

Local Gentry celebrates 20 year anniversary

By Nelinia Cabiles

An ace, a home run, a soaring drive onto the green. Each is a result of the perfect collision between a ball and the explosive swing of a tennis racket or golf club that sends the ball sailing across space. The collision happens in the sweet spot, a phenomenon that is easier to feel and hear than it is to describe. There's a certain depth to the sound as the ball makes contact with the bat, a satisfying thwack or pop or zing that cracks the air.

In the retail industry, the phenomenon is less a sweet spot than a *sweet ratio*, and for Jenna Majkus, owner of Local Gentry, a clothing boutique on Lāna'i, this golden ratio is a heuristic that keeps her store inventory fresh, singular, and delightful, for delightful is one of those ineffable connections between a buyer and the object of desire on the rack or shelf – that split-second flush of feeling, that breathless swoon, akin to falling in love: Do I love this dress? Oh, yes. I do. I *must have* this dress.

This magic ratio of merchandising is not an exact science, admits Majkus. "It's a combination of goods that you know will sell with the goods that *may* sell – but this portion is iffy, you're taking a chance," Majkus says. And then there are the goods that are part of the wild card in the mix, where, Majkus says, "you throw all caution to the wind."

This inexact science, a blend of whimsy and certainty and chance, has kept Majkus in the reinventing business – "I don't like getting into a rut," she says – and has drawn customers to her boutique for two decades. "My demographics have changed [over the years]. In the beginning, we catered to the hotel market, to daytrippers from Maui." But now, she says, she has a strong and steady base of clients for whom she shops. "I have different people in mind, local people, when I buy something now. *I think so-and-so will like this*, I tell myself. *And this will look great on so-and-so*. The fashion shows, she continues, "they're not made for real people. Clothing in size two doesn't translate well." Neither does fancy.

What does translate well are clothes that are casual, stylish and well-made. There are brands, such as Tori Richards' and Kāhala aloha shirts for men, LA Made and Z Supply for women, among a host of other well-known labels, such as Olukai and Hawaiianas, and lesser-known local and Hawai'i-made offerings.

Majkus' eye for fashion and her sense of style has grown clearer over the years. "I know what I like. It doesn't have to be trendy, but I have to like it." Her thinking is, "If I want it, then chances are someone else will want it, too."

Majkus's signature optimism and

effervescent personality have served her well, taking her from Manele Bay Hotel to the Lodge at Kō'ele where she worked in the 1990s as a bartender, a marketing coordinator, a wedding coordinator, but it wasn't until she stepped into a small boutique in Washington State that she had the epiphany that would change her life and give shape to her dream of owning a shop: "This is what Lāna'i needs."

Majkus is no stranger to gumption. She comes from a family of entrepreneurs. "What do I have to lose?," she thought, as the idea took hold and became, over many years of work and dreaming and reinventing, the Local Gentry that exists today. In addition to clothing, the Local Gentry has expanded its product base to include kids' books, home goods, candles, jewelry, handbags. Majkus has a strong team behind her, including her husband, Armen, and her daughter, Mia, who toddled around and grew up in the store, and Shaula Pagay, her trusty assistant, who stands at the helm during Majkus' buying trips and vacations. "This store wouldn't be successful without Shaula," Majkus says, whom she calls her constant.

At the end of the day, what Majkus finds most rewarding and delightful isn't being at the pulse of fashion or the buying trips, but the relationships that have sprung from a purchase. "There are

customers who come back to this store every year, and they tell me, I still wear that shirt or that dress I bought years ago. I still love it. Or someone will try something on, something she wouldn't ordinarily wear, and she'll walk around, and I can see her just beaming." After twenty years in retail, this exchange of delight, instant or enduring, between store owner and customer is the sweetest, truest currency.



Shaula Pagay and Owner, Jenna Majkus

This Month

Page 9 Jingle Bell Dash



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Lāna'i Veterans Cemetery open house

The mid-morning sky on December 27, 2019 opened up like a hand, tinged a vivid blue that was gradations lighter from the subdued navy in the stripes of the Hawai'i state flag, our nation's flag, and next to them, the National League of Families POW/MIA, that had been hoisted onto the three flagpoles, rising like sentries inside the newly-fenced Lāna'i Veterans Cemetery. The cemetery is tucked neatly on a rise about a mile and a half away from Lāna'i town, across a gravel road and a green swath of wild guava trees that grow along the edge of a deep gulch – a spot as tranquil as one could want for a burial ground.

A breeze stirred the flags as groups of people, some in uniform, some in Aloha shirts and long dress, gathered to hear United States Army Major-General Kenneth S. Hara recount the scope of the work to improve Lāna'i Veterans Cemetery.

But the Open House attendees only had to look around to see the evidence of these enhancements: There was a gleaming black architectural fence that enclosed the cemetery, running to the front side of the property and the entry, plus an eight-foot high-chain link fence bordering the sides and back of the three-acre property. There were new rock veneer entry pillars, new signage; an installation of a trash enclosure. But there were other improvements, related to infrastructure, that were not immediately visible or apparent, such as a new 3,650-gallon water tank; an installation of a booster pump system, a photovoltaic system that includes battery storage to power pumps; the installation and connection of water lines; and the removal of one pine tree.

Initiated by the Office of Veterans Services and Engineering, under the U. S. Department of Defense, the grant allowed for the site improvements, which also included relocation of the flag poles and the installation of another, allowing the flag of the National League of Families POW/MIA to be flown. The total grant amount for construction and design came to \$581,500. The Department of Public Works, County of Maui, Warren S. Unemori Engineering, F&H Construction, as well as Lāna'i's veterans, were involved in the site-improvement project.

"We received notice of the grant opportunity on January 2017 from the Department of Accounting and General Services," says United States Army Captain Shaoyu Lee, who attended the Open House, along with Colonel Neal Mitsuyoshi and Chaplain Kurt Mueller.

These numerous enhancements were ten years in the making, from application for the grant to construction. The application went through the bid process, the hiring of designers, of vetting and other selection reviews that are typical of major construction projects, with the construction itself encountering its fair share of challenges, including wet and windy weather up on that rise, and a tight design schedule to meet the Veterans Affairs' (VA) deadlines.

"The schedule was extra tight because the VA notified us in December 2016 that some other states deferred their projects, which freed up funds for Lāna'i and East Hawai'i projects," reports Gina Ichiyama, project coordinator at the Department of Accounting General Services. "The VA grant opportunity emails came in about



Attendees by new entry pillar at Open House.

February 2017 and we had a site meeting with the consultants that month. The Lāna'i and the East Hawai'i projects were designed in parallel and bid in August 2017, a week apart." The construction project broke ground in April 2018.

Among other challenges in the construction design work was the water design system. According to Reed Ariyoshi, engineer consultant from Warren S. Unemori Engineering, "the site is basically off the grid with no utility services. The water pressure needed to be increased to service the restrooms and hose bib, so the design consisted of replacing the existing gravity water tank with a new tank, and within the existing maintenance room, adding pumps to a small pressurized tank that fed the water to the fixtures." The photovoltaic panels on the roof, with battery storage in the maintenance room, powered the pumps, bringing lights to the bathrooms and the utility room.

As compared to other cemeteries, the Lāna'i Veterans Cemetery is modest. "Sixty-two veterans and their descendants are buried in the cemetery. It's a small number," Capt. Lee allows, "but in terms of the work that's been done, to see the before and after photos and see the changes, this work is important. It's impactful."

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In First Person - My knowledge of Lāna'i is a throw net.

Long before I understood where inspiration came from or what a muse was and that finding either was sometimes a combination of luck and faith and memory, I wrote about Lāna'i. There was always some aspect of the island that fascinated me as I was growing up – the lush and sticky smell of molasses grass in late July, or the red dirt of the pineapple fields that stained all the white clothing I've ever owned or the tiny pipipi that clung to the edge of a tide pool, which my auntie would tap loose, and using a silvery safety pin, would fish out of its black shell and pop into her mouth.

These images, these memories, found their way into all the short stories I wrote in graduate school. So, when I first heard the adage, "write what you know", it was the most natural thing in the world for me to do. It was advice that was easy and so obvious, it felt like common sense.

I wrote what I knew, and what I knew was Lāna'i. I knew my island in the way I knew about the small bones in my ears or my high-arched feet or my large hands, calloused from doing pull-ups every day. That is, I knew Lāna'i intimately and wholeheartedly, the way a child loves the sea. Mine was not a scholar's or historian's knowing; mine was experiential and anecdotal and random. Whatever I lacked in depth and insight, though, I made up for in love. And my love for Lāna'i was like a mother's: particular and unconditional. Write what I know? For me, because I knew Lāna'i so well, it was *write what I love*.

So, I wrote about places on Lāna'i that I adored as a girl: Federation Camp and Shipwreck Beach and Ski Forest, Three Stone and Manele, and about how my family or my cousins and I (assuming fictionalized selves in these short stories) spanned space and time in these places. I wrote about learning the names of fish and sealife: uhu and kala; kole and puihi and wana and tako. Because names have power and contain stories in themselves. And because that is the point of writing, too, to look back and ask why something mattered to you, to make sense of the things that happened in your life – the vexing or strange, the unresolved and defining, the disquieting and beautiful – and being older now and having acquired the necessary distance from those events that only time and reflection can bring, to see the connections and find meaning in those experiences.

