

## Lāna'i's pineapple union workers strike and make history in 1951

### Part I of a series

By Nelinia Cabiles

Acres and acres of pineapples lay rotting in Lāna'i's open fields, the sword-shaped leaves of the plant falling over and under each other in a wild, haphazard mat, waist-deep thick. Thousands of pineapples were buried in the heavy underbrush, but still the stink of spoiled fruit, decomposing for nearly six months in the hot sun and rain, in morning fog and wind, was overpowering.

The smell of rot and waste drifted from the uplands, above the pineapple fields that jogged along the base of Lāna'i Hale and then floated through Pālāwai Basin. It rose up from the long-baked earth in the fields near Kaunolū and Keone and farther north and east to Kānepu'u, though the fields were known to workers and pineapple pickers by different names then: 5420, 5501, 5307, 5333. The reek of decay was sometimes heavy, sometimes light, depending on the trade winds, but it was always there. It permeated the air, the clothes on the line, the various camps where the workers lived, the rooms of the plantation houses in town. There was no mistaking and no escaping the smell. It swirled and moved through the island like an invisible river without end.

The year was 1951 in September and

Lāna'i's pineapple workers, about 800 laborers in the International Longshore and Warehouse Union (ILWU), were on strike.

From pineapple pickers to machine operators to planters, the union workers of Lāna'i, a defiant force among the other six pineapple companies in the state, had stopped going to work since March 1, approaching 200 days now, holding out for a wage increase of 12 cents an hour, improved medical services, and, it would turn out, according to Kupuna and historians on Lāna'i, for the right to own a home – a right that would effectively wrest away control of this primary human drive from the Hawaiian Pineapple Company (Hapco), the monolith enterprise that dominated everything else in the plantation town, from wages to work supplies to promotions to evictions and housing.

An income raise that would improve working and living conditions, offer better health care and the possibility of home ownership: these were the rights that the workers in the ILWU were fighting for. In the face of such dreams, the stench of rotten pineapples for months on end was a small price that everyone in the union was willing to pay.

The crux of the strike was the right to own a home, an idea that nineteen union field stewards advocated for, and whose suspension from work and eviction from the island February 26, 1951, when Hapco caught wind of the idea, was the catalyst for the 1951 strike. *If it could happen to them, it could happen to us*, was the unease that galvanized the workers.

If one were a passerby roaming the island during that 1951 strike season, it would seem that only the pineapple fields were fallow, overgrown by grass and weeds. Some of the fields had been burned, plowed under, razed. In contrast, everywhere else was humming, astir with activity and purpose. The town itself was bustling, as workers organized and planned,

falling into the tasks of the enfranchised and newly empowered, standing shoulder to shoulder, united and driven by common goals and dreams. To be idle and aimless during the pineapple strike was a luxury. And no one could afford that. There was a community soup kitchen to run, kiawe firewood to gather, three daily meals to prepare and cook, workers and their families and schoolchildren at the cafeteria to feed, funds and support to solicit, food to unload from the barge, workers' morale and courage to sustain and keep strong in the long and lonely fight.

The merchants on Lāna'i, such as the Tamashiro brothers, who owned Richard's Market; Isamu Honda and Chiyuki Matsura, owners of Pine Isle Market; and Pedro De La Cruz, owner of International Food and Clothing Store (see December edition of *Lāna'i Today*), extended credit, allowing workers to run a tab during the strike. Some had no expectation of payment and forgave the debts entirely when the strike was over, according to anecdotal accounts.

"Equal pay for equal work" was one of union workers' demands, as published in the July 27, 1951 edition of Lāna'i ILWU-Local 152, Unit 7's *Strike Bulletin*, a daily publication that kept workers informed of any developments in the strike and dispelled rumors, buoyed up flagging energies, struck down conjectures that can sometimes emerge in a drawn-out battle whose end is unknown. Left unchecked and unaddressed, these issues weaken morale, divide workers, and kill hope. The *Strike Bulletin*, complete with sharp and incisive political cartoons, kept the battle lines and their purpose clear, reminding workers each day of what and who they were fighting for and why.

It takes discipline and will, foresight,



Solidarity and unity energize the 1951 pineapple strikers. Photograph courtesy of Lāna'i Culture & Heritage Center



In addition to the community soup kitchen, schoolchildren also receive free meals at the school cafeteria during the strike. Photo courtesy of Lāna'i Culture & Heritage Center

conviction and planning to win a contest in such a one as the workers faced that year. There were leaders in the union who had such gifts, leaders such as Shiro Hokama and Pedro De La Cruz, who earned their stripes from previous strikes they had lost, such as the strike of 1947, but in that fight, won the loyalty and confidence of the workers they served.

The failure of the strike of 1947 on Lāna'i taught union leaders that only a unified workforce would win a strike. And so these leaders went house to house, signing up people for the union.

"It was nothing to be ashamed about that a strike is lost," said Kenji "Sleepy" Omura, as he is quoted in *ILWU Oral History Project, Part VIII, Defeat and Victory*. Omura, who was sent from the Big Island to coordinate the pineapple strike in 1947, said that they lost, not because "of you guys on Lāna'i, but because certain parts of our pineapple union were weak. We said it was better to consolidate and fight another day. And that day was 1951."

Many good fights, the ones that start revolutions and shatter the status quo, the ones that change the course of history, come down to a matter of dignity and fairness and justice, and the 1951 pineapple strike on Lāna'i was that good, hard fight.

Watch for the March issue: Part II: *ILWU Local 142's triumphant win; memorandum of agreement; industry-wide bargaining; Pedro De La Cruz*

### This Month

#### Page 10 Homecoming Parade



#### Page 11 Lunar New Year



#### Page 20 Cultural Center Anniversary



## Maui Police Department to host Active Shooter Emergency presentation

The Maui County Police Department is hosting an Active Shooter Emergency Preparedness Awareness presentation from 6 p.m. to 8 p.m., Thursday, February 13, 2020, and the entire Lāna'i community is invited.

Sergeant Jan Pontanilla and School Resource Officer Stanislav Kravtchev will lead discussion of how to be prepared for an active shooter emergency situation, and help community residents understand their role in helping emergency responders safely and efficiently manage an active shooter incident.

Lieutenant Ryan Rodrigues, Maui County Police Department, Lāna'i,

sees the presentation as "a platform for community members to ask questions" and have a dialogue about a difficult topic such as an active shooter emergency situation. It is a scenario that has become so prevalent in recent years, in towns and cities, in schools and universities in the United States, with such tragic consequences, that preparedness training for such possible scenarios has become a fact of life. An emergency situation is often frightening and chaotic. Being prepared, knowing how to keep safe and keep one's family safe, and knowing how to help emergency personnel do their jobs can

help ameliorate the confusion and fear.

The presenters will also discuss alcohol awareness, in anticipation of the coming graduation season, reminding the public of alcohol-related laws and rules on graduation party locations.

Everyone is highly encouraged to attend, and, because this is an open and frank discussion, to ask questions.

The Active Shooter Emergency Preparedness Awareness presentation will be at the Lāna'i High and Elementary School gymnasium.

For more information, please contact Sergeant J. Pallone-De La Torre, (808) 565-8382.

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## In First Person - Running trails I have loved.

I am a runner of trails; trails that climb up mountains, along rocky and sandy coasts, over hardrock and slick rock and lava, through canyons and gulches and valleys, under arches and past hoodoos, trails where I must enter water to ford rivers and streams, traverse miles of silty earth and grassy, hummocked fields where pineapples used to grow. I have loved them all and they have loved me, and though I have run many trails in my life in different corners of the world, I love best the trails of Lāna'i, for time stands still here, and what was true forty years ago when I first ran up to Lāna'i Hale and saw Moloka'i and Maui across the water remains true today. I could be fifty-five or fourteen on these trails, as I make my way to Polihua or Naha or up Awehi, but the pristine kingdoms of Lāna'i, its plants and trees, its animals, and who I am in relation to them, remain the same. And there is always a moment on these trails when I've traveled into myself and understand again my place in the family of things, as Mary Oliver writes, and see that I, too, though older now, yet no less grateful for being alive and here, am the same.

It is different in other places, though one could argue that the Rocky Mountains of Colorado, the Cascades of Washington, the spires and hoodoos in Utah are timeless. And while that may be true of the mountains themselves, I have seen enough signs of the present world while I've run on those mountain and hardrock trails to know that time has touched those places. And anyway, I do not truly know those mountains, those arches, those rivers. We have no shared history. I have never felt that they belong to me and I to them. I have never felt that they were mine.

But I grew up here, and Lāna'i, its ironwood forests, its guava trees and stalks of wild ginger are mine. The barren slope of Kahue, the rocks and small totems in Keahiakawelo, those too are mine. Go deeper into the island, down the Nānāhoa trail. The rocky gulch that brings you down to the bay? That's mine. That is how I feel when I run on Lāna'i. I am possessive of its beauty now, its gifts, but protective, too, the way one is protective of something or someone one loves. *Do you know my island? Do you love her, too?*

It has not always been this way. But it is only because I did not know the stories of this island, did not know and appreciate her many gifts. When I was a teenager running the trails, I took Lāna'i's beauty and peaceful nature for granted. I did not even think she was particularly beautiful. Keōmoku, on the leeward side, where kiawe grows

thick and impenetrable in coarse sand and dirt, was rugged and wild and did not strike me as lovely. But I did not know its story, did not know Keōmoku had a village once, and was the heart of Lāna'i with houses and stores, an inn, a sugar mill. If I had known that story, I would have looked at Lāna'i differently; I would have appreciated her all the more.



Nelinia Cabiles

It wasn't until I came back home many years later, having become less impatient, less restless, more present, slowly becoming restored to myself again, that I understood what Lāna'i meant to me.

