operations.

We are looking for candidates interested in:

- Growing fresh fruits and vegetables for their friends and neighbors in the community
- Being part of a science-based and forward thinking, transparent environment
- Working with an exciting new team and learning from people with diverse backgrounds

We are currently looking to fill the following positions:

- Farm Operations Associate (Full-time and part-time)
- IPDM & Fertigation Lead Associate (Full-time)
- Logistics Associate (Full-time)

Please apply at sensei.ag/careers if you're interested in joining the team.

For direct inquiries please contact:
Scott Pisani at scott@sensei.ag



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HALE KŪPUNA O LĀNAʻI
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Minimum Requirements at time of application:

1. Must be at least 62 years old.
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 One person - \$35,900
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Monthly Take - August 2021

101	71	34
Hunts	Deer	Mouflon

THE LAST WORD - The Pineapples series Text by Wendell Kaho'ohalahala; photographs by Nelinia Cabiles

Yellowships - by Wendell Kaho'ohalahala

I can see yellowships in the distant horizon, upon a green rippling ocean.

Round and round back and forth covering miles of forbidding seas.

Picking the fruits of the green sea and leaving a trail of sweat behind us, I thought to myself for a moment, was it really worth it?

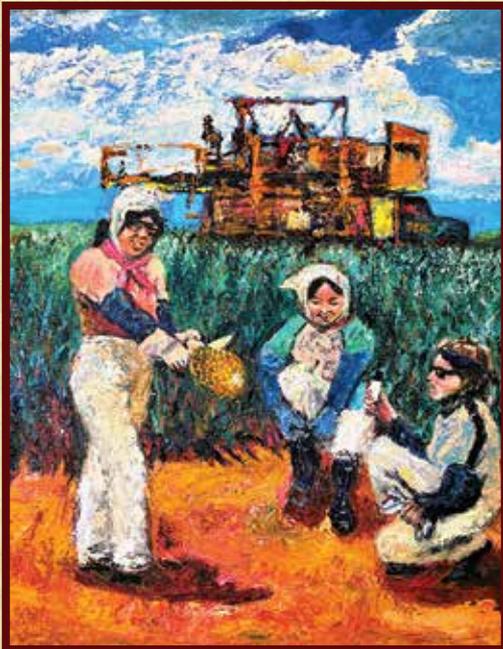
My fellow shipmates and I try To survive this drudgery and of course hell is another word for it.

With all the protection from the rough going sea, damn I can't even hide from the burning sun.

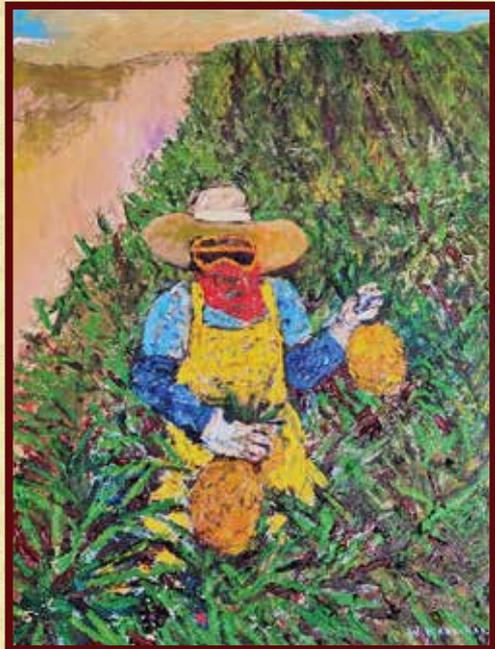
Calling and yelling out loudly helps get the frustration out that's caught in my throat in the still and breathless air.

I can see yellowships in the distant horizon entering the furnace of mirages and heatwaves is but a fleeting memory of youth spent under the hot sun, dust and wind. Those yellowships I dreaded I still see in dreams of long ago sunsets so hauntingly beautiful and I must admit to no one but myself, that it was worth everything!

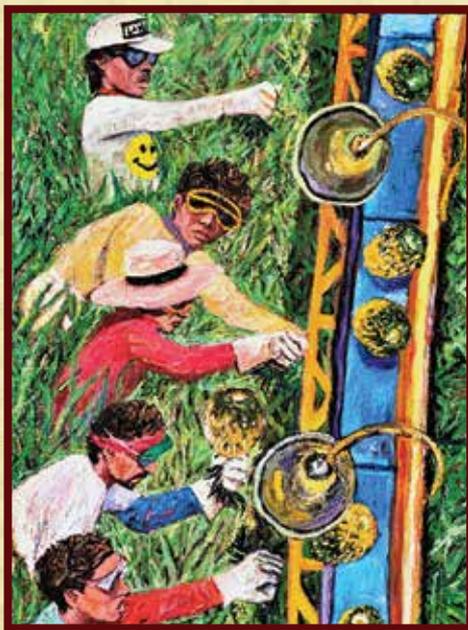
Editor's note: A profile of the artist will be featured in the October 2021 edition of Lāna'i Today. Kaho'ohalahala envisions having twenty-five to thirty art works in this series; these are first five paintings in the series.



