

LĀNA'I TODAY

APRIL 2021

The Golden Age



See page 7

At dawn of April 11, 2021, Hermenegilda Oliva, a kūpuna on Lānaʻi, will incise another notch on the tree of life, and join one of the most exclusive clubs in the world: the centenarian club. Happy birthday, Mrs. Oliva!

“We believe each other into being”



Nelinia Cabiles

We scooped loose dirt or sand or rocks and made a funnel with our hands to fill the empty soda can about a third of the way to the top. The filling material didn't matter. Whatever gave the can some heft was perfect. We all took a turn to flip the can so it stood upright. The kid who failed to stick the landing in two tries would be the seeker. No one wanted to be the seeker; the plum role was to hide.

Trying to flip the can upright, at five or eight or twelve years old, was intense, an ultimate test of technique and focus and nerve. It felt like a matter of life and death. Only two tries to get it right.

My brother had good hands, an unerring sense of timing. He would pinch the rim of the soda can with his thumb and forefinger, and with a quick snap, flick the can in the air, where it would turn one or two revolutions, never more than that, and land with a solid thud on the ground. Flipping the can and standing it, was for him, like skipping a stone across the skin of water, leaving in its wake a clean and sinuous line of ripples.

After the seeker and hiders and home base were determined, one of the hiders, usually the one who could throw like a quarterback, would hurl the can through the air. It made a whistling sound as it traveled. However long it would take for the seeker to fetch the can and run to home base was all the time we had to sprint and find our hiding places.

Why it is called Filipino hide-and-seek remains a mystery. Maybe a Filipino was the one to adapt the game by using a soda can, which is the most critical part of the game, the object the seeker needs to keep his or her eye on at all times, for the hider's goal is to swoop in and snatch the can, freeing any players the seeker has tagged, and thereby start a new round. If the seeker seizes the can first, however, game resumes.

I didn't understand until I was about nine, that the true premise of Filipino hide-and-seek was to capture the can. Until then, I thought hiding, and staying hidden, was the point of the game. Until I'd figured this out, there were times, when I was five, when I would stay in my hiding spot for so long I'd start to wonder if I'd slipped into a parallel universe where no one knew me or that I'd been forgotten. I'd read about a boy who stepped into a mushroom ring and had turned invisible. To my five-year-old mind, such a thing was possible. I would start to worry then, deep in the molasses grass or on a guava branch, and I would silently will my brother or my cousin to call my name, to remember me, to will me back into the living world. Sometimes, nearing sunset, I would hear my mom whistling for us, one long, unwavering blast that split the air, a signal that it was time to come home. Oh, how glad I was to hear that sound, evidence I was here, still part of the world.

I learned, recently, that a friend died by suicide. The news broke me open. I feel such pain – pain for his family, pain for him. My friend was full of life; he loved nature. He was kind. If you needed it, he would give you the shirt off his back. He had a beautiful singing voice. And he was loved. The idea that he had been struggling, that he had felt despair and hopelessness is too much to bear.

The pandemic is affecting all aspects of our lives, including our mental and psychological and emotional health. People feel lonely and depressed. In our isolation, it might be easy to feel as if we're forgotten, cut off from life. But we are not. Someone knows and sees us. We matter. And our being here matters. In an [onbeing.org](https://www.onbeing.org) podcast, Dr. Jennifer Hecht, philosopher and historian, says, “We are indebted to one another and the debt is a kind of faith — a beautiful, difficult, strange faith. We believe each other into being.”

If you are reading this and are in crisis or struggling with thoughts of suicide, please call the National Suicide Prevention Lifeline, 1(800) 273-8255. You belong here, to this world – this broken, sometimes terrible world. But there is also beauty and hope and love here, and someone somewhere is willing you into being, and has faith that you will hold on. Please hold on.



CONTENTS & CONTRIBUTORS

4 **COMMUNITY**

E ho'i mai i Lāna'i



KAPUA WEINHOUSE

5 **Mokulele Job Fair**



NELINIA CABLES

6 **EDUCATION**

Pearl Ah Ho Memorial Scholarship



Pearl Ah Ho

ROXANNE MORITA

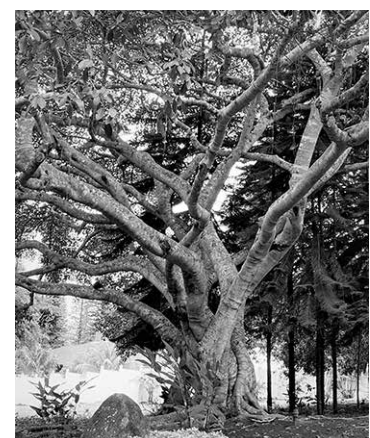
Winners of HIADA's student-athlete scholarship



Scholarship winner
RYLLAH-RAE RODRIGUES

10 **PHOTO ESSAYS**

Wisdom of trees



NELINIA CABLES

11 **Blue Ginger Café's breakfast crew**



NELINIA CABLES

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Vaccination news

Contributed by the Lāna‘i Emergency Preparedness Group

More than four hundred individuals on Lāna‘i, including teenagers ages sixteen and older, received their first dose of the Pfizer-BioNTech COVID-19 vaccine free of charge at a drive-in clinic on Saturday, March 27, 2021, courtesy of the State Department of Health via Maui Health Systems and Lāna‘i Community Hospital. In addition to Maui Health Systems sending over a cadre of Maui staff members to administer vaccines and manage registration and records, the Maui District Health Office (Lāna‘i Public Health Nursing), Lāna‘i Community Health Center, Straub Medical Center-Lāna‘i Clinic, Pūlama Lāna‘i, the Maui Police Department, and the Lāna‘i Lions Club and Leos provided volunteers and support.

The number of Lāna‘i residents who have received at least one dose is now more than fifteen hundred. Despite news media reports that Lāna‘i is on its way toward achieving a “herd” vaccination rate that would protect our entire community from COVID-19, we will not be able to reach that goal without having more Lāna‘i residents take the vaccine. Please encourage others to consider getting vaccinated against COVID-19.

RECENTLY ASKED QUESTIONS

I haven’t gotten a vaccine shot yet. Is it too late?

Lāna‘i Community Health Center is now receiving a steady supply of Moderna vaccines; please call them at (808) 565-6919 to arrange an appointment. You must be at least eighteen years old to receive the Moderna vaccine. In response to recommendations from the Department of Health on April 12, the Lāna‘i Community Health Center temporarily suspended its plans to administer the Johnson & Johnson vaccine.

I’m fully vaccinated so I don’t need to practice safety measures, such as wearing a mask anymore, right?