I was running down a trail that I had never run before, had never even known existed, so complacent was I about the trails I have always run: the Munro trail to Lāna'i Hale; the trail to Keahiakawelo and Polihua, that I had never bothered to explore what other trails were here. The trail was Keone, and it took me a long time to get to the trailhead, but when I finally made it, I saw that the trail was canted at just such an angle that once you got going, made it perfect for flying. I took off, my heart swelling as I ran, for ahead of me was the ocean and the three towering rocks of Nānāhoa to my right, and Kaumalapau to the left, and I felt like a girl again, new to this trail, and it to me, suddenly so happy and free, freer than I'd felt in a very long time, that I felt like crying. And I was that girl again, about fourteen years old, the age when I first discovered dirt trails and the solitude that running brings and realized how much I craved that solitude. The world, just then, seemed so simple and clear. This was Lāna'i, a face of Lāna'i that I'd never seen. Time had forgotten this place. How lucky was I to have discovered the trail? How many people get to live in such a place as this? *This is my home.*

A feeling rose up in me as though the island were speaking, *you've come home. Yes, I have,* I answered, leaning into the trail, as it wound down to the sea, letting loose now, my stride growing long and easy, as though I were flying, and I realized it was true, that it had always been true, but that it took me a lifetime of being away to understand it and feel it to be true, deep in my bones, having finally found my place in the family of things: I belong here.

Who do you call when you need County of Maui information?  
Access the Maui County Resource Guide at:  
[co.maui.hi.us](http://co.maui.hi.us)

## LĀNA'I TODAY

**Publisher, Managing Editor, Lead Writer - Nelinia Cabiles**  
**Graphic Artist, Layout Design and Pre-press - Greg Cohen**  
**Proofreader - Heidi Vogel**

**Lāna'i Today - P.O. Box 630008 - Lāna'i, HI 96763**  
808 563 3127 Email: [ncabiles@lanaitoday.com](mailto:ncabiles@lanaitoday.com)

### Contributing Writers, Sources & Photographers

- |                             |                                    |                    |
|-----------------------------|------------------------------------|--------------------|
| Noemi Barbadillo            | Pua Kanno                          | Charlie Palumbo    |
| Bryan Berkowitz             | Linda Kavelin-Popov                | Dan Popov          |
| Kari Bogner                 | Scottie Kanda                      | Diane Preza        |
| County of Maui              | Robin Kaye                         | Shelly Preza       |
| Alberta de Jetley           | Lāna'i Community Health Center     | Caroline Reese     |
| Four Seasons Resorts Lāna'i | Lāna'i Culture and Heritage Center | Lt. Ryan Rodrigues |
| Jason Fujie                 | Veronica Lomeli                    | Cindy Sagawa       |
| Lisa Galloway               | Kepā Maly                          | Trevor Sarne       |
| Jamie Hale                  | Julie Oyama                        | Jon Sprague        |
| Beth Hunphrey               | Maui Police Department, Lāna'i     | Debra Sulen        |
| Kalei Hanog                 | Tamara Paltin                      | Kristi West        |

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# Hawaii Department of Health issues Novel Coronavirus medical advisory

Contributed by Lāna'i Community Health Center

One case was recently diagnosed here in the United States in Washington State. It will be important to conduct a detailed travel history for those who present to the clinic with Flu like symptoms (Fever and symptoms of a lower respiratory illness).

Patients of concern for infection would be those who in the last 14 days have traveled to Wuhan City, China or have had exposure to someone who is confirmed to have the 2019 Novel Coronavirus. We

will follow CDC/DOH guidelines for all patients who are suspected of having this virus:

1. Place surgical mask on all patients and place in a private room with door closed, ideally an airborne infection isolation room if available.
2. Healthcare personnel entering the room should use standard precautions, contact precautions, airborne precautions, and use eye protection (e.g., goggles or a face shield).

# White Goods, Metal and E-waste collection is a ONE-DAY only event

That old washer in your garage, the one that suddenly died while in the spin cycle? That has to go. And now you can lay it to rest from 8 a.m. to 2 p.m. only, at the White Goods, Metal & E-Waste Collection at the Pūlama Lāna'i Fleet Yard (enter from Ilima Avenue and Eleventh Street, which is across from The Courts), Saturday, February 15, 2020.

The County of Maui is sponsoring this one-day event. A full list of items that will be accepted include: refrigerators and freezers, washer and dryers, microwaves,

water heaters, A/C units, tires, batteries, household appliances, metal, propane tanks, TVs, computers, printers, copiers, monitors, and other e-waste (electronic devices).

Commercial accounts will be assessed the following fees: \$350 per load of recyclables; \$10 per passenger tire; \$25 per commercial tire.

Gather up your well-loved, but now useless appliances and other items mentioned above and drop them off at this one-day collection site. Your garage and storage room will thank you.

# Nominations sought for 2020 Women of Excellence awards

Communities benefit from the gifts of unseen women. Many work hard behind the scenes, give everything they have to build a stronger community, and work tirelessly to advocate for what they love.

Forty years ago, President Carter established a Women's History Week. In 1987, the U.S. Congress took this one step further and declared March as National Women's History Month: a time to celebrate the richness of women leaders and their accomplishments.

As Women's History Month approaches the County of Maui Committee on the Status of Women (CSW) is once again accepting nominations for its bi-annual "Women of Excellence Awards." This year's Women's History Month celebrates the 100<sup>th</sup> anniversary of the passage of the 19<sup>th</sup> Amendment, securing and protecting a woman's constitutional right to vote.

The 2020 theme, "*Valiant Women of the Vote*" honors "the brave women who fought to win suffrage rights for women, and for the women who continue to fight for the voting rights of others." This year the County of Maui CSW would like to honor women in our community who tirelessly work towards advocating for the rights of women in all capacities. The CSW is seeking nominations of women who live in the county of Maui within four categories:

- Young Woman of Promise (14-21 years old)**
- Woman of Excellence (22 - 59 years old)**
- Unsung Hero (60 years old and up)**
- Honorary Historical Award (Posthumous)**

Awardees will be selected based on their actions. Along with the nomination form, nominators are encouraged to submit a short historical anecdote exemplifying how the nominee's story

demonstrates their advocacy for women's rights. This is a great opportunity to recognize a mother, aunty, grandmother, friend, student, teacher or work colleague whom you believe should be recognized for their hard work in our community. There are so many great role models who don't get recognized. This is one way we can honor them.

Nomination forms can be found online at [www.mauicounty.gov](http://www.mauicounty.gov). You can also pick up a nomination form at the County Building at 200 S. High Street in Wailuku at the information booth in the lobby, or on the 9th floor at the Office of the Mayor.

Nomination forms can be sent via email to [Pili.Nahooikaika@co.maui.hi.us](mailto:Pili.Nahooikaika@co.maui.hi.us); or by fax to (808) 270-7870; or mailed to/dropped off to the attention of the "Committee on the Status of Women," Office of the Mayor, 200 S. High Street, Wailuku, Hawaii 96793. Deadline for nominations is Friday, Feb. 14, 2020.

"Women of Excellence" winners will be recognized during a Women's History Month awards presentation on March 24, 2020, from 3-5 p.m. on the 9<sup>th</sup> floor of the County Building at 200 S. High Street in Wailuku. Recipients of past awards include Kathy "Tita" Collins, Kekai Brown, Stacey Moniz and Tina Garzero.

For more information about this year's award program, contact Pili Nahooikaika via email at [Pili.Nahooikaika@co.maui.hi.us](mailto:Pili.Nahooikaika@co.maui.hi.us) or call (808) 270-7855.





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## LĀNA'I MELE HAWAIIAN MUSIC SERIES




Four Seasons Resort Lāna'i invites you to enjoy a live performance of Hawaiian and island-style mele (songs).

February 14 - 15th: Mike Kaawa

February 20th - Blayne Asing

March 5th - Mailani Matsuda (Duo)

6 p.m. - 8 p.m.

Following the Evening Cultural Arts Celebration

This performance is complimentary for the Lāna'i community.

This event is sponsored by Love Lāna'i

# Council committees are coming to your community

Contributed by Tamara Paltin

In January, the Planning and Sustainable Land Use Committee and Economic Development and Budget Committee traveled to Moloka'i to engage the Moloka'i community in important decisions that directly affect Moloka'i. Discussion included short-term rental home permits, drainage infrastructure and the possible relocation of the Moloka'i Police Station.

We are a tri-isle county, and the Council Chamber in Wailuku is suitable for most meetings, but an extra effort to meet in the other districts can help improve access to local government. Scheduling meetings at on-site locations encourages community engagement and is the logical remedy to address that fairness gap.

The meetings on Moloka'i allowed testifiers to feel comfortable speaking and sharing their mana'o.

While the Council Chamber does allow for remote testimony from district offices in Hana, Moloka'i, Lāna'i, and hopefully soon, Lāhaina, in-person testimony provides personal and invaluable local insight that a conference call cannot offer.

Council committees also have the ability to organize site inspections that are open to the public, providing an opportunity to engage all relevant parties at the sites being considered, and offering a realistic perspective of the decisions they will make.

Councilmembers represent all residents of Maui County, but we do not fully know each and every location. There is no substitute for seeing things first-hand. For example, visiting the proposed Moloka'i

Police Station parcel enabled councilmembers to better understand the pros and cons of the proposed site.

Thanks to Moloka'i's community input, the Planning and Sustainable Land Use Committee recommended a bill be passed on first reading to place a cap of zero short-term rental home permits on Moloka'i, which echoes the Moloka'i Planning Commission's recommendation for zero short-term rental home permits and the Moloka'i Community East End policy statement.

Additionally, with significant public support, the Committee recommended a 10-year conditional permit for Mana'e Goods and Grindz for passage on first reading. Allowing community stakeholders a first-hand opportunity to engage, helps decision makers make well-informed choices.

As a councilmember and committee chair, I will continue to advocate for our meetings to be held in the communities they impact. If you agree, I hope you'll mention it the next time you're testifying in front of the council.

Your feedback is always welcome and important. It ensures we are representing the residents of Maui County to the best of our abilities.

*Tamara Paltin is chair of the Planning and Sustainable Land Use Committee. She holds the council seat for the West Maui residency area. "Council's 3 Minutes" is a column to explain the latest news on county legislative matters. Go to [mauicounty.us](http://mauicounty.us) for more information.*

# What's happening on Lāna'i?



CITATIONS	JAN
Speeding	12
No Insurance	1
Other Moving	5
Vehicle Tax	15
Safety Check	30
Other Regulatory	12
Other Parking	6
Non-Traffic	2
<b>Total</b>	<b>83</b>

ARRESTS	JAN
Males, Adult	3
Females, Adult	1
Males, Juvenile	1
Females, Juvenile	0
<b>Total # of Charges</b>	<b>16</b>

### DRIVE SAFE / RIDE SAFE TIP

Reverse parking in diagonal stalls, such as those surrounding Dole Park is hazardous. Also, when pulling forward out of the stall to enter the right hand lane of travel, the vehicle travels into the oncoming lane, which is illegal.