Looking back, I discovered recently that my love for Lāna'i, though pure and sweeping, is shallow. I actually do not know Lāna'i at all. I am learning that my knowledge of this island is like one of my father's throw nets: it is full of holes.

To truly love something you must feel greedy to know more than what you can see or hear, to want to swim in its sea and know everything about it – its history; its language; the people who came before you, "who made things as they were", as Robert Stone writes, and cleared the way for you to be here.



Nelinia Cabiles

What I am lacking in my knowledge of Lāna'i is context, to see how the past informs the present, to find the connections between me and those who preceded me. There were seismic events that made Lāna'i what it is: the wave of laborers from the Philippines and Japan, Portugal and Korea, the great pineapple strike in 1951. I have not swum in these stories yet, but I will and I will write about them in these pages.

There is so much I want to learn, so much I don't know. Until my return home, I did not know Lāna'i's place names. Federation Camp is actually Kaiolohia, Three Stone is Nānāhoa. It is Keōmoku, not Kee moku. It's not Garden of the Gods, it's Keahiakawelo. The only place that was spared of my ignorance is Kaunolū. It has always been Kaunolū for me.

Furthermore, I discovered I had a tin ear and had been mispronouncing Lāna'i since I could read. How could I call Lāna'i my muse, the source of my stories, when I'd been mangling her name all my life? It is not lanai (which sounds like fun eye). My island is not a stoop, not a verandah, not a porch. It is Lāna'i – Lah-na-ee, with a kahako (or macron) over the first "a" so the ah is elongated. Lah-na-ee. Lāna'i means day of conquest, which is a story for another time. But the intensely curious can visit the Lāna'i Culture & Heritage Center in the Dole Administration building and find out how Lāna'i got her name.

Who cares, you might be saying. What does it matter if one mispronounces a name? It matters a lot. Because to continue to say Lanai as a stoop, now that you know the right way to say it, is to disrespect the Hawaiian culture, its history and place names, its stories. It's the equivalent of someone calling you Rocky when your real name, and what you'd prefer to be called, is Rachmaninoff.

If the island could speak, she'd ask you to call her by her name. Because a name has power. And her name has a story. Call her Lāna'i.

Who do you call when you need County of Maui information?
Access the Maui County Resource Guide at:
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Pūlama Lāna`i pursues continuing goal of sustainability

Pūlama Lāna`i is currently investigating the potential purchase of the Lāna`i utility from Hawaiian Electric as the next phase in its vision of sustainability for Lāna`i, according to a media announcement on January 6, 2020.

Since its inception, Pūlama Lāna`i's vision has been to create a sustainable future on Lāna`i. The company has worked to reduce its impact on the environment over the past several years with improvements to the island's water system, recycling programs, native and endangered species protection and resource conservation.

Pūlama Lāna`i's journey towards one hundred per cent sustainability now leads it to investigate the potential benefits of owning the grid. Pūlama Lāna`i is by far Hawaiian Electric's largest customer and has a vested interest in building a modernized grid that will speed Lāna`i's progress towards being energy independent. The company will have a phased plan that

will lead to more renewable energy and lower electricity bills for Lāna`i residents, which currently rank among the highest in the state. The initial transition phase will include creating micro-grids with the Four Seasons Resort Lāna`i at Mānele and the Four Seasons Resort Lāna`i at Kō`ele, a Sensei Retreat. Businesses around the world are recognizing that they have a responsibility to reduce their carbon footprint and are using micro grids to become models for sustainability. Pūlama Lāna`i believes the same can be done on Lāna`i.

Pūlama Lāna`i will be meeting with the Lāna`i community, Hawaiian Electric, the PUC and other groups as the company moves forward with discussions. Pūlama Lāna`i is committed to working collaboratively with Hawaiian Electric on executing the transition as seamlessly as possible, should they receive approval to move forward.

Mayor Victorino signs DUI vehicle towing bill into law

County of Maui Mayor Michael Victorino signed into law on December 20, 2019, Bill 70, a measure giving police authority to have vehicles towed when drivers are arrested for driving under the influence of an intoxicant.

"We've had far too many preventable tragedies on our roadways," said Mayor Victorino. "Alcohol and drug use by motorists account for almost two-thirds of Maui County's traffic fatalities. This is unacceptable, and we must do everything in our power to make our highways safe for everyone."

If police tow an owner's vehicle because of an arrest for driving under the influence of an intoxicant, the vehicle owner needs to pay for towing and storage expenses.

The measure also applies to people driving without a license; driving while their license is suspended or revoked; people arrested for fraudulent use of license plates, tags or vehicle registration emblems; or people who have habitually driven a vehicle under the influence of an intoxicant.

A heart-warming holiday story

What is it about the holidays that brings out the best in us? We are kinder, more patient, more thoughtful, more genuine. We give freely of ourselves and of our time. It is this charitable energy, the impulse to share one's abundance with others that animates and gives life to the Christmas Senior Luncheon every year (see photo spread on pages 10 and 11). A call for volunteers, for cooks and drivers and servers and entertainers, is made, and out from all corners of the community, residents come to help, to give of their time. It never ceases to amaze Cindy Sagawa, coordinator-in-chief and volunteer extraordinaire, who has captained the holiday event for over twenty-five years.

"At this year's Christmas Lunch, we served 300 seniors – seniors who either came to the Lāna`i Senior Center on Christmas day, or received home deliveries. Everyone received a meal and a gift bag or a gift certificate. We try to reach every senior, age 65 and older, who lives on Lāna`i."

Sagawa says that the program started forty-five years ago with the 700 Club on Maui, which offered Meals on Wheels for people who were homebound. "The 700 Club paid for everything. And then it evolved, over time, to what it is now." Sagawa took the reins from Phyllis McComber, who was with the Social Services office at the time. Sagawa said she was green, having just moved to the island when she assumed responsibilities.

"There was definitely a learning curve. I didn't know anyone. My only saving grace is that I married a local." That local was the late Marshall Sagawa, a beloved resident known for his generosity and selfless giving of himself.

What bowls Sagawa over is that residents come back every year to volunteer or donate what they can. "We get so much support from local businesses. Kerry Honda of Pine Isle Market gives us an extreme discount. HMSA, the Lāna`i Community and Health Center, Lāna`i Community Hospital, Pūlama Lāna`i, Walmart on Maui, they all give donations, which go toward gift bags for seniors. They're all very kind."

The individual volunteers are also part of the outpouring of aloha on Christmas day, regular fixtures of the event, year in, year out, about 600 strong. "The graduating class of 2020, they started as freshman here. They pack Christmas bags, they transport the lunches, they do whatever is asked of them."

"All the money, everything goes back to the seniors," Sagawa says. At the time of the interview in early January, she was still trying to reach and deliver gift bags and gift certificates to seniors, who had been unable to come to the Christmas event. The spirit of giving is clearly something that Sagawa and all the volunteers take very seriously. Its reach extends far beyond the holidays.



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Males, Juvenile	0
Females, Juvenile	0
Total # of Charges	24

CITATIONS	DEC
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No Insurance	6
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Vehicle Tax	20
Safety Check	26
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MEO is a valuable resource for Lāna'i's seniors

The idea of living aloha happens all the time in Hawai'i. It shows itself in random acts of kindness, in unexpected courtesies and goodwill. On Lāna'i, the spirit of aloha is alive and well. Look around our community and you can see our neighbors or co-workers volunteering their time to an event, buying extra plate lunches and pies in a school fundraiser (and then giving them to friends and family), mowing a senior's lawn without being asked, sharing the bounty from their fruit trees.

Dot Eharis, president of the Lāna'i Area Council Senior Club, a nonprofit organization under the Maui Economic Opportunity umbrella, was heartened to see such selflessness at her nonprofit group's Christmas dinner, December 6, 2019. "They (Ninth Graders) showed up ([at the Union Hall]) to help set up tables. Café 565 donated the food," says Eharis, who grew up on Lāna'i and was voted into the position a year ago. "The \$250 fee to use the Union Hall was waived. People came and helped serve food. Members baked desserts. Local businesses around town donated prizes for the raffle event." Whether these generous residents were motivated by the holiday spirit or because the recipients of such generosity were the island's Kupuna is hard to say. What is clear is that aloha happened that night: The community came together to help. A community that gives is a rich community. It is a notion that reflects the mission of the MEO, which is to "to strengthen the community, while helping people in need restore their hope, reach their potential and enrich their lives."

Eharis, who grew up on Lāna'i, and lived on O'ahu for some time before returning home when she

retired in 2018, manages the day-to-day operations of the Senior Club, such as coordinating shopping trips to Maui, comprised of 12 to 18 free round trips on Expeditions (made possible by the County of Maui), and other excursions, and working with Chris Kahihikolo at the Lāna'i Senior Center, to share information with seniors that impact their lives, such as the safe crossing of pedestrian walkways, and exercise classes offered at the Senior center. Eharis sees her role as being a resource for the Senior Club's 90 members.