There are a couple of reasons why mask-wearing and other practices are still necessary. Current County of Maui public health rules still require that you wear face coverings where appropriate; for example, when outdoors where six feet of separation from others cannot be maintained or when occupying indoor spaces with non-household members. All other public safety rules are also still in place – most notably, the limiting of social gatherings to five people and business occupancy limits, as of early April. Observing all other COVID-19 safety measures, such as handwashing/sanitizing, are still very important ways to lower the rate of infection and prevent new cases. As seen on Maui, it only takes one case to cause a rapid increase in infection rates. According to the Centers for Disease Control, no single method, including being vaccinated, will end the pandemic. The best defense against COVID-19 includes being vaccinated, continuing to wear a mask, maintaining social distancing, avoiding crowds and poorly-ventilated spaces, and good sanitation practices.

I’m more afraid of the vaccine than of getting COVID-19 / I don’t think I’ll get COVID-19 and I don’t want to take the vaccine / If I get COVID-19, I’ll have natural protection, so why should I take the vaccine?

Getting COVID-19 can offer some natural immunity, but getting the actual vaccination instead will offer protection, both by preventing you from getting COVID-19 and, if you do get COVID-19 after being vaccinated, decreasing the risk of severe illness, hospitalization, and death.

Also, by getting vaccinated, you are protecting others because immunization is highly likely to reduce the risk of viral transmission. If you get COVID-19 after being vaccinated, you are less likely to infect others (<https://www.nejm.org/covid-vaccine/faq>).

If you have any concerns or questions about the COVID-19 vaccine and whether it is right for you, please contact your healthcare provider.

More vaccines mean more vaccination opportunities on neighbor islands

Hawai‘i COVID-19 Joint Information Center Daily News Digest



The Department of Health is asking its District Health Officers on the neighbor islands to expand vaccine eligibility as needed to ensure all available vaccination slots are filled.

Every island has its own unique characteristics, including population, population density, healthcare resources, and enthusiasm for the COVID-19 vaccine. With more vaccines coming into Hawai‘i the week of April 1 than any previous week, DOH wants to give the neighbor islands more say in how they administer vaccinations.

“The state is getting more than eighty-one thousand vaccine doses this week and the federal government is distributing thousands more to Longs Drugs and Safeway,” says Dr. Elizabeth Char, director of health, DOH. “The combined allocation to Hawai‘i this week tops one hundred twenty thousand doses. We want those doses in the correct arms as quickly as possible and believe the neighbor islands are situated to get that done.”

The DOH will coordinate the designation of who is eligible in each county and continue to determine vaccine eligibility on O‘ahu. To date, vaccines on O‘ahu are reserved for those in phase 1a and 1b of the state’s vaccination program, as well as those age sixty and older, those being treated with oxygen for severe respiratory conditions, those on dialysis, chemotherapy or other infusion therapy, as well as essential workers at hotels, restaurants and bars. Beginning April 5, vaccine eligibility will also expand to essential workers in construction, banking and finance, communications, media, retail, information technology, clergy, and transportation and logistics. Vaccine registration is available here: <https://hawaiicovid19.com/vaccination-registration/>

Maui Health marks 100 days of COVID-19 vaccinations

Mau Health has vaccinated nearly thirty-two thousand Maui County residents to date, including those on Lāna‘i. April 1 marked the hundredth day of COVID-19 vaccines administered by Maui Health. To celebrate, Maui Health gave each vaccine recipient a gift, and presented second dose-recipients with a COVID-19 vaccine limited-edition commemorative pin.

Maui Health is committed to making vaccines available across the county and is expanding clinic operations and pop-up locations. A Maui Health team traveled to Lāna‘i March 27 to administer Pfizer vaccinations to residents sixteen years and older who wished to be vaccinated. The Maui Health and Lāna‘i Community Hospital team, in partnership with the Lāna‘i police department, Lāna‘i Emergency Operations Center, and other community leaders, hosted the drive-through vaccination clinic and administered more than four hundred vaccines to Lāna‘i residents. The team will return April 17 to provide second-vaccine doses and administer any first-dose vaccinations to remaining residents who wish to be vaccinated.

The Lāna‘i event was supported by the State of Hawai‘i Department of Health and the Healthcare Association of Hawai‘i in a concerted effort to provide COVID-19 vaccines to all residents, regardless of the state’s current vaccination phase. DOH deemed it vital that all eligible Lāna‘i residents be vaccinated to help prevent any COVID-19 outbreaks. As a small community, Lāna‘i would benefit if the majority of its residents were vaccinated to maintain health, avoid straining the island’s limited health care resources in the event of an outbreak, and restore a sense of normalcy.

Maui Health will do its best to get those who want to be vaccinated their shot at protecting themselves and others. As more people get vaccinated, the faster we can end this pandemic, together.



COVID-19 vaccine limited-edition commemorative pin

‘Ōlelo No‘eau - E kuhikuhi pono i na au iki a me na au nui o ka ‘ike. *Instruct well in the little and the large currents of knowledge.* In teaching, do it well; the small details are as important as the large ones. (Pukui 40)

E ho‘i mai i Lāna‘i

Contributed by Kapua Weinhouse

The other day I heard about a Lāna‘i family selling their parents’ house, their childhood home, because no one wants to or can keep it. Every time I hear about another family’s home up for sale, I am saddened. Why? Because another bond, another link to Lāna‘i’s history, is gone. When that happens, the mo‘olelo, or personal stories, of the island’s past are lost, too.



Kapua Winehouse

Look, I get it. You’re in your twenties; you have dreams of making your mark on the world, dreams this island might be unable to support. To be an organic chemist or a Russian linguist you would have to leave the island to find work. Then, in your thirties and forties, you advance in your career, raise your family, grow roots in your new ‘āina. You work hard, become known in your field, save for your retirement. At some point, you begin to slow down. You still love your job, but you realize you miss Lāna‘i. You feel it calling you back. E ho‘i mai.

I’m here to tell you to “Do it!” Remember all the places you would hike to, camp at, or explore when you were a keiki? If you live on Lāna‘i, these places are part of your own backyard, because with a backpack of snacks and a Hydroflask of water you can be hiking and exploring them for the day. No permit to get, no calendar to schedule, and most of all, no traffic to fight.