### Comprehensive Family Dentistry

8 a.m. to 6 p.m., Mon-Sat.  
565-6418. Free consultations.

Located at the Manele end of the Dole Administration Building on Lāna'i Avenue.

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

**Hawaii Dental Clinic, LLC  
Lāna'i Office - 565-6418**



### Leaks Can Run But They Can't Hide

Call Lanai Water Company at 808-565-3664 to set up your Eye On Water Account to monitor for leaks at your home.

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[lanaiwatercompany.com](http://lanaiwatercompany.com)



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# Letters to the Editor - Just a thought

Hi Nelinia!

A sincere welcome back home to Lanai and to the local newspaper! Always happy to have familiar faces return. I read your "In First Person" article in last month's paper and am looking forward to future issues highlighting what is happening in our community.

In the spirit of a new decade, I have been reflecting a lot about the changes that have happened in our town and what our future is. We've witnessed the renovation of the hotels, the creation of a hydroponics farm, and an increase in new faces in our community. Things are changing.

I have been thinking about how our community has been handling the changes. I see more kids involved in new extracurricular sports and field trips. I see the previously closed pool and theater reopened and operating. I see the highest percentage of people employed since pineapple. I see students getting college credit free of charge. I think most local people are glad about those things.

What has been concerning to me is that no one seems to talk about the good that is happening; usually what I hear are negative comments circulating. The high prices at hotels, the affordable housing problem, the development. And those are all valid concerns. But what are we as a community doing about those things? I'm sure some feel like they don't have control over what's happening here; that some invisible corporate hand is calling all the shots. That can be scary.

But what is scarier to me is that we as a community have gotten good at pointing fingers and being angry without actually trying to do anything about the issues we are so quick to point out. How many of us show up to community meetings of any sort? How many of us identify a problem and try to collaborate amongst ourselves to fix it? Let me also just say I don't agree with all the decisions Pulama makes, but I am humble enough to acknowledge that not everything has been bad. I also understand not everyone has the luxury of attending meetings if they fall during work hours or they can't volunteer because they have to take care of family. But for those who can make some time, why aren't we?

There are good things happening here, with and without Pulama. On their own, there are small groups doing what they can to make our community better. With Pulama, our students can graduate with associate's degrees because Pulama pays for their dual enrollment in college classes. Sports teams can get help with free transportation, and I have heard students and teachers also can get help with field trips during school.

Perhaps our garage conversations should change from "Pulama should do this" or "shouldn't do that" to: "What can we do for our community? What can

we do to make our voices heard?" Can we volunteer more? Can we show up to meetings where decisions are discussed? Can we be more engaged as parents and encourage our kids to continue their educations? The quick answer is "yes," we can. I hope that the 2020s will be the decade our community helps to shape the future of our island, because it is our obligation to be involved if we can. It's not enough to be only angry or critical...it's only through respectful dialogue and open minds that we create a community to be proud of.

Thank you for the platform to share some thoughts! Looking forward to Lanai Today being a place for community conversation!

**A concerned citizen**

Congratulations, Nelinia, on your new role as Managing Editor for Lanai Today. I look forward to the changes you'll be making on this important communications vehicle for Lanai.

I'm hopeful that your independence as a journalist and writer, however, will not be impugned or restricted by Pulama Lanai. And that you will call them out when you see something that needs another voice, or even just ask some critical questions. But perhaps more importantly, you will, contrary to your predecessor, allow — in fact, encourage — some alternate voices and opinions to permeate Lanai Today.

For example: One of your earlier stories was on Pulama Lanai's interest in pursuing sustainability, focusing on their interest in purchasing Maui Electric's Lanai operations. That purchase might prove to be very helpful to lowering Lanai's high electric rates. But it may not be all good. We need to ask ourselves this basic question: Just how much of our lives should Pulama Lanai control? They tried to take over the Manele Small Boat Harbor, to which many residents loudly objected, as they were concerned with having another (remember Island Air?) critical transportation outlet owned by the majority landowner. Shouldn't we be asking similar questions about this proposed purchase of MECO?

And if Pulama Lanai is truly about pursuing sustainability, why not continue with the half-completed desalination project? Surely, the 15-year permit already granted by the Lanai Planning Commission should be enough to encourage a re-start.

So welcome, Nelinia, to Lanai Today. We're excited to have a new Managing Editor. And we anticipate the paper offering an independent voice, one that it has not had for many, many years. It will no doubt have an editorial tilt, but that needn't deny a place for alternate opinions and journalistic questioning.

Best of Luck, **Robin Kaye**



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# As a community garden blooms, so does an island community

Say what you will about the cilantro or Chinese parsley – scraggly, pungent, polarizing: you either hate it or love it – but when it comes to planting, cilantro is the most congenial herb around. From sowing seed to harvest takes about three to four weeks. Basil is a little fussier. Mint can get needy. But, oh its fragrance! The scent of mint in your garden bed is well worth the trouble. But do not rely on the advice of a dilettante gardener. Find your own bliss and plant the garden of your dreams, be it herb or vegetable or fruit. Or perhaps all three. Now you can, by applying for a plot in the Pūlama Lāna'i community garden.

There are still 20 x 50 foot garden plots available, according to Noemi Barbadillo, Director of Commercial and Residential Properties, Pūlama Lāna'i. The plots will be leased on a first-come, first-served basis. Once all spots are filled, a waitlist will be created, which is a fairer system than in the past, says Barbadillo. A plot is \$50 per month and includes water, security and upkeep.

In addition to gates to the garden that will be locked at dusk and opened at dawn, an eight-foot perimeter fencing to keep deer out, has been installed, as has designated parking stalls. No more driving in mud. Each garden has a five-foot chain link fence for security. No metal or wood or other non-see through materials can be erected in the garden plots.

Pūlama Lāna'i will be offering gardening workshops and will bring in experts to help gardeners. The rules regarding livestock are strict and tenants are expected to participate in at least one clean-up a year.

"The community gardens are part of our mission and vision and values for being sustainable," says Barbadillo, who likes the idea of the farm-to-table movement, of growing vegetables for one's family.

For a list of changes associated with the community garden and/or to apply for a plot, please contact Rose Baptista, (808) 565-3974 or Noemi Barbadillo (808) 565-3872, Commercial Department, housing@pulamalanai.com.



Photograph courtesy of Charlie Palumbo

## Enjoy life at the Blue Ginger Cafe

Blue Ginger's Kenye Cornelius can tell you exactly which menu offering is the most popular. For breakfast, it's the \$12 Lāna'i Omelet (Portuguese sausage, bacon, mushroom, onions, cheddar cheese). The Bento box for lunch features two scoops of rice with furikake, teriyaki and fried chicken, Spam, shrimp tempura, Portuguese sausage, potstickers, egg, fishcake, and green onions. Stop by Blue Ginger and see what all the fuss is about!



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Robert Frost



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## Sperm whale beached near Federation Camp raises questions of cause of stranding

It was a massive spectacle few had ever witnessed: A sperm whale (*Physeter microcephalus*) was found beached or stranded on the eastern coast of Lāna'i near Federation Camp in January 2020. Many have encountered the stranding of dolphins on the coasts of Hawai'i, but this stranding event on Lāna'i had no equal, at least in recent memory.

The sheer size alone – Sperm whales grow to 68 feet and weigh 91 tons – was staggering. Sighting a creature from the deepest seas in its natural element is rare (especially for those outside of marine biology and research). Seeing it stranded and lifeless, quickly decomposing, must have been stupefying and sobering. For some, the experience revived questions of why whales strand themselves.

Hawai'i Institute of Marine Biology Professor Kristi West, who leads the University of Hawai'i Marine Biology Stranding Lab that conducts necropsies, or studies of the dead, says determining why a cetacean (whales and dolphins) strands itself can often be difficult.

"The majority of the necropsies of dolphins and whales in Hawai'i show signs of disease. One of the major areas of active research in our laboratory is focused on efforts to better understand the threat to Hawaiian populations by viral, bacterial, fungal and parasitic diseases. Our lab has discovered a number of diseases in stranded Hawaiian dolphins and whales for the first time that we now know pose a threat to our populations."

Dr. West generalizes that in Hawaiian waters, the most common cause behind stranding events is an animal in poor health, fighting a disease. "But we also have stranded animals that have been impacted by human activity, such as fishery interactions. Our lab has discovered that Hawaiian dolphins and whales are threatened by a number of different diseases, including toxoplasmosis, brucellosis, morbillivirus and circovirus. Human impacts that may result in the stranding of a whale or dolphins include entanglement in fishing nets, by-catch in the fishing industry, vessel strikes, ingestion of marine debris or the effect of underwater noise such as naval sonar.

"In the case of the recent sperm whale stranding on the island of Lāna'i," Dr. West continues, "we were unable to determine cause of death because of the high degree of decomposition that had occurred before this sperm whale was found and reported."

Such highly decomposed strandings, she says,



Beached sperm whale - Photography by Alberta de Jetley

limit the number of tests and the extensiveness of the examinations she and other lab scientists and researchers can conduct at the UH Stranding Lab.

But a decomposed carcass can still yield interesting clues about a whale and how it lived. Researchers at the Stranding Lab examine contents of the stomach to learn about the diet of a sperm whale in Hawaiian waters, and to determine if marine debris ingestion played a role in the death of a dolphin or whale, regardless of the state of decomposition.

Other rich data from the examination conducted at the lab include age of the animal, derived from tooth analysis; pollutant concentrations, measured from blubber and insight into foraging activity; and population identity, gained through stable isotope and genetic analyses of skin. "There is much information to be gained from stranded individuals," says Dr. West, "and it is our hope that this animal's death will help live sperm whales in Hawai'i and elsewhere."

"Male sperm whales are found in all oceans of the world and transverse ocean basins between cold, productive waters and warmer waters for breeding", Dr. West says. "Females stay in warmer waters all year round." Dr. West estimates there are 360,000 sperm whales today across the world's oceans.