"I tell them, use the pool. How amazing that we have this pool in our community! And use the [MEO] bus. The bus will pick them up to get their dialysis treatments or if they need to get to the airport, it will pick them up." The bus service is made available by the County of Maui free of charge. It is a tremendous resource, one that Eharis encourages members to voice their support of and gratitude for at County budget hearings. "It's important that the County knows how important this service is to you. Stay on top of the current events and be active," Eharis tells them.

But the message she imparts and hopes that resonates with seniors is that "we live in a special place. MEO has really helped the community, and I want to instill in them just how special this place is."



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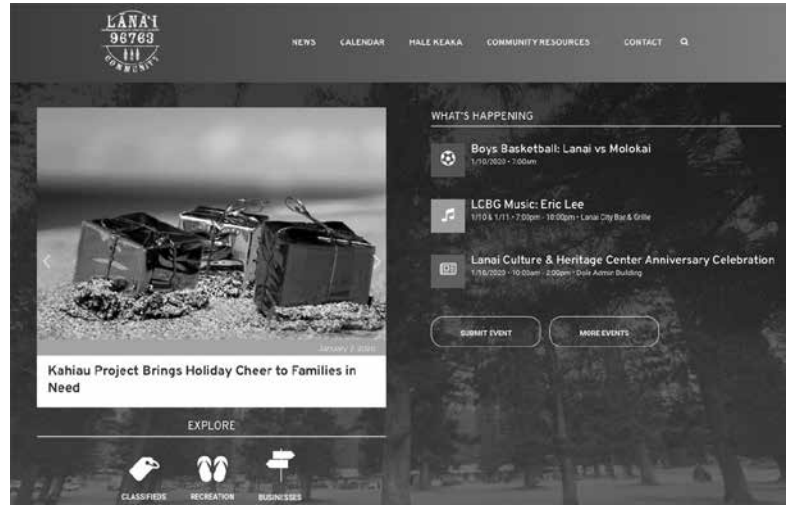
Lanai96763.com gets fresh makeover; expands business and community resources

When something is well designed, there is no need for clarification or guidance. One sees a door and immediately knows to either push or pull it open, to squeeze or lift a handle, slide or flick a switch, pop up or tamp down a lid, Purpose and intention, form and function, all are instantly communicated between user and object. Good design, in other words, means nothing gets lost in translation, regardless of whether one is four or forty and the object is a chair or a teapot or a website.

More than comeliness or delight, however, a well-made object is also gratifying for it answers the inherent question of beautifully-made things, *how will this be used?* It is a question that guided the makeover of Lanai96763.com, Lāna'i's community's website, which was relaunched on January 8, 2020. The revamped Lanai96763.com is much easier to navigate than the former site, featuring an array of options that smoothly lead visitors from web page to web page, from the business section to community events, the movie line-up to the classifieds. The new website is like a smartly-edited room – there is nothing irrelevant or superfluous. Everything is necessary. In one glance, one knows exactly what to do and where to go to get the information one needs, be it a profile on a Lāna'i business, a used truck for sale, rules for hunting axis deer.

The Lanai96763.com's redesigned look is clean, vibrant and fresh, with well-placed and thoughtful drop-down menus, and is marked by a pleasing aesthetic in its consistency of layout and design.

"While the former site was useful and full of content, the look was a bit dated," says Debbie Adachi, director of administrative support, Pūlama Lāna'i, who is overseeing the website refresh. "And the calendar needed work." To that end, website designers tweaked the community calendar, creating



an easy-to-read, easy-to-use format. The community resources section has been beefed-up to include information on recreation, coming events, and the various businesses of Lāna'i.

"The business section now has photographs (where we have them or were able to get them) and much more information, such as maps, hours of operation. Each business has a link to its website," says Adachi. Businesses can easily submit information and photos, and any updates through Lanai96763.com's "Contact" link.

"The primary goal of the website makeover is to provide relevant and interesting content," says Adachi, and so she encourages residents to share coming events for the calendar or story ideas for editorials through the "Contact" link, as well.

Built to serve the island, Lanai96763.com covers a broad spectrum of community matters that impact or touch residents. The new and enhanced website packs into its pages many elements of good design, from balance to color to unity to flow, but the purpose that motivated its redesign in the first place – that people use Lanai96763.com, and through frequent use, come to regard it as a trusted and essential resource – is perhaps the most desirable effect of good design there is.

Maui County Council committee recommends hiring of special climate change litigation counsel

The Maui County Council Governance, Ethics and Transparency Committee recommended that the full Council approve a resolution to hire special counsel to represent Maui County in litigation against fossil fuel companies, according to a December 17, 2019 press release from the County's Public Information Office.

Following the recommendation, County of Maui Mayor Michael Victorino thanked committee Chair-

man Mike Molina for moving the resolution forward. "Together, we will hold fossil fuel companies responsible for the escalating impacts and costs of climate change," Mayor Victorino said. "Our taxpayers should not be left to pay for the staggering costs of climate change impacts."

The proposed resolution would authorize the hiring of special counsel, who would be paid on a contingency fee; there would be no payment of legal fees unless the litigation is successful for Maui County.

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From our readers - *What I love most about living on Lāna'i...*

"I love Lāna'i because it is so wonderfully unique in comparison to other Hawaiian Islands and to my upbringing in Kansas and Missouri. The specific unique aspects are the people who call Lāna'i home, even part-time residents expressing their Aloha; visitors who are surprised when many drivers chose to wave at them; thousands of axis deer we must cautiously avoid while driving around; wonderful hunters who try to manage the deer and mouflon populations; truly local businesses working hard to thrive and sometimes survive. I'm humble and thankful to contribute as an individual, business person, and in group settings with my family, church, and social groups as Lāna'i changes and grows. Excited with the idea of homes being built so families can have an opportunity to own part of this wonderfully unique place. (Bart Baldwin)

"I like the park and playing on the swings. It's too dangerous to do that in Honolulu by my other grandma's house. I like shopping at the Re-sell It shop. There's always lots of toys." (Camille Alonzo, second grader)

"I like riding my bike in the neighborhood, cause in Honolulu there's too many cars and big hills. I like that my cousins live here." (Tiare Alonzo, first grader)

"I like that we can get saimin at Blue Ginger. It makes us feel so much better when we don't feel good." (Abby Alonzo, Tiare and Camille's mom)

"I moved to the island of Lāna'i ten years ago, after moving 24 times before. What I love most about this island is that

my children can roam free, the air is clear and breezy and that everywhere I go there is so much Aloha from the lovely people of this island. I'm so thankful Lāna'i is my home." (Tyra Dubose)

"The general peacefulness and uncongested environment. The beautiful night sky full of stars, no traffic going to work or coming home, getting the view of the neighboring islands of Maui, Moloka'i, Kaho'olawe, and sometimes the Big Island, even an occasional glimpse of O'ahu. The comforts of family that you see all the time whether related or not." (Nina Amby)

"I can exhale. I can feel relaxed, less stressed, I feel what people see in a postcard. Living here is like living back in the old days. Everybody knows you and says hi. Kids can play outside until dark and you don't have to worry. My son can ride his bike to school... Living on Lāna'i is a peaceful breath of fresh air." (Lucy Oliva)

"The love, the sense of kindnesses, compassion we have for one another, no matter through blood or growing up with each other. Brings a sense of bond and connection that lasts a lifetime." (Lisa Shin)

"being able to be close to family and being able to visit them whenever we want." (Malakai Medeiros, pre-kindergartner)

"...feeling safe, where we are able to walk or ride our bike everywhere (to school, to relatives & friends houses, to the park, etc.) without our parents worrying about us AND short rides to the beach." (Alec Ray Pascua, 2nd grader)

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No one had money to buy goods or groceries, so he and Chiyuki "Matsu" Matsuura, co-investor and butcher, allowed everyone to run up his/her tab. Fortunately, creditors were sympathetic and extended longer credit terms, enabling them to stay afloat until the strike ended.



Corie Honda, co-owner, and granddaughter of Founder Isamu Honda.

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A bit of history...

Many of the photographs displayed on the walls at the cafe are by Phoenix Dupree, who manages his family-owned business. The

plantation-era homes reflect the community’s heritage from the days as the world’s largest pineapple plantation. The last crop was harvested in 1993, but long-time residents often reminisce about the old days. Today, many of the old homes are being restored and continue to be inhabited by descendants of the original immigrants.

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LHES WINTER FEST, DECEMBER 18, 2019

Photographs by Dan Popov



Students from Yvonne Urbas-Leboeuf’s third-grade class.



Skye Zarsoza, Kahealani Tabucbuc, Ananda Richardson.



Pre-kindergarten singers.



Amy Atacador with son, Rise Atacador-Shin; Ku Franklin



LHES’ first grade class.



Winterfest performers



Singers from Jen Montgomery’s third-grade class.



In unison: third graders.



Fourth grader dancers in sync.