There is also another reason to come back: do it for our keiki on Lāna‘i and our ‘ohana. School children need to understand how and why your family arrived on Lāna‘i or why they chose to stay. New residents need to know the history of a building or a company that has come and gone to understand sustainability of businesses on Lāna‘i. Kūpuna need you to add to the chorus of voices and amplify theirs, so they are heard. In your own ‘ohana, the next generations need to see the ‘āina from where they come and understand what is Lāna‘i, what makes it special. It is an incredible gift you can give them when they come to visit. Perhaps you just want to slow down and enjoy not having an agenda at all. I hear the seven o’clock breakfast club at Blue Ginger is a great way to find out the latest on the coconut wireless.

I write from experience. In 1976, I lived with my grandmother and step-grandfather for a year on Lāna‘i. It was a year that would change me, though I wouldn’t feel its impact until years later. My grandparents would drag me on their camping trips to Kaunolū. I hated it. The trek down meant I was stuck in between the water carboys in the back of the fluorescent green jeep on the hot, bumpy road down to our fishing shack. At Kaunolū, I played alone on the rocky cliffs. No sandy beach, no waves to ride, just rocks – lots and lots of sharp lava rocks. I had a favorite rock where I would watch my Apo traverse the rocks and waves with his fishing net to some secret spot during the day and I would listen to the waves crash when the day cooled after the sunset. That’s where I learned to be bored, to keep myself company, and explore. I realized later how special and unique my experience was. When my own children and students complain of being bored, I tell them that’s actually a really good thing, that the things they think they hate now actually are very special and make them who they are.

My husband has retired and I’ve changed to a career that is needed on Lāna‘i. I teach at LHES and share with my students my knowledge from my years as a chemist. More importantly, I can relay my Lāna‘i experiences and family’s stories, and connect with them in this way. I used to be a Type A personality. But after a pandemic year, and the values of this island working their way through me, I’ve mellowed. I realize time and time again that “I lucky I live Lāna‘i!” I’m lucky to be able to give back to this community. If you used to live on Lāna‘i, come back and share your love of this island, your knowledge, with young minds and newcomers. There is so much you can give back to this island, your home. E ho‘i mai!

April is Child Abuse Prevention Month

Contributed by the Lāna‘i Domestic Violence Taskforce

Why do we have Child Abuse Prevention Month? Child Abuse and Neglect (CAN) must be prevented so children grow up feeling safe, develop properly and learn how to have positive relationships.

It’s impossible to prevent an issue, such as child abuse and neglect, if no one knows about it or is aware that it’s happening.

Child abuse on Lāna‘i

Yes, CAN exists on Lana‘i. Lāna‘i’s children have experienced or are suffering from physical, sexual and emotional abuse and/or neglect. There have been incidences of children taken into protective custody to ensure their safety, or placed into foster homes or with relatives until they could be returned to a safe home with their parent(s) or caregiver(s).

What can I do?

Prevention is the responsibility of a parent. But it is also the responsibility of family, a friend, and a community. Our children’s safety and well-being must be our first priority, because children don’t have the power, control or resources to protect themselves or escape an abusive home.

As a parent, especially if you’re a single parent who feels overwhelmed by the pressures of parenting, please seek help. How you were parented influences your parenting decisions. If you were loved, cherished, and respected as a child, you are more likely to care for your child(ren) in the same way. However, no parent can know everything; we all need advice or kōkua at times.

Family and friends can help a parent(s) by reaching out and listening, or offering a parent(s) a break.

As a community, it is important to support organizations that strengthen families, such as Maui Family Support Services, the Lāna‘i Community Health Center’s WIC program, Parents and Children Together (PACT) and Child Welfare Services.

What if we don’t do anything, or enough?

The consequences of inaction are devastating.

Abuse stunts a child’s emotional growth; damages his or her self-worth or self-esteem, and disrupts his or her social, familial and academic life. There is no aspect of life untouched by abuse. Some are able to work through it, but often only with therapy. Not having had models of positive relationships, an abused child’s idea of parenting or a parent-child relationship is often distorted.

Children experience an array of emotions when they are abused or neglected, removed from their home, and/or placed in foster care, including fear and anxiety, shame or embarrassment, sadness or depression. They may also feel alone and hopeless; angry, resentful, betrayed and/or bitter; uncertain, pessimistic, and out of control.

They frequently self-isolate, or act out. Self-harming behaviors (cutting, eating disorders, suicide attempts) are not unusual. As with adults who turn to alcohol, tobacco or other drugs to numb their pain, so it is with abused and/or neglected children.

Of all the ways one can help a child, preventing abuse and neglect is key. Prevention isn’t limited to April, but must be an ongoing effort year-round. If you suspect a child being abused or neglected, call Child Welfare Services, 1(888) 380-3088.

Be a good neighbor, friend or parent, and help create a safe community where our children can thrive and grow to be strong, healthy and caring adults.



E ‘ai i ka mea i loa‘a. *What you have, eat.* Be satisfied with what you have. (Pukui 31).

Mokulele Job Fair

By Nelinia Cabiles

Mokulele Airlines is growing and looking for individuals to join its Mokulele ‘ohana. The Hawai‘i-based airline, founded in 1994, has positions available for Cross-Utilized Airport Agents to handle customer service duties at the counter and gate, as well as various ramp/under-the-wing responsibilities.

The job ensures a well-rounded experience at work. “We will train you to do everything from working with computers to guiding our solar aircraft, to loading and unloading bags. The work is concentrated to a few things, so we’re looking for individuals who can jump in to help and fill in as needed, which is in keeping with a sense of ‘ohana, one of our company’s core values,” says Bob Ciszweski, stations director, Mokulele Airlines. “We’ll be hiring workers for the Lāna‘i airport. We want to find people who know what the needs are of Lāna‘i’s community or what they’re concerned with, and how they can best serve or help them. The new hires can expect to be busy! We’re really growing. The recent new hires at the Maui station alone include nineteen individuals, eleven of whom were hired within the last two to three months.”

Wages are competitive and flight benefits are impressive, says Keith Sisson, marketing director, Mokulele Airlines. “We have employees who work part-time just for the flight benefits...they have families on the neighbor islands and can island-hop on their employee fare. Our airline partners are United, Alaska Air, Southwest.”

Purchased by Southern Airways Express, a commuter airline based in Florida, in February 2019, Mokulele Airlines, combined with Southern Airways, has become one of the largest and fastest-growing airlines in the world, having opened a beautifully renovated terminal at the Kahului airport in March 2021. Mokulele Airlines’ path forward includes a vision to be the first airline in the world to fly hybrid electric planes and become the first fully electrified airline within the next two to three years.