"Our laboratory responds to approximately twenty strandings per year of all different whale and dolphin species," Dr. West says. "On average, one to two sperm whale strandings across all of the main Hawaiian islands occur per year. The Lāna'i sperm whale stranding is the first sperm whale stranding in Hawai'i this year. The Lāna'i whale is an adult male. Males grow much larger and heavier than female sperm whales. It is unusual to have the opportunity to view such a large creature up close."

## Reader response - How did the running trails of Lāna'i get their names?

A story in the January edition of Lāna'i Today asked the question, how did Lāna'i's dirt trails get their names? Jason Fujie, a Lāna'i resident, responded. His starting point is at the forks at Kaena Road in Keahiakawelo: "My recollection of the Morita Trail, the trail that is to the left as you head down, was that Mr. Morita may have been the one that made the original trail to go casting for Ulua. I think that it was McPal Morita's grandfather or maybe fa-

ther. The road that continues straight is the Red Tank road, a little ways before you reached the cliffs, there was a red tank. The road to the right ends where there was a black tank. Same thing here the tank has long fallen, but the foundation may still be there.

Another road/trail fishing spot named after a fisherman is the one that is next to and breaks off of the Mahana road: Yamada's road was blazed by a Mr. Yamada who liked to go casting there."



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## Student *Language of Love* art show brings world-class culture to Lāna'i

Contributed by Lisa Galloway

Collaborating with other artists is part of the creative process, especially if one intends to share one's art with the larger community. Lāna'i High School art students are learning these skills. Their work is currently on display in a show at the Manele Kō'ele Gallery, which ends March 6, 2020. This collaboration was in the works since last August, and culminated with an opening reception. Not only did students have a chance to showcase their own creations, but the student organizers learned valuable skills such as problem-solving with others, skills which they can apply to other disciplines.

Throughout the 2019 Fall semester, scores of students in five classes – ceramics, painting & drawing, and general art – were challenged to create art around the theme of the heart.

In January, each class was asked to submit their concept of what the exhibit could look like. Students brainstormed ideas, tasks and material needs, and the most creative and viable vision was chosen to lead the event, bringing Annika's interpretation to life. She wanted to see Paris, the city of romance, re-created in the school's gallery space, the Manele Kō'ele Gallery.

For a few short weeks, Annika's team worked to transform what once was a storage space into an evening scene along the river Seine. Contracted to create a five-foot replica of the Eiffel Tower, construction students, with help from Mr. Tanjien and Mr. Weidman, built the iconic structure.



The International Store donated a display case which served to make ceramic creations look like French pastries. The students painted walls, matted, framed mounted artwork, and with great fanfare (and no small amount of stress during the week the exhibit opened), carefully hung and lit each artwork.

The students and teacher thank the Manele Kō'ele Charitable Fund, the International Store and LHES Foundation for their support.

We encourage you to contact the art teacher email [lisa.on.lanai@gmail.com](mailto:lisa.on.lanai@gmail.com) or call 565-7900, to catch the show before it closes, and we hope to see you in May for our year-end art show.

When asked what makes for an excellent day at work, Leonor Amby answers with a grin, "It's the people, our loyal customers, who come in often and shop and talk story with me. They're always friendly and cheerful. I like getting to know them. And it's working with my co-workers, too, who are positive."

Hired in August 2019, Leonor, who grew up on Lāna'i, but lived on the mainland for many years, loves the nice and easy pace of the island and enjoys being back home.



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# Legal Aid Society marks 70 years of serving Lāna‘i

The Legal Aid Society of Hawai‘i, the oldest and largest non-profit law firm in Hawai‘i, has been empowering low-income and disadvantaged people for 70 years. Its ten offices, one on each island, provide services in such areas as family, public benefits, consumer protection, housing and housing discrimination, child abuse and neglect, and elder and immigration law. Its mission is to address critical legal matters through high quality legal advocacy, outreach and education in the pursuit of fairness and justice to those in need.

In 2020, Legal Aid celebrates the 70<sup>th</sup> anniversary of the founding of its organization. It is proud to have serve island residents, and remain committed to working with the Lāna‘i community.

Laverne “Pua” Kanno, a longtime paralegal, staffs the office on Lāna‘i. “I have been with Legal Aid on Lāna‘i for almost thirty years,” says Kanno. “I grew up here. I know that services and resources on the island are limited, so I am a strong advocate for legal help. It is very important to me that this community is provided with legal services.”

Kanno acknowledges that many people on the island, are reluctant to call for an

intake, preferring instead to talk to her when they meet her at the market or on the street. “Please come to my office, I tell them. It’s private. I can help with something they might need. They might not know what to write on a form, or might need help understanding a form. I can refer them to the right person or point them in the right direction. I try not to turn anybody away. I will always listen.”

A Legal Aid attorney is available every fourth Thursday of the month. If you would like to speak to an attorney, please contact Pua at (808) 565-6089 to schedule an appointment. She will conduct an initial interview to see if you qualify for Legal Aid services.

Legal Aid also offers educational outreach services. If an organization would like more information about the areas of law in which Legal Aid practices, please contact Pua.

In an effort to maximize the numbers of people that Legal Aid reaches, following a survey of stakeholders that indicated a need for afternoon hours, the Lāna‘i office will offer new office hours from 12 p.m. to 4 p.m, Monday and Wednesday; and 8 a.m. to 12 p.m., Tuesday, Thursday and Friday, from February 1 until March 31, 2020.

## 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 ap-

plication is approved, you will receive a monetary gift of \$500 which you may use 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 they are incurred. Donations to the Lanai Cancer Fund are welcome year-round and are sincerely appreciated.

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# The secret life of plants - *Cyanea lobata* subspecies *baldwinii*

The *Cyanea lobata* subspecies *baldwinii* is a species of flowering plant in the Campanulaceae family so rare that it is endemic only to Lāna'i, which means the *Cyanea lobata* subspecies *baldwinii* is not found anywhere else in the world. The plant is a federally listed endangered species; it made the International Union for Conservation of Nature's red list of threatened species, or critically endangered, last assessed February 1, 2016, according to their website.

"We know of only two mature wild individuals on Lāna'ihale and only a couple of seedlings near the parent plants," says Kari Bogner, Botany program manager at Pūlama Lāna'i. "The photos are all from the same plant. Some are when it was flowering, some when it's neither fruiting nor flowering (aka vegetative). The seedling shots I just took in the past couple of weeks [in January]. This is the first seedling anyone has seen underneath this plant, so it was pretty exciting to see some natural regeneration."

It produces rare seedlings and mature flowers which, with their five contrasting deep and light pink petals, look like bursting stars, or "star plants," as Bogner calls them. He says the star plants grow in a steep gulch that is not protected (or fenced) from ungulates or deer. Which is a problem as the axis deer population must surely come close to rivalling the human population, if the throngs of axis

deer in Pālāwai Basin at dawn on any given morning are any indication.

"Currently, I continue monitoring the plants with Hank Oppenheimer, the Maui Nui Plant Extinction Prevention Program (PEPP) Coordinator," says Bogner. They collected fruit in 2019 from the mature individual depicted in the photos below.

"This was the first time seeds were collected from that individual. Those seeds are in long-term seed storage at Lyon Arboretum on O'ahu. Hank and I have been discussing protected locations on the Hale to outplant individuals that could be reared in the future at Olinda Rare Plant Nursery on Maui."



Seedling of the *Cyanea lobata* subspecies *baldwinii* at the top of the frame.



Mature, flowering of the "star plant" - All photography by Kari Bogner



Mature (non-flowering), aka mature vegetative

## Meatless Monday: once a week, cut the meat

Contributed by Debra Sulen

Meatless Monday is a global movement with a simple message: once a week, cut the meat. The idea of reducing meat intake actually started during the two World Wars as a way to conserve resources. Meatless Monday was revived in 2003 in association with the Johns Hopkins Bloomberg School of Public Health's Center for a Livable Future as a public health awareness campaign. Meatless Monday addresses the prevalence of preventable illnesses associated with excessive meat consumption. With the average American eating as much as 75 more pounds of meat each year than in generations past, the message of "one day a week, cut out meat" is a way for individuals to do something good for themselves and for the planet.

Now entering its second decade, Meatless

Monday is embraced in more than 40 countries, in more than 20 languages. It is an idea that is simple to understand and easy to do, and continues to grow as more and more people are finding innovative ways to make meatless dishes part of their everyday culture, customs and cuisine.

*For our health:* It can reduce the risk of heart disease and diabetes type 2, protect kidney function, control weight, and improve our overall health.

*For the planet:* Reducing consumption of meat can help contain production of greenhouse gases that impact climate change. It can also help lessen the demand for precious environmental resources such as land, water, and energy.

To learn more about Meatless Monday go to [meatlessmonday.com](http://meatlessmonday.com).

### Aunty Deb's Oat Pecan Burgers

Preheat oven to 350 degrees

4 C water

½ C Soy Sauce

1/3 C Oil

1 t Liquid Smoke (optional)

1 C chopped pecans or walnuts

¼ C nutritional yeast flakes

2 t garlic powder

2 t onion powder

1 T dried sweet basil

1 t dried sage

4 C rolled oats

Place all ingredients except rolled oats in a large pan. Stir well and bring to a slow boil over med-low heat. Stir in rolled oats and immediately remove from heat. Cover and set aside to cool completely or for a few minutes. Form mixture into patties and place on a baking sheet. Bake 15-20 minutes on each side. (It is okay for them to get a little crispy on the outside. Just make sure the burger is cooked through or they will have mushy insides.) They freeze very well. Makes approx. 13-1/2 C burgers. 1/2 C burgers make a great size for larger buns.

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Photographs by Dan Popov



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Class of 2020, second place float winner for "Lilo & Stitch"



Class of 2021, third place float winner for "Descendants"



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Class of 2023, first place float winner for "Surf's Up"



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The class of 2021



The class of 2020's Lilo and Stitch dancing



The class of 2022's cherry tree blossoms of "Mulan"



Elizabeth Gani and Loraina Seghorn

# Lunar New Year's Celebration - January 25, 2020

Photographs by Dan Popov



Jim Clemens, Pat Taylor, Miriam De Zorzi, Eunice DeRenne, Akiko Strickland, and Sally Clemens



Sayge Schilling, Emma Russell, and Storm Schilling



Miriam De Zorzi and Eunice DeRenne



Emma Russell, Sayge Schilling, and Pietro Ferrandi



Kennedy Annereau and James Henry



Keiki celebrating the Lunar New Year.