Emmy Pascual and Camille Magaoay



Eevee Peralta

Help available from the Lāna‘i Cancer Fund

The Lanai Cancer Fund is our community’s way of saying, “We Care” to a resident who has been diagnosed with cancer. The requirements are simple. Call Lanai Kina’ole, 565-8001, to make an appointment to pick up an application form. You must be a Lanai resident for six months. Take the application to your doctor to sign, stating you have been diagnosed with cancer. After your application is approved, you will receive a

monetary gift of \$500 which you may use in any way you like. In addition, you may receive up to \$1,000 for expenses relating to your treatment which are not covered by your health insurance. You can submit the receipts for your expenses as you incur them. Donations to the Lanai Cancer Fund are welcome year-round and are sincerely appreciated.

Jingle Bell Dash, December 14, 2019

Photographs by Dan Popov



There were more than a hundred runners in the 2019 event. Businesses generously donated prizes and raffle gifts. All proceeds from the Jingle Bell Dash 5K go to the Lāna'i Ballers, an athletic club comprised of programs in youth wrestling, little league, girls' and boys' basketball.



Liesel Benecke, Summer Bicoy-Giles, Destiny Hilario



And the runners are off with a bang!



Kasen Costales



John Montgomery and son, Kai



Grazell Bolo



Jennifer Montgomery



Joshua Ige



A runner from off-island



Veniza Jackson



Caroline Reese



Agape Baldwin

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Annual Christmas Senior Luncheon



A tradition of fellowship and gift-giving. * Photograph by Dan Popov



Prize winner Glastine Cornelius



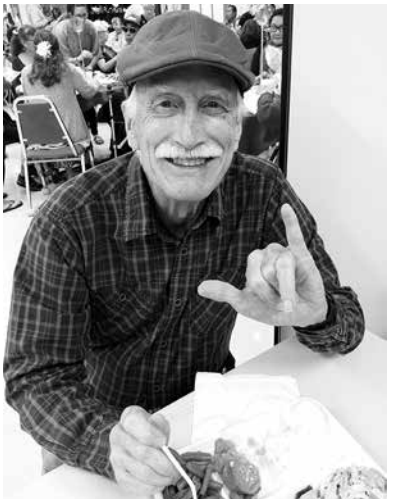
Gabby Shin, Cindy Sagawa, and Hope Shin



Cookie Hashimoto and Odette Ocalada gifted their turkeys to the Senior Lunch.



The Romero ohana also sang.



John Schaumberg



Claude Huerta and Jaughn Degamo



Daniel, Kimberly, Felix, and Zoe Gehant



The Humphrey family



Annika Padilla serves Margie Peary.



Malia and Jonathan Preza

December 25, 2019 - Senior Center



The Class of 2020 has been helping prepare bags and signing in guests since their freshman year.

Photographs by John Schaumberg *



Debbie Wheeler



Hope Shin preps 100 home delivery gift bags.



Peyton Kaopuiki, Brad Shin and Kaleo Nuesca (in back) transport the bags.



Andrea Kaopuiki and Max



Kerry and Corie Honda graciously support the Senior Christmas Lunch.



The Padilla family



Lilinoe Barfield, Peyton Kaopuiki, Anuhea Barfield



Charleine Urban, Blair Amby, and Islalina Rendon



Marsha Unsel, Hospital staff, receives gifts.



Greg Sturm working hard in the kitchen.



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Amber Lukin has an associate's degree in dental hygiene from the University of Alaska, Anchorage. She hails from Utqiagvik (formerly Barrow), Alaska, and grew up in a rural community like Lāna'i. She enjoys surfing and fishing. She and husband Matt just bought a new fishing boat and are excited about exploring Hawai'i's waters.




Amber Lukin, new dental hygienist - Photo by Nelinia Cabiles

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For more information, contact Sgt. Jeremy Pallone-De La Torre, (808) 298-7953

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Pinelasses in fast break in Honolulu Freight's 2019 Lāna'i Classic Tourney

Any athlete worth her salt knows that belief and practice and discipline can only take her so far in her game. To become exceptional, she needs stiff competition. She needs the ferocity and focus to play against challengers who drop fadeaways and finger rolls, know their box-and-ones from their block outs, and in such proving grounds, remind her – so the hope goes – why she loves the game. That, and to let loose her inner basketball beast.

That was MaryLou Kaukeano's thinking when she first conceived of a girls' basketball tournament in 2015. And a weekend-long series that invited high school girls' basketball teams across the state was, for Kaukeano, Lāna'i High School's girls basketball coach, one sure-fire way to get her team's game on. As many athletes know, when it comes to stoking one's competitive fires and refining skills, nothing beats exposure to differing levels and intensities of play more than competition. And so, Kaukeano, an athlete herself, created just such an opportunity.

"The idea was to get more games in Lāna'i High's girl's basketball program. We are always trying to get better every year," says Kaukeano. "We are always traveling off island. We wanted [off-island] teams to come and experience Lāna'i, and we wanted to show off our team."

What Kaukeano also wants to achieve is "to make the players. . . work hard and show everyone that even when you come from the small island of Lāna'i you can compete and show good sportsmanship." She and Assistant Coach Christian Yumol are of one mind, for he always tells his players to "be proud of who you are and where you're from."

In the first two years of the Honolulu Freight Lāna'i Pinelass Classic tournament, there were four teams. In the 2019 tournament (December 5-7), the roster expanded to six, which included girls' basketball teams from Baldwin High; Maui High; Seabury High on Maui; Kalaheo High on O'ahu; and Kealahke High on Hawai'i Island.

Although Kaukeano manages the lion's share of administrative tasks in running the tournament, such as sending invitations, managing housing, ordering food to feed the teams, she credits the tournament's growth and success to strong community involvement and support. She has a hard-working team behind her.

"Honolulu Freight sponsors us every year. Ron McComber and the Camero family take care of the housing for the off-island teams," says Kaukeano.



The 2019 Honolulu Freight Lāna'i Pinelass Classic tournament line-up: girls' high school basketball teams from Maui: Baldwin High; Maui High; Seabury High; from O'ahu: Kalaheo High; and from Hawai'i Island: Kealahke High, and Lāna'i High (host team).

"Coach Christian Yumol and Coach Elmer get the girls ready, while Coach Jim Fernandez and the boys' varsity basketball team run the concession stand and provide all meals for the athletes." Kaukeano also values the assistance she gets from Lāna'i High School Athletic Director Roderick Sumagit, as well as Merrill Taguchi, and Alicia Bennett, athletic trainer.

For Mary Claire Manuel, Lāna'i High School junior and point guard on the girls' basketball team, playing in these tournaments has taught her "that everything counts. Your dribbling. Your shooting. [The tournament] is a learning opportunity before the season begins to work on our skills. We get to play with each other, too, to see how we click together and execute defense and offense."

Manuel has been playing with some of her team mates since the sixth grade, evincing an ease and familiarity with each other on the court. "We encourage each other. We communicate. We work on our mistakes," says Manuel. "What I've learned is that it's okay to make mistakes. You learn from them and work harder."

Jasmine Molina, a senior and point guard, agrees that competition drives her to improve her skills. Playing against other athletes in the recent tournament also reinforced her belief "that even though we're designated a Division II school, our team plays at a higher level." Her team's intensity of play surprised the opposing teams, who, before the tournament, Molina says, "looked down on us because of our D-II status." She likes that her team smashed that perception game after game during the tournament.

Such refusal to be boxed in and limited is one of the hallmarks of a champion, and both Molina and Manuel believe the Lāna'i High girls basketball team is exceptional this year and will take it all the way to the rim at the Maui Interscholastic League (MIL) championship in late January 2020.

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Certified Substance Abuse Counselor and Licensed Marriage & Family Therapist



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Naturopathic Doctor



Elizabeth Tomoso
Registered Occupational Therapist



Dr. Gary Pitt
Foot Specialist



Miki Wong
Registered Dietitian



Dr. Jamie Kamaiani
Boyd Holistic Nurse Practitioner

Laulima. Many hands working together.

It is a privilege for Nā Pu'uwai, the Native Hawaiian health care system serving Lāna'i, to partner with other health care providers to meet the needs of Lāna'i residents. The Nā Pu'uwai team looks forward to continuing to be a vital part of the community throughout 2020. Happy New Year!



Nā Pu'uwai

(808) 560-3653 napuuwai.org



Come visit your friendly dental staff at Lāna'i Community Dental Center



Row 1: Dr. Sean Benson, Liana Koanui (DA), Kamalani Donato (DA), Melorie Yuen (Dental Hygienist), Chanda Schutte (Dental Supervisor), Dr. Randall Kam
Row 2: Micah Calilao (DA), Dr. Nicole Endo (Pediatric Dental Resident), Kathy Costales (DA)

Our Dental Services

Preventive and Diagnostic

- Examination
- Cleanings
- X-rays
- Fluoride
- Sealants

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- Fillings
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- Periodontal Scaling
- Emergency Dental Services
- Oral Surgery/Extractions

Other Services

- Crown and bridge
- Partial Denture
- Complete Denture



**Call 565-6919 to make an appointment.
Lāna'i Community Health Center**

Please join us for a very special event...