What makes Mokulele Air a great company to work for, according to Sisson has become even more evident over the past year. “The day that we became the only airline to serve Lāna‘i and Moloka‘i, we lowered our prices,” he says. “During the pandemic, there was no reduction in benefits, no furloughs, no layoffs. We’re very proud of that,” says Sisson. “That’s what an employee can expect from Mokulele Airlines: we offer them full support and dedication.”

Mokulele Job Fair - 9 a.m.- 4 p.m. Thursday, April 22, and Saturday, April 24, 2021, Lāna‘i Airport

Prospective applicants are encouraged to apply online at the company’s Career page and bring their resumés to the Job Fair. Laptops will be available during the event, but WiFi service at the airport is spotty. Questions? Email Anuheia Gabriel or Bob Ciszweski at hr@iflysonthern.com



A new feature in Lāna‘i Today will debut soon, but we’ll need your help to launch it.

Please send us birthday, engagement, wedding, birth, or job promotion announcements and we’ll run them in these pages.

(Please keep the announcements short.

Just the greatest hits, folks.)

Please submit announcements to ncabiles@lanaitoday.com by the **second Tuesday of the month**; all submissions are subject to editing and review of appropriate content.

Share your happy news with *Lāna‘i Today* readers!

Kānepu‘u Dryland Forest Preserve

By Nelinia Cabiles

Lantana, molasses grass, Christmas berry, scarlet sage. The words are sweetly musical, soft fricatives rolling off the tongue like an incantation. But these species of plants, introduced to Hawai‘i as early as the 1700s, only sound lovely. They are invasive and opportunistic weeds; two are noxious, all are a bane. If given half a chance, they could easily take root and displace rare native plants, such as lama (native ebony) and olopua (olive) found in dryland forests, and worse, devastate them.

The most critical line of defense to protect and help native plants recover is intensive long-term weed control. Fencing helps keep out Axis deer, whose grazing threatens native plants and causes erosion. Both fencing and weed control are in play at the Kānepu‘u Dryland Forest Preserve, which is the best example of native dryland forest that once covered vast areas of Hawai‘i’s lowlands (nature.org).

Kānepu‘u Preserve, comprising 368 acres, has been maintained by The Nature Conservancy (TNC) for more than twenty years. Until recently, TNC partnered with ‘Ike Āina, a native Hawaiian land trust, and continues to work with local volunteers to protect the lama and olopua, the ‘ohe makai, ‘ahakea, ‘āla‘a and ‘aiea, as well as the endangered ‘iliahi (native sandalwood); the nā‘ū (Hawaiian gardenia); *Bonamia menziesii* (Hawai‘i lady’s nightcap); and the ma‘o hau hele, a native hibiscus. Native birds, such as the pueo (short-eared owl), and the kōlea or Pacific golden plover, have been known to frequent the Preserve, which was established in 1991 through a permanent conservation easement from former landowner Castle & Cooke (nature.org).

Kānepu‘u Warriors, a group of volunteers who regularly care for the dryland preserve, met February 24, 2021 to re-erect a bronze plaque honoring Lāna‘i kūpuna who have worked in years past to contain the spread of invasive plants and animals and prevent the introduction of new alien species. A portrait display of the featured kūpuna is now part of the plaque. (The original plaque was dedicated March 27, 2014.)

Featured kūpuna are Irene Kamahuilani Cockett Perry; Lei Ku‘uleialoha Kaopuiki Kanipae; Harriet Kaopuiki Catiel; Henry Ah Yin Kau Aki; Lawrence Lionel Mano, Sr.; Sam Koa Shin.

Peter Franklin, local woodworker, created a second batten that is more weather resistant than the original, and Albert Morita, retired game warden, Department of Land and Natural Resources, repurposed an old stop sign for the back of the portrait frame and devised a mechanism that fastened the frame to the existing plaque. (It is the kind of resourcefulness and ingenuity for which Lanaians are known.)

‘Ike ‘Āina’s own work at Kānepu‘u Preserve continues, as Bob Hera, former Preserve manager with ‘Ike ‘Āina, highlights in his letter to Alison Cohan, TNC, May 26, 2018: Volunteers have brought water to the Preserve, built iki fences, refurbished and deer-proofed older fences, replanted endangered species back into the park and dedicated two self-guided interpretive trails to Lāna‘i’s kūpuna.

Kānepu‘u Preserve, located along the road to Keahiakawelo, has a self-closing gate and is open to the public daily from sunrise to sunset.



Front row: Bob Hera; Albert Morita. Back row: James Esclito; Richard Sabino; Peter Franklin; Ben Kaaikala, Sr.

He wahī a pa‘akai. *Just a package of salt.* Something good; a gift of anything one has grown or made. (Pukui 104).

Pearl Ah Ho Memorial Scholarship

Contributed by Roxanne Morita

aying for college may seem especially difficult to achieve with so many still recovering from the economic downturn in 2020.



Pearl Ah Ho

To assist a deserving Lāna‘i High School graduate, the Pearl Ah Ho Memorial Scholarship, a \$750 award, will be presented to an individual attending an accredited university or community college this coming Fall 2021 to Spring 2022 semester. The scholarship supports one LHES graduate of any year, who is continuing his or her education beyond high school. Interested applicants can email p.ahho.scholarship@gmail.com for scholarship requirements and additional information. Deadline to submit application is midnight, May 10, 2021. Winner will be announced June 1, 2021. Mahalo and good luck!

HIADA announces student-athlete scholarship winners

The Hawai‘i Interscholastic Athletic Directors Association (HIADA) announced April 8, 2021, the state’s winners of the 2021 National Interscholastic Athletic Administrators Association’s (NIAAA) Student-Athlete Scholarship Essay Contest.



Ryllah-Rae Rodrigues

A committee of Hawai‘i athletic administrators selected Isaiah Souza, from Baldwin High School, and Ryllah-Rae Rodrigues, from Lāna‘i High School, as this year’s essay contest winners. Applicants submitted essays detailing how athletics participation has positively influenced their lives. They also submitted test scores and their grade point average (GPA).

Souza lettered in football and baseball for the Baldwin Bears, while Rodrigues was a letter winner in basketball and eight-man football for Lāna‘i’s Pine Lassies. Both are seniors at their respective schools and now advance into the Section 7 regional contest with winners from California, Arizona, Utah, and Nevada. Section winners then advance to the national finals.

The goal of this scholarship program is “to recognize the distinguished scholastic, leadership and sportsmanship attributes of high school student-athletes, and the importance of high school athletics in each student’s life” (niaaa.org). The NIAAA’s purpose is “to promote, facilitate and increase the knowledge and understanding of the vital role of interscholastic athletics in the educational system”.