Sifu Hung Nguyen



Marie Caberto



Miriam De Zorzi



Akiko Strickland



What would a Lunar New Year be without Lion dancers?



Lion dancers on the prowl.



Tai Chi students with fans.



Young Tai Chi enthusiasts

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# 2019 Lā Hana Day at Waia'ōpae

Photography by Bryan Berkowitz

Lā Hana, meaning “workday” in Hawaiian, is designed to bring people together to care for and learn about Lāna'i's natural and cultural resources. Lā Hana began as an idea from the Lāna'i Culture and Heritage Center and has become a community effort to underscore the importance of stewardship and preservation of our resources and our 'aina.

Loko I'o Waia'ōpae (Waia'ōpae fishpond), an ancient fishpond, was once a valuable food source for Native Hawaiians. The goal of the Lā Hana event is to transform the 2,000-foot linear rock wall into a functioning fishpond by passing pōhaku (rocks) to rebuild the wall.

There appears to be a resurgence of interest in the Native Hawaiian culture, with people craving an authentic experience. Diane Preza, director of cultural and historic preservation at Pūlama Lāna'i agrees. “I think that people are trying to reconnect with their past and Waia'ōpae is one of the ways that they can do that. I hope it instills in volunteers the importance of caring for our home, after all it is our kuleana,” says Preza. “I hope working with each other at Waia'ōpae, and as we work toward a common goal, helps us form stronger ties with one another.”



Aerial view of Loko I'o Waia'ōpae (Waia'ōpae Fishpond), located on the eastern coast of Lāna'i. Restoration work on the fishpond walls began June 2015. Photograph by Scottie Kanda. Courtesy of Kua'āina Ulu 'Auamo (KUA).



You can't carry a tune in a bucket, so volunteers haul rocks and stones in theirs.



The Waia'ōpae fishpond is built one pōhaku (rock) at a time.

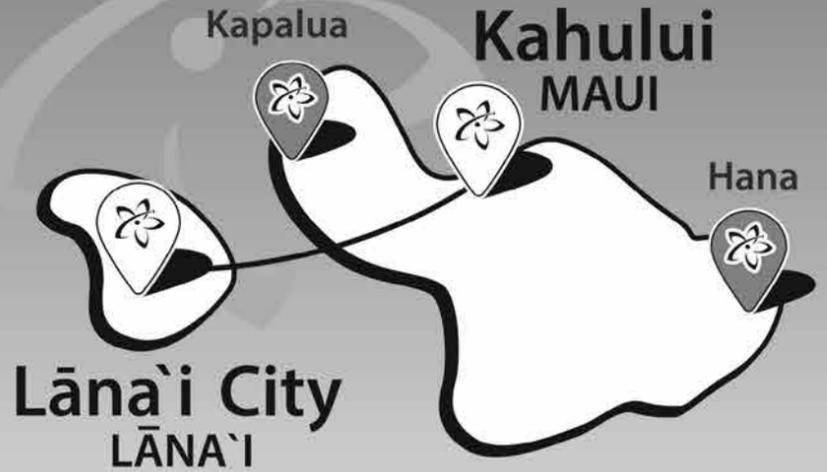


It's wall-building weather at the 2019 Lā Hana Day at Waia'ōpae.



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Kahului to Lāna'i City	7:05 A.M.	7:30 A.M.
	4:15 P.M.	4:40 P.M.

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# Lāna'i Community Health Center



## We proudly commemorate five years of free fitness classes

Contributed by Jamie Hale

Lāna'i Community Health Center's offering of free fitness classes is an idea ahead of its time. That one can exercise or do Tai Chi or yoga or Zumba in a class led by a qualified instructor in a beautiful multi-purpose room and to do it for free seems too good to be true.

But no need to pinch yourself for the classes are free and have been for the past five years. Moreover, LCHC's qualified instructors offer an array of fitness styles, customized or modified, to suit all fitness levels, regardless of age or experience.

In the celebration of the New Year, many have made resolutions to commit to being healthier, which LCHC not only applauds, but encourages by providing plenty of free classes, with incentive prizes for class attendance, to help participants reach their goals.

Jamie Sue Hale, the first instructor contracted by LCHC, moved to Lanai in 2014 as a special education teacher at LHES, bringing her expertise and passion for dance, yoga, and exercise. The Senior Center allowed LCHC to run free Zumba

and yoga classes in their space. LCHC realized the positive impact these classes were making and collaborated with Jamie to create several more fitness opportunities for the community. To keep the program going, LCHC worked to write grants and identify funding for equipment and space for classes. The partnership soon flourished, establishing the foundation for LCHC's fitness schedule today: the only program on island of its kind that provides a full weekly schedule of free classes, with the chief goal of creating a community committed to health and wellness.

In early 2015, Monique Bolo, at that time an LCHC wellness coach, developed relationships for class space while the new Health Center was being built, and when construction was complete, moved the majority of classes to the LCHC's multi-purpose room. Over time, fitness participants, Akiko Strickland, Pua and Travis Turqueza, Mindy Bolo, and Beth Humphry, became teachers. Other community residents, Becca Coren, Molly Dunwell, Sifu Hung, and Danyel Erick-

son, joined as well, creating a diverse offering of classes and styles. LCHC also hosted a profound sound healing expert, Jean Gaudreau Rousseau, whose expertise in sound healing inspired its continued practice in some of LCHC's yoga classes. Current LCHC classes, all led by certified instructors, include several forms of Yoga, classes in Tai Chi, Total Body Conditioning, Chair fitness, Pilates, Boxing, Zumba and Zumba Circuit, Boom Move, Whole Body Stretch, Boys and Girls Gym, and Youth Soccer.

LCHC is grateful to the Senior Center, Hale Kupuna, County of Maui Gym and LHES School Gym, for the use of their space at the beginning of LCHC's program. Most of all, though, LCHC thanks all participants for coming to classes, encouraging friends and family to join them, and sharing their energy and enthusiasm for the past five years. We look forward to many more years of health and wellness! We plan to continue this free program, and expand it. To achieve that goal, we continue to seek grant funding and partners.

Something special is happening at the Lāna'i Community Health Center

**These are just some of the many services we provide. Visit our website for a complete list!**

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- Blood Pressure Management
- Community Outreach and Education
- Diabetes Management
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- Drug Screening
- Family Planning
- Health Education at LHES
- Home Visits
- Immunizations
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- Low-Cost Prescription Program
- Nutrition Counseling
- OB/Pregnancy & Prenatal Care
- Optometry – Maui Optic

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Lāna'i Community Health Center  
333 6th Street

*E Ola Nō Lāna'i*  
Life, Health & Well-being for Lāna'i



February is heart health month! Care for the heart is important as it is an organ that keeps us alive and helps us function daily.

One way to maintain a healthy heart is to manage your blood pressure (BP). If your BP

is greater than 140/90, it is worth having a discussion with your primary care provider (PCP). There is health benefit with a target BP of less than 130/80, but it is recommended working with your PCP to ensure the balance of your health, especially if you are also taking medications for your medical conditions.

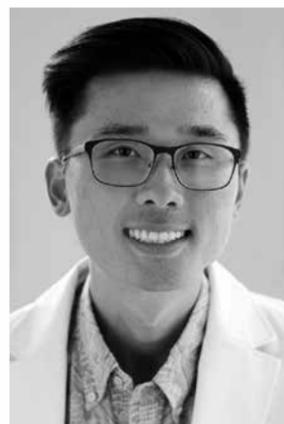
**Here are a few tips on how to maintain a healthy heart:**

- Have routine follow-ups with your healthcare provider.
- Monitor blood pressure at home under supervision of your healthcare provider and health team.
- Eat healthy foods.
- Exercise regularly.
- Manage stress and anxiety.
- Monitor your weight.

## Optometry



Getting to the optometrist can be challenging and time consuming when going off island. LCHC's optometry providers have been extremely busy each time they come to LCHC and a wait list for an appointment has been growing. We are excited to announce that starting February 2020 an optometrist will be at LCHC weekly to see patients. Please call 808-565-6919 to schedule your appointment with the optometrist.



Dr. Darran Kim



Dr. Katy Tan

## MAMMOGRAMS

Moving into 2020, LCHC will be discontinuing our monthly mammogram group trips. However, we are pleased to share that our patients have the option of participating with Maui Health's new ongoing monthly mammogram trips. Maui Health will provide a complimentary round-trip ferry ticket, ground transportation to/from Maui Memorial Medical Center, and a free meal as part of the visit. Thanks to the Maui Health Foundation, all costs will be covered for the patient. Trips will occur on the second Monday of each month. Patients won't need a referral from their primary care provider (PCP) but it is important to let Maui Memorial Medical Center know who your PCP is so the results of your mammogram can be shared with your PCP. Patients can call Maui Memorial Medical Center's Imaging Department at (808) 243-3012 to schedule a mammogram or for more information. Patients can also get a referral from their PCP to get a mammogram at any imaging facility on Maui or Oahu per their preference. Schedule an appointment with your PCP to discuss further.

**About Maui Health**

Maui Health, aka Maui Health System, includes Maui Memorial Medical Center, Kula Hospital, and Lanai Community Hospital, and associated clinics, and serves the people of Maui and Lanai. The facilities under Maui Health employ more than 1,500 Maui County residents and are open to all patients regardless of health insurance coverage. Maui Health is committed to delivering high quality, affordable, patient-centered health care and improving the health of the community. Maui Health is affiliated with and supported by Kaiser Permanente's industry-leading technology systems, evidence-based medicine and nationally recognized care quality. For more information, visit [mauihealth.org](http://mauihealth.org).

**565-6919 - [www.lanaihealth.org](http://www.lanaihealth.org) - @Lanai Health**

# Troy Barboza Law Enforcement Torch Run for Special Olympics honors fallen officer

Giving names is a distinctly human act. We give names to our children, to buildings and highways and monuments. We bestow names to our animals, who, when we give them names, are elevated from individual cats and dogs and birds to our beloved pets. We assign names to those who already have names, such as our close friends – they become Squiggy or Brillo or Binge to us. We name inanimate things, too, such as cars and boats and bikes, our decrepit, but still-dependable appliances. We pay attention and select names with humor and affection and care, for giving names doesn't only say something about the one you've named, it says something about you. Naming confers intimacy and ownership, pride and love and honor.