Lunar New Year



**Saturday,
January 25th, 2020
Dole Park
10:30 a.m.
and 4:00 p.m.**

**Enjoy Interactive LCHC
Wellness class demonstrations
and a traditional Lion Dance
with firecrackers!**
Please provide your own seating

Hosted by Lanai Community Health Center
333 Sixth Street Lanai City, HI 96763
(808) - 565 - 6919
go to www.lanaihealth.org
for more information

**Call 565-6919 to make an appointment.
Lāna'i Community Health Center**

Do you find yourself traveling off island for your women health needs?

Travel no more and get your women's health services at Lāna'i Community Health Center!



LCHC has a **full time female provider** that specializes in women's health and prenatal care.

Our Women's Health Services include:

- Prenatal Care
- Neonatal Stress Test
- Immunizations
- Pap Tests
- Clinical Breast Exams
- Family Planning
- Domestic Violence
- STD Screening
- Blood Draws
- Pelvic Exams
- Breastfeeding Guidance
- Mammogram Referrals
- Behavioral Health
- Menopause

Do not wait if you are uninsured, we can help you.
We are open Monday—Saturday!
Call our office for more information: 808-565-6919

 **Lāna'i Community Health Center**

**Secret to life-long health and wellness?
Form good habits, starting in Kindergarten**

We are the sum of our habits, good and bad. Some habits are so ingrained, they're automatic. We hardly give them much thought – which is what happens when we discover we have accumulated a catalogue of bad habits: We overindulge; we stop exercising; We eat foods that clog up our arteries; We ignore vegetables; we neglect sleep; We allow stress to eat at us. Starting a good habit begins with a change in our routine.

Intuiting the power of habit, the Lāna'i Community Health Center created an excellent routine in 2014 by educating the very young to develop life-long habits of health and wellness. This joint partnership with Lāna'i High and Elementary School, includes a health-based curriculum that teaches students in Kindergarten through fifth grade, skills in taking charge of and maintaining their health, coupled with the goal to spark student interest to pursue careers in health and wellness.

The partnership is expanding and now includes physical exercise for students in kindergarten through fifth grade. The 2019 school year also ushered in a new program, E Ola Kino (to live life), and encompasses Pre-K to twelfth grade. This research project seeks to establish a comprehensive, intensive, school-based weight management program, and introduce habits for a healthful life. Working in conjunction with Hawaii Public Health Institute (HPHI), LCHC, along with students in Karen de Brum's writing class at LHES, will guide students in conducting surveys focused on healthy eating and

active living habits, gathering and analyzing survey data and helping plan and implement programs. Such data analyses include height and weight statistics that will help the group determine a baseline for Lāna'i keiki, as compared to keiki in the state of Hawai'i and the nation.

Collection of data will be kept anonymous and confidential. The information will help show LCHC which skills to teach Lāna'i keiki that would empower them and help them develop responsibility and autonomy for their health and wellness.

In addition, starting in the 2020 spring semester, LCHC will offer Family Fitness Night, the purpose of which is to bring together every month, students and their families, as well as the community, for a night of fun and engaging physical exercise. A collaboration with LHES, the first Family Fitness Night will include Zumba, a student presentation on E Ola Kino, and a question and answer session for parents and guardians. Consent forms will be provided, as will free raffle tickets and light refreshments.

Family Fitness Nights schedule, 5:30-6:30 p.m. at LHES Cafeteria:

- January 21st – Zumba and E Ola Kino Presentation
- February 24th – Tai Chi
- March 3rd – Zumba Strong
- March 31st – Nutrition and Food Demo
- April 20th – TBD
- May 28th – TBD

Hope to see you there! If you have any questions, please contact Cindy Figuerres at 808-565-6919 or cfiguerres@lanai-health.org.

CELEBRATE CHINESE NEW YEAR

AT LĀNA'I CITY BAR & GRILLE | FRIDAY, JANUARY 24

FAMILY STYLE FOUR-COURSE MENU

- Shrimp, Pork, Chinese Chive Dumplings
- Sichuan-Style Wood Ear Mushrooms & Bamboo Shoots
- Traditional Whole Steamed Fish and Vegetables
- Muah Chee Balls, Sesame, Peanut, Citrus Sorbet

In addition to our family-style Chinese New Year special, our regular dinner menu offerings will also be available.



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OR CALL 565-7212



Night at the Movies benefits the Maui Humane Society shelter

The Maui Humane Society (MHS), in conjunction with Sugar Beach Events, will present a night at the movies to benefit animals at the Maui Humane Society, 6 p.m. to 9 p.m., Saturday, February 1, 2020 at Sugar Beach Events in Kihei. The family-friendly event, recommended for ages eight and older, features “Life in the Doghouse”, as well as two short films. There will also be a Silent Auction, offering a variety of art, as well as food and beverages for purchase at the venue.

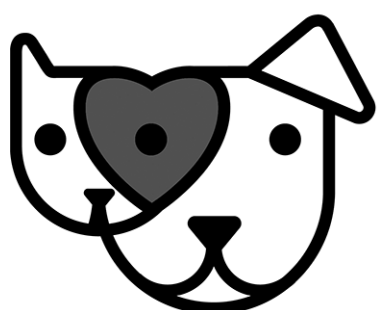
“Life in the Doghouse” tells the story of Danny Robertshaw and Ron Danta and the work they do at Danny & Ron’s Rescue. Ten years and 10,000 dogs later, their unique approach to life and dog rescue continues to capture hearts and inspire millions. Two short films from Mutual Rescue, an organization that focuses on the special connection that people and animals share, will also be shown.

“We hope you’ll join us at Sugar Beach Events for this inspirational Night at the Movies which will benefit all of the animals at MHS,” says Steve MacKinnon, CEO, Maui Humane Society. “It fills our hearts to know how many people in the community care for our homeless ani-

mals. This a fun and easy way to support the work that we are doing at the Maui Humane Society.”

Special pricing for youth and family-pack tickets are available. Because tickets are limited for this special event, we urge anyone who is interested to buy tickets now. For more information and to buy tickets, please visit mauihumanesociety.org or email events@mauihumanesociety.org or call (808) 877-3680 ext. 240.

The Maui Humane Society is a 501(c)(3) non-profit, serving the community for over 60 years and is Maui’s only open admission shelter. Its mission is to protect and save the lives of Maui’s animals, accepting all in need, educating the community and inspiring respect and compassion toward all animals. The Maui Humane Society takes in more than 5,600 animals annually, and serves many times that number through community outreach programs. Equally important, through the many programs and services offered, MHS provides support for Maui’s approximately 90,000 pet owners as well as Animal Management Services for the County of Maui. Maui Humane Society is open seven days a week from 11 a.m. to 6 p.m.



**maui
humane
society**



PUBLIC NOTICE COUNTY OF MAUI-HOUSING CHOICE VOUCHER PROGRAM (SECTION 8) RE-OPENING OF WAIT LIST

The County of Maui announces it will be accepting applications on-line for its Housing Choice Voucher Program Waiting List beginning at 8:30 a.m. on January 27, 2020 until 11:59 p.m. on February 17, 2020. Applications must be submitted on-line at www.waitlistcheck.com/HI004 except in instances of reasonable accommodation. Hardcopy pre-applications will only be available by advanced written request to the County of Maui. No applications will be provided at the Agency.

The Housing Choice Voucher Program provides tenant-based assistance in the form of a voucher to low-income families, seniors and persons with disabilities for rental units chosen by the tenant in the private market. The Housing Authority provides payments directly to participating property owners to offset the cost difference between tenant payments and unit rent. Program applicants choose from a variety of housing options ranging from apartments, duplexes, single-family homes, or individual rooms.

To better serve applicants and to make the application process available to all, including those who are least likely to apply, the entire application process is available on-line at www.waitlistcheck.com/HI004. You may apply using any computer or smart phone with internet access. Public libraries offer free computer access if you are a library card holder. Status information regarding placement on the list will be available on-line shortly after the closing date. Instructions regarding obtaining status information are provided during the on-line application process. Applicants must apply during the period the list is open for applications.

Due to limited funding availability, applications will be selected and ordered using a random lottery system. Not all applicants will be placed on the waiting list. By randomly selecting the applications received for placement on the waiting list, the process is equitable. The time and date of receipt of the application on-line has no bearing on whether an application will be selected for the waiting list. There is no advantage to applying immediately after the list opens.

The Housing Choice Voucher Program assistance covers the rent portion that exceeds approximately 30% of an eligible family’s monthly income. Any and all households may submit a pre-application. Acceptance and/or assistance are based on income verification and eligibility requirements. Maximum income levels, based on family size are as follows:

Family Size	Income Limit
1	\$34,200
2	\$39,050
3	\$43,950
4	\$48,800
5	\$52,750
6	\$56,650
7	\$60,500
8	\$64,450



An Emergency Medicine Team and the Heart of the Community

Lanai Community Hospital is a “critical-care” facility, meaning that long-term care is first and foremost on the agenda. Yet if you are in urgent need of being admitted to the Emergency Department, the professional physician and staff will do everything that’s possible to save your life — even if that means putting you on a fixed-wing aircraft and sending you off island.

“The illnesses are wide ranging from residents to visitors. In the emergency room, you can get from a 1-week-old to a 102-year-old,” says Dr. Jon Jancaterino, who lives on Maui and commutes via Expeditions Ferry to his Lanai shifts. “You have to rely on your clinical senses a lot, and sometimes the patients need to be stabilized and transported to a bigger hospital.”