“Earning this award means that I now have the opportunity to earn \$1,500 and to also represent Hawai‘i at regionals,” says Ryllah-Rae Rodrigues. “I hold this honor dear to my heart, because I have worked very hard to get where I am today. I would also like to acknowledge my opportunity to be able to play sports, as well. Without it, I wouldn’t be able to even apply for this scholarship. Again, I am grateful to have the opportunity to be the winner of this year’s award and I am truly proud to be representing Lāna‘i, as well as the rest of the state.”

A brief history of the hinabangay

By Nelinia Cabiles

When the first Filipinos arrived in Hawai‘i to work in the sugar and pineapple plantations, starting in 1906, they came as contract laborers, assigned to work for three to five years. Their goal was to finish the term of their contract, “save as much money as possible that could be sent home, and then return to the Philippines. Given the very low wages they earned at the time, it was not unusual for many Filipino plantation workers to have very little money left at the end of the month” (Alegado, Dean T., “The Filipino Community in Hawai‘i”, *Social Process in Hawai‘i*, Vol. 33, 1991).

So, the workers formed an informal cooperative and pooled their money, each taking a turn to send the large pot of money to his family in the Philippines. Thus, the *kumpang* system was born, which evolved to include providing financial assistance to families in times of accidents or a death of a worker. This practice, known as the *hinabangay*, was developed in the 1940s by Lāna‘i’s own Filipino pineapple workers, and continues today.

About five hundred individuals, who are connected to the island’s first generation of Filipino pineapple workers, make up the hinabangay on Lāna‘i.

Membership, at the time of application, is thirteen dollars. When a member passes away, a few members from the group mobilize and drive around town, collecting money (about five dollars) from each hinabangay member. This pool of money is then given to the family of the deceased to cover funeral expenses.



The Filipino Club House

OBITUARY

In Memoriam - John Ornellas - November 24, 1951-March 1, 2021

It is with much sadness that the Lānaians for Sensible Growth (LSG) and our community has lost another community warrior. John Ornellas passed away March 1, 2021, on Maui, after battling a variety of illnesses. Although John was born and raised on Maui (a St. Anthony School grad), he considered Lāna‘i home. He moved here in the late 1980s, helping Castle & Cooke shepherd in the change from pineapple to a hospitality economy. He helped run the company’s Purchasing department then finished off his tenure in its Housing department. He was also a long-time employee of the Coalition for a Drug Free Lāna‘i and drove for Rabaca Limousines for over ten years.

John made an impact on our community with and outside of LSG. He served our community as a Police Commissioner, a Lāna‘i Planning Commission member and chair, a board member of the Lāna‘i Community Health Center, a parent rep on the School Community Based Management & School Community Council and a member of the school’s Master Plan committee. John also represented Lāna‘i on the State Health Planning & Development Agency where he was a strong advocate for water fluoridation. John also ran for County Council twice.

John joined LSG in the ‘90s and was very active in LSG’s Affordable Housing fight. He represented LSG on the Lāna‘i Water Advisory Committee for over two decades and helped to resurrect the Lāna‘i Archaeological Committee. John was also a generous financial contributor to LSG, especially when its coffers started to dwindle.

Of note was John’s role in the group that developed the contingency Benefits Package during the Big Wind fight in the late 2000s.

John, mind you, did all of this while being a single parent to two daughters, Jennifer and Breanna. He was very strict about their academics and extremely supportive of their athletic pursuits. He also generously offered his home as a homecoming float site each year to the class of 2002. Most don’t know of John’s efforts to pass “Jennifer’s Law”, which required people to wear helmets when riding a bicycle. This came to pass after a motorist driving a truck struck Jennifer, then a school-ager, while she was riding her bicycle.

John enjoyed playing tennis and softball in the ‘90s and 2000s, but became less mobile as his illnesses progressed. He was so good at softball that he spent most of his Navy career playing for the Navy team that toured the country. As he became less mobile, he became more of a fixture at the coffee table at Blue Ginger. He has the distinction of being a member of not just one, but two longstanding Coffee Crews. His recent claim to fame was to provide a balance on the political spectrum of those who were part of the Crew. His absence now has the table leaning much more to the left.

In retrospect, John was very generous with his money and his time – especially the time he gave to his family and community. LSG mourns the loss of a board member, friend and community advocate.

Aloha. John, you will be missed.

I kai no ka i‘a, mali ‘ē ka makau. *While the fish is still in the sea, make the hook fast to the line.* Be prepared (Pukui 129).

The golden age

By Nelinia Cabiles

Hermenegilda Oliva takes in a question with her eyes, the light in them shining as the pinpoints of a star, her face soft as she takes a moment to ponder, giving each question its due. When she answers, her voice is soft, with a warm timbre, and she prefaces what she will say with the phrase, “you know something?” She is quick to smile when something delights her. Many things delight her. Very bright young children also have this liveliness, this gleam in their eyes that animates their features when they speak, especially when they are relaying something they have just learned or have just glimpsed a fascinating connection between one unlikely idea and another. But Hermenegilda Oliva is not a child. On April 11, 2021, she will celebrate her hundredth birthday, becoming Lāna‘i’s second centenarian. It is a milestone that few people – about .0225 percent of Hawai‘i’s population (1.36 million), or 306 centenarians at the last official count (2010 Census) – ever reach.



Hermenegilda Oliva - Photograph by Nelinia Cabiles

Centenarians, sometimes called superagers, are those who have aged more slowly than others, whose chronological age does not reflect their biological age, or who have not accumulated age-related diseases, including cancer, arthritis, hypertension, Alzheimer’s. Both of Oliva’s grandfathers were superagers when they died: one lived to a hundred and fourteen years, the other a hundred and three. It seems that longevity, a wild card in the deck of human experience, runs in her family.

It is an exclusive club, entry into which is based on luck, genetics, lifestyle, nutrition, exercise, resilience, and perhaps a million other random factors so idiosyncratic to the individual that they defy a neat summation. One thing is clear, at least to this writer: being in the presence of a centenarian is to be astounded, given genes and luck, by what is possible, and immediately sobered – again, given genes and luck – by what is actually likely.

Hermenegilda Oliva was born in Santa Lucia, Philippines, and two years later, moved with her family to Puro, about fifty miles away. She arrived on Lāna‘i with her two-year-old daughter, Ermelita, in 1946, to join her husband, Florencio; both were part of the 1946 first wave of sakadas from the Philippines, enlisted to work in the nascent pineapple-growing enterprise on the island. (See *Lāna‘i Today*, July 2020.) She and her husband reared a family of five on Lāna‘i: Ermelita (“Melly”); Henry; Foto (“Junior”); Aimee; and Faith.