Sgt. Jeremy Pallone-De La Torre, Mateo Dubose, Lauren and Leah O'Driscoll, Lāna'i High and Elementary School Principal Elton Kinoshita, and Thor Fleischauer.

In the case of the First Hawaiian Bank Troy Barboza Law Enforcement Torch Run for Special Olympics, this 1.5 mile run and one-mile walk was so named to honor Troy Barboza, a police officer killed in October 1987 – an act of violence described as so cold-blooded, it rocked the law enforcement community: A gunman stalked Barboza, followed him home and shot him through a glass window as he lay in bed. The killing was in retaliation for a drug arrest Officer Barboza made the previous summer.

During his tenure with the Honolulu Police Department, Barboza spent much of his off-duty time volunteering at Special Olympics Hawai'i, becoming an assistant coach in soccer and basketball. After his death, Barboza's family, with the help of Special Olympics Hawai'i, obtained permission from Special Olympics International and the International Association of Chiefs of Police to name the Hawai'i's Law Enforcement Torch Run after Barboza, the only Torch Run program in the world to be named after a fallen officer.

Hosted by the Maui County Police Department, Lāna'i, the Troy Barboza Law Enforcement Torch Run March 28, 2020 is a fundraising event. Entry fee

is \$30 for a Torch Run T-shirt. All proceeds of which go to Special Olympics Lāna'i, specifically.

"This run benefits Special Olympics athletes on Lāna'i. It's important that when people write their checks, they make it out to *Special Olympics Lāna'i*, so that it gets specially earmarked for Lāna'i," says Veronica Lomeli, Special Olympics area coordinator for Lāna'i. The funds raised will cover expenses for Lāna'i's Special Olympics athletes to compete in the State Games Torch Run ceremony May 29-31, 2020, an event that draws athletes statewide, from all islands.

"The opening ceremony of the State Games truly recreates the Olympic experience," Lomeli says, her face lighting up. "There will be more than three thousand athletes and their coaches. There are law enforcement from all agencies. There are all the donors there. And then there's the lighting of the torch. Talk about chicken skin!"

Swim training practice for athletes begins 3 p.m. Fridays and 9 a.m. Saturdays, starting February 21, 2020, at the Lāna'i Community Pool.

Kalei Hanog and Trevor Sarme, swim coaches, reflected on their experience training these athletes. "They worked hard. They came to practice and trained for three to four months. And they kept improving. They outdid my expectations," Hanog says.

Trevor Sarme agrees. "It was amazing to see how far they progressed. I would encourage them, don't stop. Keep going. And they did."

"What surprised me about Special Olympics is the number of people involved," Hanog adds, referring to the multitudes of volunteers, law enforcement staff and various groups working together to run the Special Olympics Torch Run program.

For more information or to become a much-needed volunteer at the 2020 Troy Barboza Torch Run for Special Olympics March 28, 2020, please contact Sgt. Jeremy Pallone-De La Torre, (808) 298-7953.

To support the Lāna'i branch of Special Olympics, please write your check, payable to Special Olympics Lāna'i, P.O. Box 1842, Kahului, HI 96733 or email [mollymaggies@gmail.com](mailto:mollymaggies@gmail.com).



Special Olympics Area Coordinator Veronica Lomeli, and Julie Oyama, volunteer. "As long as my sister Polly wants to participate [in Special Olympics], I will be here for her," says Oyama.

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# Give your heart a head start

Don't be fooled - heart disease and the conditions that lead to it can happen at any age.

According to the Centers for Disease Control and Prevention (CDC), this can be attributed in part to the fact that conditions like high rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. About half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

February is recognized nationally as "Heart Month," and we encourage everyone to educate yourself about the risks of heart disease and what you can do now to avoid heart disease (and heartache) in the future.

Heart disease variations include dilated cardiomyopathy, arrhythmia, myocardial infarction, coronary artery disease, valvular HD, aortic aneurysm and all-out heart failure, the latter often due to stroke. Fortunately, some types of heart disease are preventable.

With heart disease as the top cause of death in Hawaii and across the nation, prevention should be number one on your list when it comes to taking care of your heart.

Maui's newest cardiologist, Dr. Anil Punjabi, recommends regular doctor appointments as well as regular exercise, among other changes to diet and lifestyle, to keep heart disease at bay.

"The more exercise, the better," says Punjabi, who walks up and down the steep hill multiple times a day from his Ohana Heart clinic located at Maui Memorial Medical Center Outpatient Clinic to Maui Memorial Medical Center. "There are so many opinions on how many steps to take.

I say walk at least 10,000 steps a day — and get your heartbeat up at least four times a week for 20 minutes at a time." (The target heart rate is 70-80% of 220 minus your age.)

Born in Philadelphia to family-practitioner doctor parents, the slim and fit physician also advises that we should avoid fast food, quit smoking, manage stress, and eat more fresh and unprocessed fruits and vegetables.

"Cut out refined sugars," he continues. "Stay away from saturated and trans fats, and red meat. Replace coconut oil and butter with high polyunsaturated fat-based oils. Read food labels. It's important. See your doctor regularly for health checkups — and that way if you have any problems you can get diagnosed in a timely fashion."

High blood pressure, or hypertension, is often referred to as the "silent killer" because you may not feel it until you develop side effects such as a stroke, heart failure or kidney disease. Diabetics also have a high incidence of strokes and heart attacks. Statistics show that there are 460,000 Hawaii residents with prediabetes — and 90 percent don't know that they currently are suffering from it.

"See your doctor soon if you notice a reading above 140 systolic and 100 diastolic (140/100) blood pressure," he says. "It can sometimes be an emergency is if you have headaches or you develop a blood pressure of 190 systolic over 120 diastolic (190/120)."

Dr. Punjabi received his Medical Degree from the David Geffen School of Medicine at UCLA in California; completed his Internal Medicine Residency at the Cornell Campus of New York Presbyterian Hospital, worked at his parents' family

practice in Philadelphia, and completed a Cardiology fellowship in Boston.

"I moved here in September of 2018 with my OB-GYN wife, Dr. Trina Chakravarty, who works for Maui Lani Physicians and Surgeons," says Punjabi. "It's been exciting."

Dr. Punjabi reads EKGs and stress tests and takes calls for patients who don't have a cardiologist at the hospital. If needed, he refers patients to the best heart surgeons possible.

Maui Memorial Medical Center's heart program has been recognized nationally for 10 years by the American Heart Association for the quality care of heart failure patients.

"We are the only hospital in the state of Hawaii to receive the American Heart Association Gold Plus Target Heart Failure Honor Roll award," says Quality Management Data Analyst at MMMC Leslie Lexier, RN. "We are featured in US News and World Report magazine's annual Best Hospitals issue for this award."

Lexier also leads Maui's annual Heart Failure Community Health Fair, held at Maui Memorial Medical Center every February.

The event offers a wealth of heart disease prevention information as well as how best to care for that vital organ when it is already at risk.

"All are welcome — young and old. Information is provided on heart health with a focus on heart failure," says Lexier.

The program for each year's event always includes special guest speakers (this year's event featured three cardiologists and a physician's assistant) and an outdoor

health fair with many of Maui's non-profit healthcare agencies as well as complimentary hands-on activities, live entertainment, prizes, and heart-healthy refreshments.

"We love hosting educational community events at the hospital," says Lexier. "We also offer annual stroke and diabetes educational events at MMMC, which are also very well attended."

For more information on educational events, visit [www.mauihealth.org/calendar](http://www.mauihealth.org/calendar).

To find a cardiologist in Maui County, visit [www.mauihealth.org/providers](http://www.mauihealth.org/providers).

###



Dr. Anil Punjabi, Cardiologist



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**Lāna'i  
Community Hospital**  
MAUI HEALTH

# Beware the wild mushroom; The fungus among us is likely inedible or toxic

Come now the mushroom: pale of stem, squat of head, mute ambassadors of the soft, damp earth. In the wild, mushrooms are like stealth fugitives, appearing suddenly out of the ground in unlikely places after a good, hard rain. They show up singly in forest floors, under rotting, fallen trees, in grassy lawns, and sometimes, crop up in a silent multitude, forming a faerie ring or fairy circle that can grow as wide around as a parachute.

"All mushrooms are fungi, but not all fungi are mushrooms. Mushrooms are just the reproductive structures of some fungi; kind of like the tip of an iceberg, where most of an iceberg's ice is below the water's surface. Most of the fungus' "body" is actually underground," says Kari Bogner, Botany program manager in the natural resources department at Pūlama Lāna'i.

"Most of the mushroom's 'body' (for lack of a better term) is often in the ground or whatever substrate it's growing on/in, rather than in the reproductive body that we associate as a 'mushroom' ", adds Jon Sprague, director of conservation in the natural resources department at Pūlama Lāna'i. "For some species, this extended body is visible as a circle on the ground that can be plainly seen by the outline of some above-ground reproductive bodies, but often also in a change in the color and length of grass or other plants in the area." Hence and lo, the faerie ring.

"I've seen them on Lāna'i out by the horse pastures," says Sprague, "and they're kind of adorable." Adorable or not, one should exercise caution when dealing with wild mushrooms.

The wild mushrooms in the photo above, called *Podaxis pistillaris*, of stiffened stalk and tapered cap, are not edible. They sprang up in sandy soil near scrubby kiawe thickets along the windward coast of Lāna'i in December 2019.

Although there are at least two species of mushrooms that grow wild in Hawai'i and are harvested for food, Bogner advises that one should keep one's distance from wild fungi, especially if one has little to no experience foraging for mushrooms.

"Fungi need to be harvested when they're in good condition, and poor conditions around the fungi can make consuming them harmful to humans," explains

Bogner. "The joke is that every mushroom is edible ... once," quips Jon Sprague, director of conservation in the natural resources department at Pūlama Lāna'i. "I am not a mushroom hunter, but from what I've seen of the art, it requires such a level of expertise and experience to be done safely, that I'd personally be hesitant to provide details or guidance that could lead folks to hunt mushrooms without further education and maybe finding an experienced mentor. Mushrooms can be quite toxic."

The *Auricularia Polytricha* in Hawai'i is referred to as Pepeiao, the Hawaiian name for ear, for the mushroom resembles an ear, if one's ear were a curving and scalloped fan. Pepeiao and the *Auricularia auricula* have been used medicinally to treat various ailments, but one should take such folk remedies with a grain of salt.