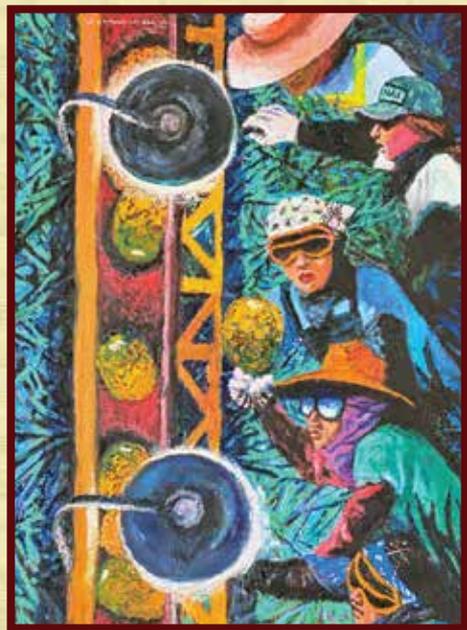
"Salt shaker", Wendell Kaho'ohalahala, oil on canvas, 2021



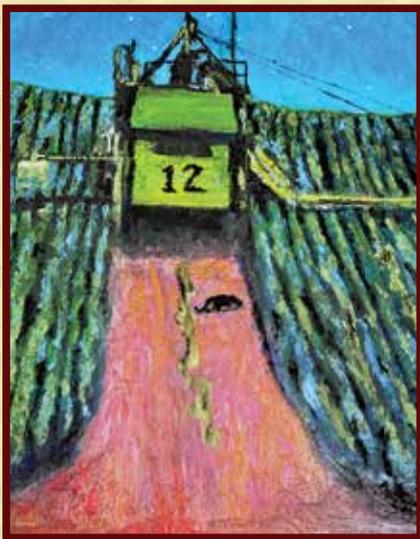
"Sideline picker", Wendell Kaho'ohalahala, oil on canvas, 2021



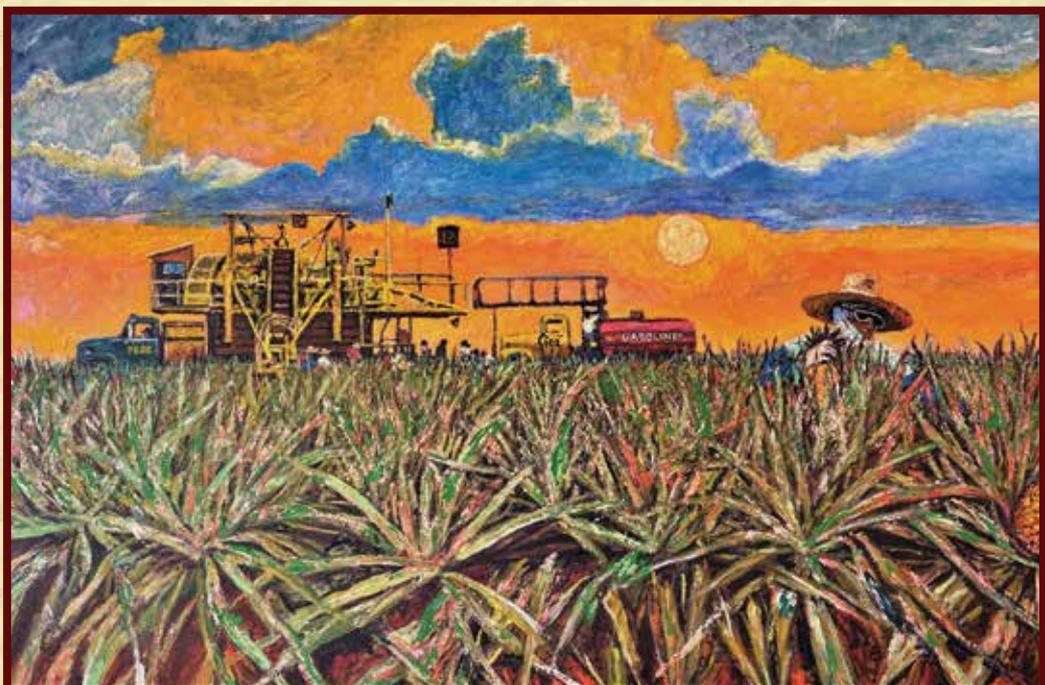
"The pineapple flippers, day shift", Wendell Kaho'ohalahala, oil on canvas, 2021



"The pineapple flippers, night shift", Wendell Kaho'ohalahala, oil on canvas, 2021



"Picking machine, moonlight", Wendell Kaho'ohalahala, oil on canvas, 2021



"Going into nightshift", Wendell Kaho'ohalahala, oil on canvas, 2021