Researchers who study longevity look at a superager’s DNA, the effects of heredity, the aging of cells, among many factors, to understand what they might teach us about aging well. Currently, the most fascinating work of longevity scientists involves not simply adding time, but making the later years vibrant and invigorating.

One characteristic that researchers must surely study are the habits of superagers. Oliva keeps to a habit of waking early, sometimes at two o’clock in the morning, reading the Bible, saying her prayers, taking her blood pressure, preparing cocoa and toast, a routine she shared with her husband before the start of the work day in the fields, and doing knee bends and leg lifts. She does her own laundry and balances her checkbook.

The past for Oliva remains vivid. “I used to go fishing with my dad,” she says. “Three o’clock in the morning we lay the net on the beach. I watch him training with escrima. I learn the dagger.” Doug Rollefson, Oliva’s son-in-law, who is married to Aimee, says Oliva’s father taught the young Hermenegilda how to throw a double-edged knife. Oliva was also an actress before she moved to Lāna‘i, singing and acting on stage with a partner.

“You know something?” she answers, when asked how she’s aged so well, how she has kept her mind sharp. “I used to crochet and sew. I read. I sing. I cook my own food. I eat mostly fruit and vegetables. . . fish. I hardly eat meat. I use a little bit of raw sugar sometimes.”

Rollefson smiles and confides that Oliva loves her sweets. “If there’s cake, she’ll eat cake,” he says. Now it is Oliva’s turn to smile, her eyes twinkling.

“But she doesn’t watch a lot of TV. She reads the paper (*Honolulu Star-Advertiser*) from cover to cover every day,” Rollefson says. “Once she told me she’d read that a woman was in a car accident and died. She was very upset. *Did you know her?* I asked. *Where did this happen?* Turns out she didn’t know the woman. The accident happened in Michigan. But she felt for the family.”

If having empathy is one of the secrets to longevity, Oliva would be a researcher’s model subject. She has been looking forward to her hundredth birthday for a few years now, but understands that a celebration, even one as historic as a century mark, isn’t possible right now. “We cannot get together. It’s okay. As long as I get my hundred years. Better to wait. Have some kind of party [later], if I still can,” she says, her eyes dancing at the thought of her family flying home to see her.

By the time this paper goes to print, Oliva’s birthday would have arrived, bringing with it wishes from friends and family near and far. May the day have been an outpouring of love and awe. May there have been gifts and tributes, a small banquet of all the foods she loves, such as crab and fish and pan de sal and cake – as much cake as she wants. And may she be delighted, her eyes growing bright with wonder, this crab-catcher, this escrima fighter, this actress and wife and great-great grandmother and pineapple picker and friend, by her amazing and extraordinary life.

Lāna‘i Public Library

MTW: 9 a.m. - 11 a.m;
noon - 4 p.m.
Thursday: noon - 4 p.m.; 5 p.m. - 7 p.m.
Friday: noon - 4 p.m.

Number of library patrons allowed: Ten
Wiki Visits start at top of the hour, Forty-five minutes a visit; one Wiki Visit per day
Questions? Watch Wiki Visits video at <https://www.librarieshawaii.com>

Vaccination event

March 27, 2021
11 a.m. - 5 p.m.,
Dole Admin. parking lot
Second dose of Moderna: 270
First dose of Pfizer: 420

Total number of people vaccinated on Lāna‘i to date: 1,615

State Vaccine Dose Tracking

Doses ordered: 854,930
Doses received: 812,640
Doses administered: 697,874
86 percent administered

Companion pets for kūpuna

By Nelinia Cabiles

The puppy swivels its head and pants and blinks its eyes. Its expression is expectant, as if it is waiting to have its ears scratched, its rump patted. One can feel its heart beating when one holds it, and it stays put wherever one sets it, as content and undemanding as a houseplant. But unlike a houseplant, it barks and wags its tail when one speaks to it.

This automated puppy, with built-in sensors to respond to motion and voice, is more than a curious product of our times. It has been keeping kūpuna from feeling lonely and depressed, isolated from their families who may be unable to physically visit or see them because of the pandemic and the inherent risks associated with close physical contact. These battery-operated pets have been shown to have a calming effect on kūpuna. Executive on Aging for the Maui County Office’s Deborah Stone-Walls says companion pets offer all the psychological benefits that a real animal provides. “But you don’t have to take it for a walk or clean up after it,” she says. To determine eligibility, the Office of Aging Maui County asked kūpuna questions about how COVID-19 was affecting their emotional and physical well-being, and then followed up forty-five days later. “People were doing remarkably better,” says Stone-Walls. “The change was dramatic. From responding with a ten on a ten-point scale to a two. These companion pets respond to touch, to emotions.” At a time where people feel cut-off from one another, a companion pet seems to provide a safe and emotional connection.

The Office of Aging Maui County gifted four or five companion pets to kūpuna on Lāna‘i.



Meet Chiquito, Hermenegilda Oliva’s companion pet, named for her own beloved pet when she was a child.

I ka ‘ōlelo no ke ola, i ka ‘ōlelo no ka make. Life is in speech; death is in speech. Words can heal; words can destroy (Pukui 129).

From the Farm Show and Tell with Sensei Farms

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

On a secluded island known for its charm and luxuriant beauty, in the well-walked aisles of a local general store, you’ll find an innovative way to grow food. In mid-March, **Richard’s Market** partnered with Sensei Farms Lāna‘i to showcase Sensei Grow.

Sensei Farms introduces *Sensei Grow!*

Sensei Grow stands about 84 inches tall, 52 inches wide with racks 26.5 inches deep and a modern, wood-paneled exterior. Inside, are four shelves of plants growing in water, representing a pint-sized version of a *closed-loop hydroponic system* within a *controlled environment*. The hydroponic system means that plants are fed premixed nutrients that dissolve in water rather than growing in soil. ***Sensei Grow is not growing plants to be purchased at this point. Rather, it has capabilities to inform what we call the growing playbook or how to grow better.*** Sensei Grow captures data through sensors and cameras and automatically adjusts air flow and water to maintain an optimal growing environment. It also has control software that can adjust settings and scheduling to improve energy efficiencies and accommodate plant needs. Sensei Ag’s Hardware Engineer Joshua Peterson explains what this means: “Unlike outdoor farming, we are able to control the conditions or environment in an indoor farm – temperature, humidity, lighting and airflow can be maintained or adjusted by the farmer.”