As with any plants that may be used as medicine, there are risks to consider. "Something that is important when talking about plants or fungi used medicinally versus plants/fungi that are consumed for food, is that they are generally on complete opposite ends of the toxicity spectrum. The plants and fungi that we consume when prepared properly are non-toxic to people in normal quantities. The plants and fungi that are (or have been) used medicinally are generally somewhere between somewhat toxic to extremely toxic if consumed as a regular food," says Bogner. "For example, pua kala, the native prickly poppy, has been used medicinally by Hawaiians, but it is extremely toxic if consumed as a plant (e.g., eating any part of the plant including the seeds)."

It is safe to expect that when it comes to wild mushrooms and their preparation, *Caveat comedenti*: let the eater beware.



Small numbers of the *Podaxis pistillaris* appear on sandy roadsides on Lāna'i after soaking rains. They also crop up in the lowlands where kiawe grows. These mushrooms are not edible. Photograph by Alberta de Jetley

## Bradley Russell appointed resort manager at Four Seasons Resort Lāna'i

Alastair McAlpine, general manager, Four Seasons Resorts Lāna'i, has announced the promotion of Bradley Russell to resort manager, where he will lead the day-to-day operations at Four Seasons Resort Lāna'i, along with overseeing rooms, spa, food and beverage, and engineering. Prior to this appointment Russell served as Director of Rooms at the property.

Originally from Memphis, Tenn., Russell attended Northern Arizona University's Hotel & Restaurant Management Program. He earned his BA in 2005 and soon after joined Four Seasons as a Rooms Manager in Training at Four Seasons Resort Scottsdale and enjoyed

progressively senior positions in Santa Fe, Las Vegas and Westlake Village.

Russell is an active participant on the Four Seasons Rooms Council and coordinates communication and logistics for all five Four Seasons Hawaiian properties.



Bradley Russell

## David Emig appointed hotel manager at Four Seasons Hotel Lāna'i at Koele, a Sensei Retreat

Four Seasons Hotel Lāna'i at Koele, A Sensei Retreat welcomes David Emig as hotel manager, where he will lead the day-to-day operations at the newly-opened property.

Bringing more than two decades of hospitality experience with Four Seasons, Emig served most recently as resort manager at sister property Four Seasons Resort Lāna'i. Previously he was director of Rooms at Four Seasons Hotel London at Park Lane and held a number of senior management positions in diverse locations, including the Maldives, Shanghai, Singapore and Austin.

Unique to the Hawaiian market and a Four Seasons first, the adults-only, all-inclusive resort will focus exclusively on wellness retreats, offering a compre-

hensive and fully customizable program tailored to individual needs. The Koele Retreat is a partnership between Four Seasons Hotels and Resorts, the world's leading luxury hospitality company, and Sensei, the well-being company.



David Emig



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 1. MUST BE AT LEAST 62 YEARS OLD.  
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Annual Meeting Notice! Friday, March 6, 2020 7:00 p.m. LHES Cafeteria

Holiday Closures Monday, Feb. 17 President's Day

Thursday, March 26th Kuhio Day



### 'ōlelo of the day

**Wālā'au:** verb; pronounced *wah-lah ow*. To talk story, as in, "Come, my friend, let us wālā'au." The root, wā, means noise, which may be why the word is sometimes, though seldomly, used negatively, as in, "Oh, you know him. He likes to wālā'au." But usage in most contexts is genial and welcoming.



## Virtues in Paradise - *Let peace begin with me*

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



Linda Kavelin-Popov

When I was a little girl, we sang a song in Sunday School: "Let there be peace on earth and let it begin with me." I liked the song but had no idea at all what it meant. Within minutes of getting back in the car, I was tormenting my younger brothers. And they me, I might add. We were anything but peaceful. Now I find it painful and upsetting to watch the war-filled, horror-laden news. I have a longing for peace, and it is in my prayers for this country and for the world. I've learned much from the Holy Scriptures about the virtue of Peace. Yet, I recently had a startling teachable moment about how divisive it can be to discuss politics, even with a close friend. In the heat of the moment, I forgot my peace. I forgot myself. I found myself yelling about the need for peace! My friend and I have established a boundary that I will return to with everyone. No more discussing politics. We can each vote our conscience. Beyond that, I don't intend to wage a war of words. I've renewed my commitment to be a peacemaker in my heart, my words, and my actions. I want, as Gandhi suggested, to "be the change you wish to see in the world."

Peace is one of the most powerful of all virtues, which we are called to practice as faithful people of God. So what does it mean? In one aspect, peace means the way we treat others, whether as nations or family members. It is being willing to give up the love of power for the power of love. It means calling on our self-discipline to refrain from every type of violence. It is to "turn the other cheek" (Luke 6:29) which means forgiving people for hurting us. There is another virtue that allows us to be peaceful. I once heard the leader of Tibetan Buddhism, His Holiness the Dalai Lama, say that Peace depends on Justice. How do we practice it?

To protect everyone's rights, including our own, we don't allow ourselves to be either victims or perpetrators of verbal, physical or emotional abuse. We don't justify violence in any form.

We give up backbiting, which is divisive. We practice peace by speaking kindly, touching gently, and establishing fair boundaries.

Even our thoughts can be cleansed of violence. Peace Pilgrim, an elderly woman who walked across the United

States for the cause of peace said, "If we knew how powerful our thoughts are, we would never again have another negative thought."

The spiritual practice of thought replacement can work miracles. The Baha'i teachings say, "When a thought of war comes, oppose it by a stronger thought of peace. A thought of hatred must be destroyed by a more powerful thought of love. Thoughts of war bring destruction to all harmony, well-being, restfulness and content...Thoughts of love are constructive of brotherhood, peace, friendship, and happiness." This practice is one of the most purifying and empowering I know. It's essential in relation to our intimates, who are exquisitely sensitive to our thoughts, words and actions toward them.

Then, there is inner peace, which comes only when we make a firm decision to:

Stop hurrying, give up rushing, over-doing, and exhausting ourselves trying to be an E type personality; "Everything to everybody". We choose our yeses carefully and keep a pace of Grace.

Spend time each day in silence, reflection and prayer.

Use kind words even to ourselves. We love and forgive ourselves, and always start over after a mistake by making amends, not excuses.

Practicing both outer and inner peace comes with a Divine blessing; a promise: "Blessed are the peacemakers: for they shall be called the children of God" (Matthew 5:9). Because we are all connected through the human spirit, it is not only possible to contribute to world peace by letting it begin with us. It is the only way it will ever come about.

Visit Linda at: [www.virtuesproject.com](http://www.virtuesproject.com) and [www.lindakavelinpopov.com](http://www.lindakavelinpopov.com)

### Share your family's photographic treasures with us!

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 [ncabiles@lanaitoday.com](mailto:ncabiles@lanaitoday.com), in high-resolution (1 MB min), with caption describing who's in the photo, location, date, and historical significance.

## CALLING ALL STUDENTS!

Find a good pen. Sharpen your pencils.

Fire up your computers.

In honor of the glorious and amazing time off from school, otherwise known as SPRING BREAK, please write and tell me about your favorite vacation. Selected submissions will be printed in the March edition of Lāna'i Today.

Please write to [ncabiles@lanaitoday.com](mailto:ncabiles@lanaitoday.com). Thank you!

## Academic counseling guides students toward their dreams

The spring semester at Lāna'i High and Elementary School unfurls, and with it are good habits that students have developed to achieve their goals in the classroom, service in the community, and to make clearer their direction toward college or career or military service. Is your child on track? As the academic guidance counselor at Lāna'i High & Elementary School, it is my job to meet with students and help them catch up with and stay ahead of their academics, with the goal of smoothly transitioning into their chosen paths.

The following resources, and many more, can help your child succeed:

**Conferences.** Please schedule a meeting with me and your child to check grades and help you better understand

your child's areas of strength and areas of struggle.

**Volunteering** offers students a way to serve their community, learn about careers of professionals, and build their resumes. Check with the counseling office for opportunities.

**Google classroom.** Stay active in your child's academic life and join google classroom. If you need help on how to join; you will need a code for your child's google classroom, please contact me at [lhescounseling@gmail.com](mailto:lhescounseling@gmail.com), or call the school office at 565-7900.

I look forward to hearing from and working with you and our Lāna'i community! Beth Humphrey, Academic/College/Career guidance counselor grades 6-12; STEMworks facilitator

### UPCOMING 2020 EVENTS

- Scholarship applications open: December 2019-May
- Hawai'i Statewide Smarter Balanced Testing for students in grades 3-11: February-May
- Rotary Youth Leadership Awards at Camp Keanae, Maui. February 7-9. Sign up in the counseling office
- Teacher Institute Day: No students. February 11
- President's Day: No school. February 17
- Maui County Science Fair: February 20
- ACT on campus (for all Juniors): February 25. Start studying now on Khan Academy
- Spring Break: No school. March 16-20
- College & Career Fair: April 20. Community invited. Please contact the counseling office for more information

## The effect of Yoga on stress, anxiety, and depression

Contributed by Caroline Reese

It may come as no surprise, in this day and age, that people feel more overwhelmed and stressed than ever. With the rise of work demands, people are working longer hours than ever before, making less time for their personal lives. In addition, at the convenience of one's fingertips, we compare our lives to others on social media, which often leaves us feeling worse than we did before we logged on.

Medical research reports that stress can lead to fatigue, headaches, muscle tension, anxiety, feeling overwhelmed, sadness or depression, lack of motivation, overeating or under-eating, social withdrawal, and angry outbursts, to name a few. If left unchecked over time, stress can contribute to high blood pressure, heart disease, diabetes, and obesity.

People are exploring more traditional ways to feel balanced and heal the mind-body as a whole. Yoga has a useful role in reducing stress, anxiety, and depression. According to The National Center of Complementary and Integrative Health, yoga is the most used mind-body practice. 9.5 per cent of U.S adults (21 million) used yoga, and about one in seven U.S. adults practiced yoga in the past 12 months. Among children ages four to seventeen, about 1 in 12 practiced yoga. The percentage of people who practice yoga grew from 2007 to 2012 and again from 2012 to 2017.