Like his co-associate director Dr. Haddad, the LCH Emergency Room physicians typically work two- to-three, 24-hour shifts in a row. Because Lanai is a rural island with a population of a little more than 3,100, it has a smaller caseload of ED incidences than the other Hawaiian Islands.

“The beauty of it is, given a low-patient volume, I can spend as much time as I like to assess the situation,” continues Jancaterino. “It’s a luxury not seen very often. It gives me a chance to bond with the patient and with the family who’s making decisions for say, an elderly person. I have the time and the ability to get a good assessment.”

It helps that Lanai Community Hospital has been modernized and its equipment updated, ever since Maui Health took over in 2017. When it comes to emergencies, the ED physician on duty still has to use his gut instinct to make the call as to what the best options for the patient are.

“In general, we get a cross section of what every Emergency Department receives. We get trauma. We see TBWs, which means ‘tossed by wave.’ For instance, we recently had a 10-year-old tourist who broke his hip by the force of a wave. We get acute myocardial patients, or ones having a heart attack.”

Drs. Jancaterino and Haddad have also performed emergency appendectomies, and treated patients for life-threatening sepsis as well as seizures. The list goes on and on.

“You have to rely on your clinical senses,” says Jancaterino. “Because Lanai is so different than anywhere else, I think it challenges you. The diminished resources make us all rely on old skills of communication, reevaluation, surveillance and observation, which is very gratifying. Medicine has gotten to be conveyor-beltish. Lanai rejuvenates me. I always look forward to coming over. Yes, I worry about a super-sick patient, but I know I can handle it.”

Dr. Haddad is as equally enamored with the island.

“I have been coming to Lana’i since arriving in Hawaii 26 years ago,” Dr. Haddad reminisces. “I was married to a woman from here and we are still very closely connected.”

“I have been working here on Lana’i for the past five years at the Straub Clinic as well as the LCH Emergency Department,” he continues. “I am also developing my relationship with the long-term care community and the senior center. Now, our new Emergency Medical Associates (EMA) emergency physician group will continue to bring the highest level of emergency care possible to Lana’i.”

Even though Lana’i is part of Maui County, it’s eight miles across the ‘Au’au Channel from its bigger and more populated neighbor island, which seems so urban and developed in comparison.

“As Maui has gotten very large, it is much more difficult to connect with the local community,” says Haddad. “Here on Lana’i it is impossible to NOT connect with the local ‘ohana. I feel a flow and connection with the community that it is rare to find, and is deeply gratifying for me.”

Yet LCH works hand-in-hand with its neighbor island counterparts, Maui Memorial Medical Center and Kula Hospital, in times of need.

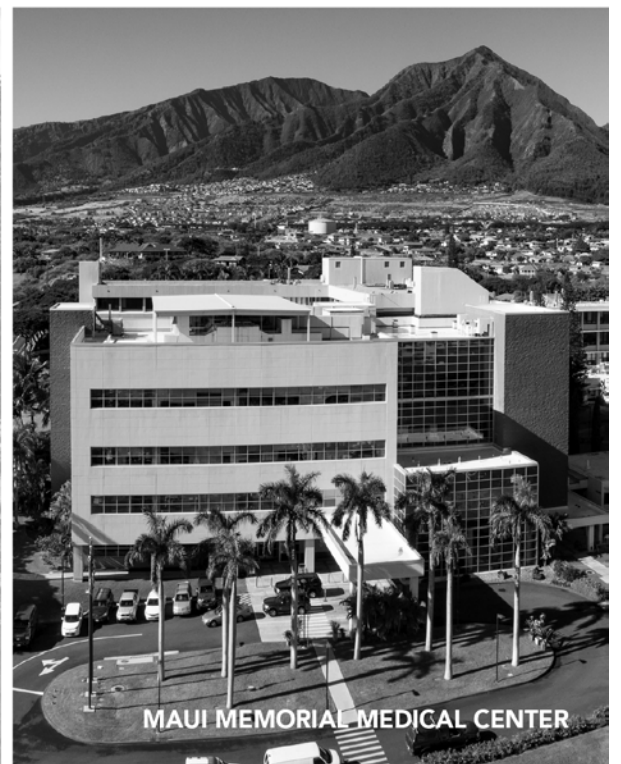
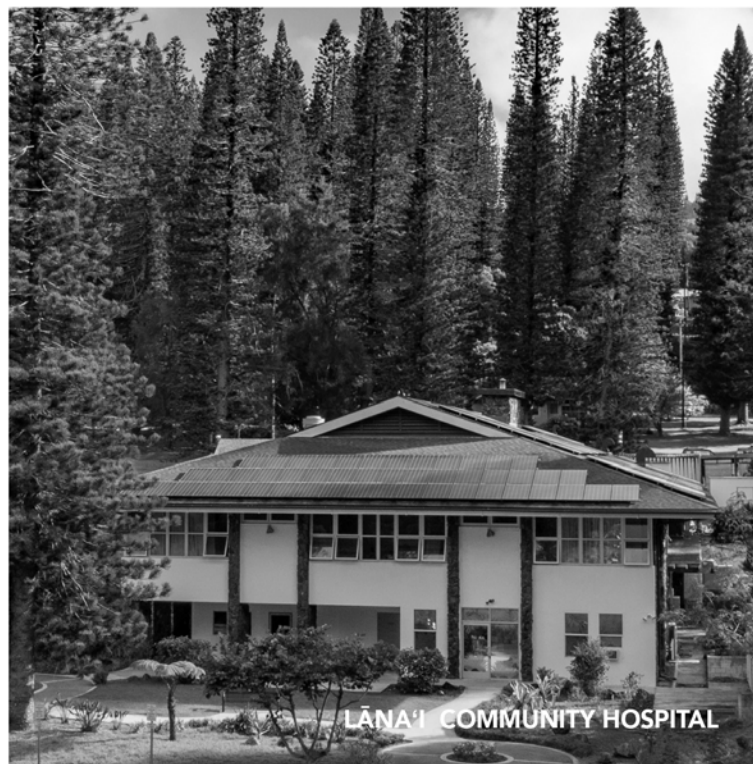
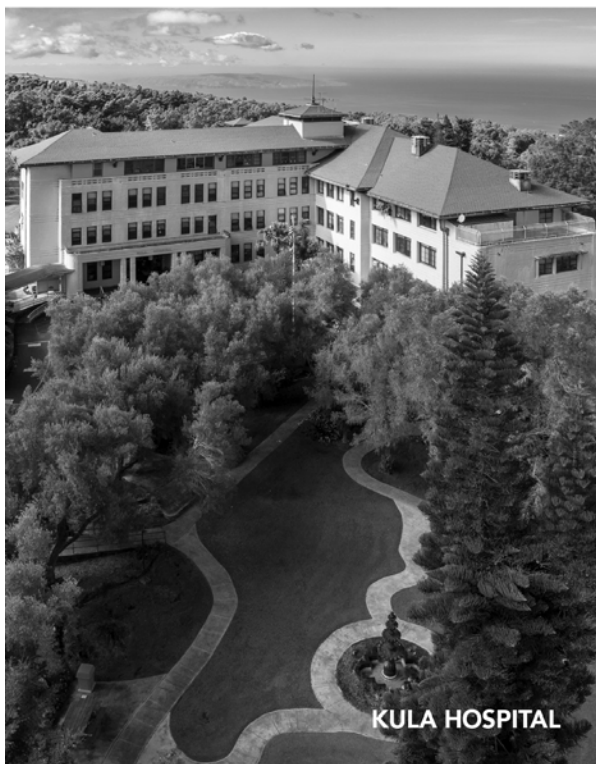
“Since Maui Health manages Maui Memorial, I can call my ER doc over

there and get immediate acceptance for a patient,” says Dr. Jancaterino. “We are the little sister and Maui is the big brother. We have to have an accepting hospital with a higher level of care in order to transport the patient. Maui is capable with resources of almost anything that Straub and Queens have.”

It’s apparent that these doctors can’t say enough about Lana’i.

“I appreciate the beauty and tranquility of this island. Its stillness and openness allows a deepening of my soul,” says Haddad. “I am hoping that my service to the community and the mutual respect and compassion I feel for and from the folks here, can continue for many years to come.”

“For me, it’s been transformative working here,” concludes Jancaterino. “The staff, the local people, there’s no place like it. You come over here and you actually feel your blood pressure lower. I’ve never had a job in an ER where this has happened before.”



Lanai Community Hospital, along with Maui Memorial Medical Center and Kula Hospital on Maui, are community hospitals managed by Maui Health. We are committed to providing high-quality, affordable health care to our patients and to improving the health of the communities of Maui and Lanai. Maui Memorial Medical Center was recently awarded the highest and most honors in the state by American Heart Association and featured in U.S. News & World Report **“Best Hospitals 2020”** for Gold Plus Quality Achievement and Honor Roll awards for stroke and heart failure care.