In addition to control, the farmers can monitor each stage of growth, giving them the insights needed to optimize the growing conditions along the way. “The closed-loop allows us to analyze the data and make improvements in the produce quality from seed selection to consumer experience,” Peterson adds. In this way, Sensei Grow is a powerful learning tool for the farm team, as Sensei Ag makes improvements in the current greenhouses, builds additional indoor farms on Lāna‘i and expands production facilities across the globe.

Sensei Grow achieves several objectives beyond optimization of production on a larger scale. The simplest and potentially most powerful goal is to bring the farm closer to the community. Pitichoke Chulapamornsri, chief revenue officer, Sensei Ag, explains: “As we explore new technologies and ways to improve farming practices and the quality of our produce, we must be transparent and maintain a dialogue with the community. Consumer input is the only way to develop a successful, sustainable feedback loop. Sensei Grow is an innovative way for us to *show and tell.*”

Both retailers and consumers can *show and tell* Sensei Ag what they think about the company and the produce. As the unit is further developed, Sensei Grow will be enabled with technology to encourage interaction. It aims to add value to the shopper experience through QR codes, downloadable apps for smart phones, augmented reality or avatarization to connect shoppers with tools and resources that improve their experience with fresh produce. Think delicious dishes, nutrition tips and information on how to pick, use and enjoy. “We look forward to hearing from retailers and shoppers to learn from their experience with our produce’s taste, ripeness, shelf life, texture, cost and even our growing practices,” says Chulapamornsri. This information then becomes the data that drives the decisions on our farm.

Why every step matters

While Sensei Grow has an immediate impact on our how we run our greenhouses and deliver fresh food, it also represents the future of Sensei Ag. We believe sustainable farming affects the future and delicious nutrition can indeed change the world. We also know that if food tastes amazing, you’ll eat it – even if it’s good for you. This is only possible if we nourish each plant with the right amount of nutrition and pay attention to how we cultivate the tastiest, most nutrient-dense, highest-quality produce. Next consideration is that food needs to stay fresh – even once you bring it home. And none of this matters if we misuse land and natural resources or cannot grow enough produce to sustain our population.

To sustainably grow fresh, flavorful, nutrient-rich food ever time, we need consistency. Sensei Grow informs our reproducibility and drives farming through feedback. At every point across the plant’s lifecycle, from the initial seed selection to the supermarket shelf, we will test, analyze, learn, and improve – all for the most delicious, nutritious, sustainably-grown food. It’s totally worth it, and we are excited to unveil our Sensei Grow at additional locations in the near future.

Tasty Takeaway

In our Sensei Grow at Richard’s Market, you will see the most beautiful leaves of basil sprouting. We hope that you will drop by and take a look for yourself sometime soon to see the plan lifecycle in action. For those who have not made it to Richard’s Market yet for an in-person visit, why not take a virtual visit through our photos and a culinary visit through our latest recipe, by our very own Director of Culinary Operations, PJ Catledge.

Basil Macadamia Nut Pesto by PJ Catledge

- 1 cup Sensei Farms basil
- 1 cup unsalted macadamia nuts
- 2 cloves minced garlic
- 1/2 the juice of a lemon
- 1/4 teaspoon salt
- 1/3 cup grated parmesan cheese
- 1/3 cup avocado oil

Puree your macadamia nuts in a food processor, blender or mixer. With the exception of the avocado oil, mix in the remaining ingredients. Slowly pour the avocado oil into mixture while pulsing the processor, blender or mixer. Continue pulsing until the basil leaves are completely smooth. Now top your favorite pasta, chicken, shrimp or vegetables with this simple but incredibly tasty sauce. Don’t worry if you have extra pesto. Store it in a container in your refrigerator, and it will stay fresh for up to three days.

If you like to experiment, pesto is a very versatile sauce that makes for some fun culinary investigation. Add a cup of spinach to your pesto to pack in additional iron. Consider adding kale along with basil for vitamin A, vitamin K, calcium and even potassium. If you are looking for vitamin C, mint is a great source and is even known to ease digestion. You can also incorporate a variety of nuts in addition to macadamia, from pine nuts, to almonds or walnuts. All are great additions to your pesto.

Benjamin Franklin, one of our nation’s first inventors, once said, “Tell me and I’ll forget. Teach me and I’ll remember. Involve me and I’ll learn.” We look forward to sharing more about the Sensei Grow and bringing this unique technology to markets throughout Hawai‘i, so that we can involve the entire Hawaiian community in the wonders of indoor agriculture.



Sensei Grow beautifully incorporated into the produce section at Richard’s Market.





Curried Sweet Potato and Tofu Salad Recipe



Tofu in a salad? For breakfast? Never fear! This vibrant breakfast salad is a powerful way to incorporate this versatile plant-based protein into your diet.

We roast the tofu with sweet potatoes, curry, and coconut oil then toss with citrus, maple, and herb marinated apples for a refreshing and fragrant bite. But the real star of this recipe is our **Sweet Lana'i Orange Pepper** which has all the fruity floral notes of a habanero chile without any of the heat.

Ingredients:

Curried sweet potato and tofu:

- 3 medium sweet potatoes, cut into 1-inch wedges
- 1 pound extra firm tofu
- ¼ cup liquid coconut oil
- 2 teaspoons curry powder
- ¼ teaspoon kosher salt

Marinated apples:

- 3 Honeycrisp apples, diced
- 4 tablespoons fresh lime juice (about 2 limes)
- 5 tablespoons fresh lemon juice (about 1 ½ lemons)
- 3 tablespoons maple syrup
- 1 cup dried cranberries
- 1 bunch fresh cilantro, thinly sliced
- 1 bunch fresh scallions, thinly sliced

To assemble/serve:

- ¾ cup toasted cashews, coarsely chopped
- 4 cups rainbow swiss chard, rinsed well and patted dry, then chopped
- 1 cup Sweet Lana'i Orange Peppers, thinly sliced
- 2 cups cherry tomatoes, halved
- 3 avocados, diced
- Kosher salt, to taste



Instructions:

- 1 Preheat oven to 425°F.
- 2 To prepare **tofu**, tear into bite size pieces or cut into ½ inch cubes and place on cutting board lined with a clean kitchen towel or paper towels. Cover with another clean kitchen towel or paper towels, set a baking sheet on top and then something heavy such as a cast iron skillet or large book and allow to press for at least 15 minutes.
- 3 Combine **sweet potatoes, pressed tofu, coconut oil, curry powder, and kosher salt** in large mixing bowl and toss to combine. Spread sweet potato and tofu out on large non-stick or foil-lined sheet pan in even layer and roast until sweet potatoes are cooked through and tofu is crispy, about 20-25 minutes. Remove from oven and let cool slightly.
- 4 Meanwhile, put **apples, lime juice, lemon juice, maple syrup, craisins, cilantro, and scallions** in large mixing bowl, toss to combine, and allow to marinate in refrigerator for 10-15 minutes. Next, add **toasted cashews, rainbow swiss chard, Sweet Lana'i Orange Peppers, cherry tomatoes, and sweet potato and tofu mixture**, and toss to combine. Taste and adjust seasoning with kosher salt as needed.
- 5 Divide salad evenly in bowls or arrange on platter and serve immediately.