The majority of adults who practiced yoga said that it helped in these well-being-related ways:



Caroline Reese

- 86 percent said it reduced stress
- 67 percent said it helped them feel better emotionally
- 63 percent said it motivated them to exercise more regularly
- 59 percent said it improved sleep
- 82 percent said it improved overall health and made them feel better

<https://nccih.nih.gov/research/statistics/NHIS/>

Yoga comes from the Sanskrit word yuj, means to bind or yoke. The word has been interpreted as "union." I view my yoga practice as creating a union with my mind and body that I encourage with my breath.

Join me Sundays at 9 a.m. in Dole Park for a free yoga class and create a beautiful union with your mind and body.

Follow us on instagram @yogaonlanai and/or caroline @joseph\_reese324.

## STARTING A NEW BUSINESS?

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## Four Seasons' Employee of the month

### Front of House: Deana Ganer-Eskaran Resort Sales, Guest Recognition Specialist

Deana is extremely knowledgeable and capable. She has taken care of the Smith family year after year, and they are very comfortable with her. She remains calm and collected even under high pressure situations, such as Festive, and pop-up events and transfers. Deana takes the initiative to assist with front office operations during crunch time. She acts as the foundation to the front office, offering guidance and support when needed. She will often jump in and help answer any questions the team may have. She understands all the dynamics of front office and reservations operations. Deana also has a keen eye for detail, ensuring all guests' pre-arrival checks are completed to ensure a seamless stay.



Ewan Knowles, Scott Ashworth, Alastair McAlpine, Deana Ganer-Eskaran, Wendy Kaopuiki, Lauren Snow, David Emig, Sam See, Bradley Russell, Kalei Nash

### Heart of House: Jemalyn Daproza, Housekeeping - Guestroom Attendant

Jemalyn Daproza is a superstar room attendant during Festive. During this busy period, Jemalyn was the first staff who volunteered to work all the overtime because of room attendant shortages. She worked 14 hour days. Jemalyn was assigned between 10 to 12 rooms in the morning and another 12 to 16 rooms in the evening. She worked solo and was able to complete all her rooms. At the end of her shift at 9:30 p.m., she still had a huge smile on her face. She also assisted many of her teammates due to multiple requests arriving at the same time. She assisted the Housekeeping team from December 25 to January 3, again working 7:30 p.m. to 9:30 p.m., staying positive and helpful. Jemalyn was punctual and did not miss any days during Festive. Her dedication and willingness made a huge difference for her teammates.



Scott Ashworth, Jeril Geevarghese, Queenie Felipe, Alastair McAlpine, Jemalyn Daproza, Bradley Russell, Angie Fernandez, Lauren Snow, Dan Mizrahi, David Emig, Ewan Knowles, Wendy Kaopuiki

### Leader of 4th Quarter - Sylvia Tan, Guest Experience Manager

Over Festive, in conjunction with her team, Sylvia delivered exceptional service. She led communication efforts during the entire stay of VIPs, which enabled the Resort Teams to excel. She arrived day after day with the energy to lead, provided seamless service and stayed through many long shifts to ensure that as many guests as possible were looked after. Sylvia inspires those around her. She has an infectious laugh that breaks the stresses of the day and working with her is a joy. Sylvia always sees the big picture, reminding managers of what is most important.



Sylvia Tan

The final closing of International Food and Clothing Store ended with a lovely farewell among friends and delicious cake.

Larry Plunkett; Leinani Zablan; Andrew De La Cruz; Noemi Barbadillo; Joan De La Cruz, Rose Baptista (seated); Lynne Fuchigami-Costales



## Lana'i Art Center Profile - Jasmine and Keona Conroy-Humphrey

The Humphrey twins, Keona and Jasmine, always brought energy, curiosity and creativity during their time at the Art Center. They now focus that same zeal into their studies at West Point Academy, honing leadership skills, performing service that honors duty and country, while carrying on the tradition of their own family members who have served. The twins are in their second year and will graduate West Point in 2022 as 2nd Lieutenants. Jasmine's interests are in military intelligence, analyzing data, communications for operations and tech-related areas. Keona is focused on a cybersecurity-based branch of computer science. These skills require attention to detail, problem-solving, and an ability to work with others; skills that were developed at an early age through art and creative projects at the Art Center. The twins remember Auntie Nat helping them repair ceramic pieces they considered unsalvageable and reflected how their skills and abilities grew.

**Jasmine:** "We wanted to learn and explore new activities and were blessed with adults who were helpful and nice to us. We loved ceramics with Auntie Nat Fujimoto. She was always willing to help us, show us and teach us. Our favorite

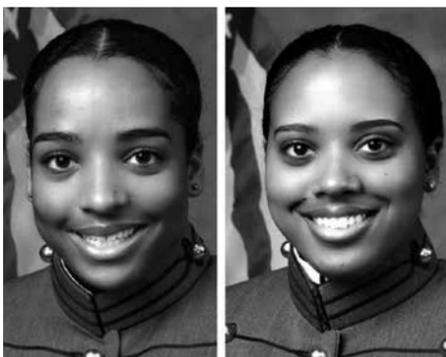
was learning to center clay on the wheel."

**Keona:** "As small kids we came to the Art Center to make things, and they became special in our family. Our mom, Beth, pulls out all these Christmas things every year. It's wonderful to relive the memories of our special time with friends at the Art Center."

Thank you to all who support the children's activities at Lanai Art Center. Recent generous contributions to the Christmas Shop FUNraiser have totaled over \$1,000. Your support has a far-reaching impact in the lives of our local children. You just may be investing in a future West Point grad, a captain, general or maybe, a commander of the Pacific arena.



The twins then...



...and now..

## LĀNA'I YOUTH CENTER

### Our Programs

Teen Night - Education - Health Skills - Character Building - Culturally Diverse - Alternative Activities - Ages 8 - 17  
Free membership! - days of fun-filled activities

For more information, call 565-7675 or visit our website: <http://lanaiyouthcenter.org/>



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or come to the ART ROOM!

## LĀNA'I CULTURE & HERITAGE CENTER

E Ho'ohanohano 'ana i ka wā mamua, a e Ho'olako 'ana i ka mua aku!  
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Monday - Friday, 8:30 a.m. - 3:30 p.m.

(808) 565-7177 • [info@LanaiCHC.org](mailto:info@LanaiCHC.org)  
• [www.LanaiCHC.org](http://www.LanaiCHC.org)

P.O. Box 631500 • Lāna'i City, Hawai'i 96763

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Mon. to Fri. excludes holidays  
Office: 565-9409  
Rev. J. Keola Freitas



## Praise Chapel Maui County, Pu'uho'oua

Place: Lanai High & Elementary  
School Cafeteria

Sunday Group Prayer: 9:30 a.m.  
Church Service: 10 a.m.

Pastors Mark and Charmaine Orbistondo

website: [praisechapelmauicounty.com](http://praisechapelmauicounty.com)

## Sacred Hearts of Jesus and Mary Catholic Church

Masses on  
Saturday - 6 p.m.  
Sunday 7 a.m.  
and 10 a.m.

Fr. Jose Macoy  
Rectory: 565-6837  
Cell: 808-281-1987



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## Lanai Baptist Church

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worship and then  
stay for our "aloha  
time" where we have  
fellowship and food.

For information, go to: [lanaiabaptist.org](http://lanaiabaptist.org). For updates and  
upcoming events, follow us at [Facebook.com/lanaiabaptist](https://www.facebook.com/lanaiabaptist)  
Located on Sixth Street

Pastor Tim Belcher



## Friends of Bill W.

Meetings at Lanai Union Church, 5 nights weekly  
6 p.m. - 7 p.m., Sunday, Tuesday - Friday  
Fraser at 8th Street - Upstairs  
For more information, Call Rita at 760-419-0785



# Around Town - Lāna‘i Culture & Heritage Center anniversary celebration January 18, 2020

Photography by Bryan Berkowitz & Dan Popov\*



Kepā Maly, Cultural Resource Specialist – Lāna‘i Historian, Lāna‘i Culture & Heritage Center, welcoming anniversary attendees; Albert Morita (background).

The Lāna‘i Culture & Heritage Center (Lāna‘i CHC) celebrated its thirteenth year as a community heritage center, and tenth year at its climate-controlled museum. This non-profit heritage organization seeks to inspire people to be informed, thoughtful and active stewards of Lāna‘i’s heritage by preserving, interpreting and celebrating its natural history, Hawaiian traditions, diverse heritage and cultures, and ranching and plantation era histories. Over the last thirteen years, more than 120,000 people (residents and visitors) have participated in interpretive-educational programs in the museum and field. With the support of many partners, Lāna‘i CHC has engaged in stewardship of bio-cultural resources, developed platforms for accessing the history of Lāna‘i, and supported cultural literacy and place-based educational initiatives on Lāna‘i and across the state.

The anniversary was a multi-cultural experience that included music by Hawaiian performers Ei Nei and Sean Na‘auao, Filipino folk dances, Kosraean songs, hula with La‘ikealoha Hanog’s hālau, impromptu hula, cultural crafts displays and workshops, stories from long-time Lāna‘i residents describing life and community values from the plantation days, and more. Partners with Hamline University (of Minnesota) also debuted a new multimedia kiosk that engages users in interactive learning to explore the bio-cultural history of Lāna‘i from Kuahiwi a Kai (Mountain to Sea).

Volunteers served Lāna‘i venison chili, among other dishes, and cakes, donated by the Four Seasons bakery. The event not only celebrated the island’s rich history but also encouraged attendees to reflect on our shared past in order to work together to create a vision for the future. The event was generously supported by a grant from the Island Insurance Foundation, Pūlama Lāna‘i, and many volunteers.



Kassie and Kimie Sanches - \* Photograph by Dan Popov



Impromptu hula dancing - \* Photograph by Dan Popov



Guests and attendees at the Lāna‘i CHC’s anniversary celebration. - \* Photograph by Dan Popov



La‘ikealoha Hanog’s Hula Hālau



Sampaguita Filipino folk dancers



Hawaiian performers Ei Nei



Traditional Visayan folk dancers



Alberta Morita shares Lāna‘i’s cultural history with museum visitors.



Bully Davis with keiki



Simon Tajiri, Lāna‘i High and Elementary faculty, and Shelly Preza, Lāna‘i CHC



La‘ikealoha Hanog and Kassie Sanches



“Around Town” is proudly sponsored by Lāna‘i Oil Company