MAUI MEMORIAL MEDICAL CENTER
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KULA HOSPITAL
KULA CLINIC

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mauihealth.org



The Lāna'i Art Center fills a creative need in the community

Contributed by Cindy Sagawa, Photographs courtesy of LAC

The Lāna'i Art Center (LAC) has long been regarded on Lāna'i as an outlet for local artists to explore and expand their creativity and share their artwork, serving the community and visitors alike. Lāna'i had no such outlet for artistic expression until 1991, when generous funding from the head of Castle & Cooke, Mr. David Murdock, and other grants, helped to establish the LAC.

Buildings used by LAC as a studio and for keiki art classes were demolished for the expansion and upgrade of the Lāna'i Community Health Center facilities. In their current 1930s-era buildings, LAC staff focus on innovative solutions to continue providing quality art experiences for children, adults and artists in a drug-free and creative space.

The LAC also fulfills an extension of the state of Hawai'i's Department of Education standards by providing elementary school students a means of creating, exploring and learning about art. This program reaches more than 200 kids each week during seven-week sessions; art supplies and this teaching service are furnished free of charge.

Every Monday, LAC offers exploratory art for toddlers and their parents at very little cost. These sessions allow children to experience a variety of tactile surfaces and materials, improve their hand-eye coordination and deepen their social interaction and language skills. At the end of the session, students go home with a smile on their face and art to share.

Besides providing ceramics and workshop facilities to members, the LAC features workshops, oil painting and watercolors classes and other events throughout the year. Visit www.lanaiaart.org to register for a class or stop by the art gallery.

The LAC has drawn art lovers and artists for over twenty-five years. Now grants and funding sources are being severely cut back or are gone all together. Gallery sales and memberships help the LAC cover some of its operating expenses, but donations greatly help fill the gaps.

Art has no limits. The creative process is available to everyone. Please continue to support this community resource for adults and Lāna'i's children. It's easy to make donations

online via our website, or come on by to see LAC's current offerings. The Lāna'i Art Center serves you.



Jonas and Hazel Knowles



Ryder Wayne



Adriel Baldwin



Kade Dugay



Kiana Medeiros



Kiana Dugay



Hazel Knowles



Nene by 4th grader LHES



I and My Lanai



Texture, Birds eye feathers by 4th grader

4th grader inspired by Marc Chagall

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Lāna'i City to Kahului	7:50 A.M.	8:15 A.M.
	5:00 P.M.	5:25 P.M.
Kahului to Lāna'i City	7:05 A.M.	7:30 A.M.
	4:15 P.M.	4:40 P.M.

Tickets on sale now at MokuleleAirlines.com or (808) 495-4188

Virtues in Paradise - 2020 Vision

Contributed by Linda Kavelin-Popov, Co-founder, The Virtues Project



Linda Kavelin-Popov

There's nothing like a brand new year to inspire a fresh start, a new beginning, for the life we really want to live. 2020 is an especially momentous year, representing clear vision. I remember the days when I had 2020 eyesight. Now in my seventh decade, it's a different story. But my inner vision – that seems to have gained clarity as I age. Author May Sarton said, "Old age is not an illness, it is a timeless ascent. As power diminishes, we grow toward more light." So in this new year, if we are bold, we will cultivate our inner vision – a purposeful picture of what we want to attract, how we intend to live our best lives, and a plan to achieve it. Proverbs 28:19 says, "Where there is no vision, the people perish." It is empowering to create a plan and bring it to life. Benjamin Franklin said, "If you fail to plan, you plan to fail." The 5 Strategies of The Virtues Project offer a holistic approach to creating your vision.

Speak the language of virtues: Speaking virtues enables us to appreciate and correct ourselves and others, and also involves reflecting on our strength and growth, those virtues we show and those we need to grow. Reflect on 2019: What are you proud of? What strengths do you see in the way you loved and served? How did you live by your highest beliefs? What virtues do you want to grow more of in 2020? Many people are cleansing their homes of clutter, applying the virtue of orderliness. With a clear, clean space, our minds are freer to dream and imagine our truest possibilities. Others talk of clearing the junk from their diets and nurturing their bodies with real food; more fruit and veggies, less sugar, salt, fewer empty calories.

Recognize teachable moments: Part of discerning a new dream is looking back at what we've learned. Sir Winston Churchill said: "Those who fail to learn from the past are doomed to repeat it." In the workplace, we often hear, "Learn from your mistakes." What were your lessons this past year? This is about moral and emotional accountability, not an excuse to shame ourselves. A thief once went to a wise man for advice. "I want to be a good man, but I've done a lot of bad things in my life. Will God ever forgive me?" "He is the ever-forgiving," the wise man said. "How will I know when I'm forgiven?" "When you don't do bad things anymore." If you feel ashamed of some behavior,

know that you have the power to replace it with a positive, life-giving practice, such as kindness, tact, or generosity.

Set clear boundaries: Practice justice in your relationships. Oprah said, "We teach people how to treat us." Give up helpless yelling at children and set clear rules, with love and tact, and clear consequences. If you want them to use inside voices in the house, model it with your own gentleness. Allow yourself time to restore and revive. What activities bring you joy? Schedule Me Days with no apologies.

Honor the Spirit: Do you honor yours by having a daily routine of reverence and reflection? Catholic educator Paulo Friere said, "Reflection and action must never be undertaken independently." Spend more time at the beach. Take time to be mindful. Do nothing several times a day. Breathe. Set goals to stay aligned with your true vision.

Offer spiritual companionship: Be fully present with sacred curiosity to others. Listen well. Ask questions to help them discern their own clarity. "What is the hardest thing about this?" "What do you need?" "What do you hope for?" Ask yourself what truth you need to hear – really hear, from your own heart.

I'm creating a vision board of words and pictures of my hopes, dreams and plans for 2020. My overall vision is to gracefully follow the flow of God's will. My goals vary from improving orderliness (so I can stop losing my glasses!) to publishing a new book, and taking care of my health. The Tao Te Ching says: "Can you cleanse your inner vision until you see nothing but the light?" This year of clear vision, keep your eyes on the prize, and as a Pueblo Indian prayer says, "Hold on to what you must do, even if it's a long way from here."

The super food in your backyard

Every few months there is a craze for a vegetable or fruit or grain that sweeps the nation: quinoa, chia seeds, hemp seeds, acai (pronounced ah-sah-ye) berry, Maca powder, shilajit, schisandra berries, reishi spores, blue-green algae. All are touted for their health-boosting or nutrition-packing powers.

To the average person, who may not keep up with such trends, these foods sound exotic and strange, as appealing as taking cod liver oil or eating slime.

But Moringa, better known as Kalamungay or Marungay in Filipino, is a

plant with which most people on Lāna'i are familiar. Chances are many have enjoyed the leaves of the Kalamungay in a fish soup.

Moringa has antifungal, antiviral, anti-depressant, and anti-inflammatory properties. It is rich in vitamins and minerals, and contains niazimicin, a compound purported to suppress the development of cancer cells. In a word, it's a superfood.

So, if you're feeling under the weather, get some Kalamungay leaves from your yard (or ask your auntie), and make yourself a bowl of Kalamungay soup tonight.

2020 Takitani Foundation Scholarship applications now online

Starting December 10, 2019, graduating high school seniors in Hawai'i can apply online for the 2020 Mamoru and Aiko Takitani Scholarship, a program that recognizes outstanding academic achievement.

The scholarship selection process is rigorous: Select students chosen from more than 60 qualifying high schools will be awarded a \$2,000 scholarship. From this group of awardees, students are further selected to receive an additional \$3,000 scholarship – schools in this pool include the public school district, the Hawai'i Catholic Schools, and the Hawai'i Association of Independent Schools. The last round of finalists will be selected for the following awards:

The Karen Uno Distinguished Student Award: \$8,000 (total award amount)

The Mamoru Takitani Outstanding Student Award: \$10,000 (total award amount)

The Aiko Takitani Outstanding Student Award- \$10,000 (total award amount)

Deadline to apply online is February 3, 2020. Students must submit a hard copy of their completed applications to their senior advisors/college counselors. Scholarship finalists and top scholarship winners will be announced in May 2020.

The scholarship program, started in 1993 by Mamoru and Aiko Takitani, founders of Hawaiian Host, has awarded more than \$4 million to scholars embodying the Takitani's standards of excellence, innovation and dedication.

The Mamoru and Aiko Takitani Foundation, Inc., is a non-profit organization dedicated to providing scholarships and educational opportunities for underserved populations of Hawai'i students, who can then become part of an educated, qualified work force. The Takitani Foundation also strives to create change and improve island education. The Hawaiian Host founders created the Foundation in 1993 to express their appreciation to the local community for its support of their Hawaiian Host products.

Scholarship eligibility requirements, application and foundation information are available online at takitanifoundation.org.

The healing gift of talking story

Contributed by Caroline Reese

Lāna'i is a thriving community with a blend of cultures. It is a place where you can meet a total stranger, who quickly turns into a friend. Whenever there is a get-together, there is always plenty of food, plenty of drinks, and plenty of stories.

I love the phrase "talk story". I have written about storytelling during my graduate studies and how it promotes healing. Storytelling is a fundamental part of how we communicate, interpret experiences, and integrate new information into our lives. Stories educate, inspire, and promote rapport. The way a person organizes, animates and tells a story is unique to him or her.

Everyone processes memories or visualizes experiences differently. Stories translate memories that can be shared verbally or in written form to achieve more understanding for both the person telling the story and the receiver.

Developing a story can allow reconnection to one's life after a loss or traumatic event. The transporting of self into the story provides vulnerability and empathy to emerge, creating a path of healing.

With every new year comes a time to



Caroline Reese

rethink our habits, rest and reset. Obligations to work, family, friends, and community do not leave enough time for many to rest and reset, but Lāna'i offers a sense of peacefulness anywhere you go. There is a quality of calm here that you can experience any time of the day.

My wish for all of us is to take the time to reset. Develop your individual stories to add peace and calm into your life this year. Lāna'i offers many opportunities to heal the mind-body and spirit.

Join me on Sundays at 9 a.m. at Dole Park for a free yoga class. Bring a mat or towel, water and let's reset together.

Lāna'i's rugged and little-known trails

There are trails on Lāna'i that are a trail runner's dream: rugged, remote, steep and challenging. The views are spectacular: You can take in the sea mountain cliffs of Moloka'i, the coastline of Maui. And unlike trails in the mountains of Colorado or Utah or Wyoming, there is little chance of getting lost on Lāna'i. You run up a trail that brings you down to the sea, and then when you have had your fill of beauty and peace, you run up that same trail.

Off of Ka'ena Road near Keahiakawelo, there are three trails whose names are simple: Red Tank, Black Tank, Morita Trail. But it's the simplicity that is intriguing. Who came up with these names? Was it a fisherman? A hunter? A trailrunner? Why these names and not some other distinguishing feature on the trail?

If you know the history of how these trails got their names, please contact ncables@lanaitoday.com.

Share your family's photographic treasures with



LANAI TODAY

We'd love to see your family's photos of life on Lāna'i, or famous/notable local people, from 20 years ago or more. Email a .jpg file to ncables@lanaitoday.com, in high-resolution (1 MB min), with caption describing who's in the photo, location, date, and historical significance.

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Call Nelinia at 563-3127 to set up an interview or email me: ncables@lanaitoday.com

Four Seasons' Employee of the month

Front of House - Lester Alcantara

Guest Services, Bell Attendant

Four Seasons has standards which every employee strives to meet. Lester, hired on October 17, 2017, exceeds these standards with energy and passion to spare. He is genuine in his interactions with resort guests, never complains, even in the most demanding situations, and is unfailingly flexible and accommodating.

Heart of House - Crystal Glenn

Resort Sales, Lāna'i Experience Planner

Described as an absolute joy, a wonderful asset and an integral member in her department, Crystal Glenn, Hired on October 15, 2018, leads by example as a Lāna'i Experience Planner (LEP) in the Los Angeles sales office. Crystal took initiative and thoroughly planned and organized the Festive Pre-Arrival outreach process, an approach that not only reflects her conscientious nature, but also her care and dedication. Crystal thinks outside of the box and is continuously brainstorming ideas to improve processes. She goes above and beyond to secure the best results for guests and for her team. She does whatever it takes to complete her tasks, a clear mark of her accountability. She truly cares about her team, her role, this property, and Four Seasons and it is evident in everything she does.



Scott Ashworth, Kalei Nash, Wendy Kaopuiki, Lester Alcantara, Alastair McAlpine, Ewan Knowles, Dan Mizrahi, Patrick Van Pee



Susan Slade, Walter Hernandez, Phyllis Ve, Susan Jones, Faye Evans, Kurt Diekhoff, Crystal Glenn, Joe Labreche, Michele Repyak, Diana Chenh, Sonia Gonzalez.

Nā Pu'uwai renews their commitment to serving Lāna'i residents in 2020

Nā Pu'uwai, the Native Hawaiian Health Care System that serves Lāna'i, has assembled an experienced multi-disciplinary team of providers to serve more Lāna'i residents in 2020.

"We're seeing an ongoing need for earlier intervention to prevent or better manage health conditions for those here on Lāna'i," says Kamahanahokulani Farrar, executive director of Nā Pu'uwai. "This is everyone's kuleana. We're all part of the solution to improve the health of Lāna'i residents and Nā Pu'uwai is doing our part to provide education and services that may not be offered by others on the island and by making referrals to other healthcare providers. Our goal is to help close the gaps to ensure more residents, from keiki to kupuna, receive the care they need," Farrar adds. "We are working closely with primary care providers and other partners in the community to help prevent disease and to identify health conditions early."

Team members include: **Dr. Gary Pitt**, a podiatrist, and veteran member of the team with 25 years experience. His foot clinics are always packed because of his rapport with patients: He always takes the time to listen to them. Dr. Pitt has made regular visits to Lāna'i to see patients for over 20 years. He serves at Wahiawa Center for Community Health and is affiliated with Kahuku Hospital and Wahiawa General Hospital on O'ahu.

Dr. Jamie Kamailani Boyd, a holistic nurse practitioner, with a Ph.D. in nursing. As a board-certified family nurse practitioner and an advanced practice registered nurse, Dr. Boyd is able to prescribe medicine or medical equipment. Dr. Boyd also serves as a professor and health science coordinator at the University of Hawai'i-Windward campus.

Dr. Landon Opunui, a Native Hawaiian, and a naturopathic doctor. His practice includes integrating natural and modern medicine, including non-drug alternatives; weaving traditional views of health and nature with a scientific understanding of plants to aid healing and offering treatment options that have fewer side effects to improve health.

Elizabeth Tomoso, a registered occupational therapist, helps Lāna'i residents preserve or regain their

independent living skills with a customized care plan after medical trauma, an illness, or fall. She also combines her unique experiences with interior design to help Lāna'i seniors successfully age in place by providing practical advice on remodeling their homes to improve safety and accessibility and minimize their risk of falls.

Miki Wong, a registered dietitian, complements services offered by other Nā Pu'uwai providers. She recently introduced ketogenic therapies that help patients manage their weight and address a range of health conditions, including epilepsy, diabetes, Alzheimer's disease, and even cancer. Miki also works as a clinical dietitian for Shriners Hospitals for Children in Honolulu and other healthcare organizations in Honolulu and shares her knowledge with Lāna'i families.

Sabra Della-Lucia, a certified substance abuse counselor and a licensed marriage and family therapist, is the newest member of the Nā Pu'uwai team. She provides therapy for individuals, couples, and families with a strong focus on behavioral health. "Our team is committed to Lāna'i patients and providing follow-up care on a bi-weekly basis," Farrar says. "The regular visits and consistency have been important for our team to really get to know patients and their health goals, and for the patients to get to know and understand we are here for them. This helps with continuity of care to help improve health outcomes."

Nā Pu'uwai is a Hawai'i 501(c)(3) nonprofit corporation and the Native Hawaiian health care system that serves Lāna'i and Moloka'i. The health care system was formed under the Native Hawaiian Health Care Improvement Act of 1988, a special congressional initiative to promote comprehensive disease prevention, health promotion, and primary care services to Native Hawaiians in a culturally sensitive way. Nā Pu'uwai provides or arranges for healthcare services through professionals licensed to practice in the State of Hawai'i, and engages traditional Native Hawaiian health practitioners to participate in the planning, management, monitoring, and evaluation of the health services. Visit napuuwai.org.

Island Burial Council needs to fill openings

If you're interested in serving our Lāhui in a meaningful and fulfilling manner and want to be instrumental in the preservation and protection of our iwi kūpuna across our 'āina. The Office of Hawaiian Affairs (OHA) continuously seeks qualified candidates for nomination to fill vacancies on the island burial councils. We accept applications for all regions, year-round.

The island councils are tasked with convening interested stakeholders as well as descendants of iwi discovered within the bounds of planned development projects. These councils 'auamo the important

kuleana of determining whether these previously identified burials must be preserved in place or relocated. The councils also make various recommendations to the DLNR regarding appropriate management, treatment, and protection of iwi kūpuna.

There are five island burial councils serving the following areas: Hawai'i, Maui/Lāna'i, Moloka'i, O'ahu and Kaua'i/Ni'ihau. Each council consists of nine members (*with the exception of Moloka'i) presenting the various makeup of each island and also landowner/developer interests. To learn more, visit: <https://oha.org/burialcouncils>.

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Friends of Bill W.

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For more information, Call Rita at 760-419-0785

Around Town - Christmas Tree Lighting

December 14, 2019

Photography by Dan Popov



Christmas 2019, Lānaʻi style.



All that's missing from this Christmas scene is snow.



A Christmas tableau complete with sleigh.



Santa Claus has come to town.



Sophia Pascual and Harper Calderon



Little girls deep in thought.



A little girl in soap bubble reverie.



Lānaʻi Musicians Ricky Sanches, Jr., and Kayla Sanches



MJ Etrata, Jaymon Magaoay, Jacob Janakowski, Nathan Sabino



Christmas carolers



Trinity Simon and Kylie Yumol



Sorona Seyuli and Marine George



Mirasol Dulay, her children and Linda Kavelin-Popov



Talia Agliam



“Around Town” is proudly sponsored by Lānaʻi Oil Company