Available To Buy In-Store

Pine Isle Market
Mon – Sat: 8am–7pm
Sun: 8am–5pm

Richard's Market
Open Daily
6am–10pm

Enjoy Our Produce At The Below Restaurants

Blue Ginger Cafe

Cafe 565

Coffee Works

Ganotisi Variety Store

Lāna'i City Bar & Grille

Nō Ka 'Oi Grindz

Pele's Other Garden Deli

The Plantation Deli

Malibu Farms

One Forty

Nobu at Manele

The Break

Sensei by Nobu

The wisdom of trees

Text and Photography* by Nelinia Cabiles

If longevity is a wide-branching tree, wisdom is its fruit. What blooms in us needs years of sun and rain, shelter from the wind, some love, some tenderness. The story of one's life is in the fruit we bear: not all of it is sweet nor bitter, tough or hard-won, but as wisdom itself, all are truths that come to us only with time. The Lānaʻi kūpuna featured on this page, age ninety years and older, have weathered storms, endured heartbreak and loss, grown deep roots into their understanding of themselves and what it means to be human, which is really about what it means to love, for that is the point of life. Though there is not enough space on this page to capture even a season of what they know about enduring, and life, may this be a nice introduction to a few of Lānaʻi's long-lived, wise and beloved kūpuna.



Soon Yai Amaral - "Watch your step." * Photograph by Diane Preza



Macaria Barsatan - "Patience is most necessary in this world. Without it, you will never succeed in life. Be content with whatever you have."



Margaret Hubin - "Let's create a group on Lānaʻi to make crafts, do craftworks."



Maria Dombrignes - "Work hard in school. Stay out of trouble."



Midy Eharis - "Trust in God, believe in Him, and live life to the fullest."



Haruo Kawamura - "Live simple. Be active."



Nat & Paul Fujimoto, married for seventy-one years - "Share what you have with others. Stay active." The secret to staying married: "find things you can do and enjoy together."



Natalia Manuel - In matters of love: "Be choosy. Don't go with the naughty boys. Listen to your heart."



Fortunata Mamaclay - "Obey your mother and father."



Genji Miyamoto - "Be helpful."



Magdalena Quiocho - "When you're playing outside, watch for cars."



Alberta Ramil - "Work hard to achieve success in life."

The breakfast crew at the Blue Ginger Café

Text and Photography by Nelinia Cabiles

Before the pandemic, Phoenix Dupree, owner of Blue Ginger Café on Lānaʻi, estimates they whisked through three thousand eggs a week. To run a restaurant and bakery as bustling as the Blue Ginger, you would need to crack a mountain of eggs. And fry up slabs of bacon, Portuguese sausages, not to mention baking homemade turnovers, bread loaves, and assorted pastries for which the café is famous.

It was a different scene at Blue Ginger a year ago, as it was for businesses across the state, when fears and anxieties were running high, and the numbers of the sick and dying were horrifying, and the light at the end of the tunnel seemed very dim. Though recovery is slow, it is a recovery, nonetheless. Vaccinations and practicing safety protocols have helped us emerge from the pandemic’s darkest days.

Dupree is grateful for the customers who traffic in pastry and fried rice at his café. The locals who make up the café’s breakfast crowd, some of whom have been coming to Blue Ginger since it opened in 1991, is the café’s base.

“Locals make up eighty to ninety percent of our customers,” Dupree says. “They kept us afloat during the pandemic. What they look for – and get – is consistency. They know we don’t cut corners. Our teri, our katsu sauces, our brown gravy, all are homemade. Richard’s supplies our ground beef for our hamburgers, which they process themselves. The patties aren’t frozen. I’m grateful to Richard’s; I’m willing to pay extra, because our customers can taste the difference. It also keeps money circulating within the island.

“Our customers are loyal because we offer delicious food. But they also come because they feel at home. Our staff knows their names, their orders,” says Dupree, who sees himself as a mentor for small businesses and has a we’re-in-this-together mentality, and wants to see other Lānaʻi businesses thrive.

In time, Dupree hopes to build his dinner service again, but his greatest hope is that the Blue Ginger Café will make it to August 2021, to celebrate thirty years of serving up Sautéed Mahi with Capers, Saimin, Chicken Katsu, and knowing the names of the customers who walk through its doors.



Kenye Cornelius sorts the morning pastries.



Dough for thirty loaves of Blue Ginger’s signature bread



Nolita Illustrado at the grill



Marlita Saraos pinches pastry.



Armida Valencia, scooping flour for bread dough



Eddie Valencia and Kenye Cornelius



Eddie Valencia clears the grill for bacon.



Marjorie Nabor prepares fried rice.



A tray of homemade cookies



Rosalina Racadio, chopping romaine



Piping hot apple turnovers

Lāna‘i Community Health Center



What we know about the COVID-19 vaccine and what it means for the Lāna‘i Community

Our goal in controlling the COVID-19 pandemic is to **reduce the death rate, and severe and costly hospitalizations.** The reality is that the COVID-19 virus will be with us for the foreseeable future. It does not have to be a highly deadly virus for some. Here are some facts for you.

- The COVID-19 vaccines currently are approaching 100% effectiveness in **preventing death from COVID-19.**
- The COVID-19 Pfizer and Moderna vaccines reduce the chance of getting COVID-19 to 1/20 compared to those who did not get the vaccine. Other vaccines may not be as effective at preventing spread, but all currently available vaccines, including Johnson & Johnson, are effective at preventing death.
- The more people that get COVID-19, the more COVID-19 **variants** will emerge. The more the virus replicates (infects large numbers of people), the greater the chance that a genetic variant will emerge. Vaccines and wearing masks are the best method to limit the development of variants and the future spread of COVID-19. If you are concerned about variants, get the vaccine, and prevent the spread.
- Having everyone get the vaccine is **more important** for the Lāna‘i Community than for the individual getting the vaccine unless a person is elderly or has diabetes, hypertension, lung disease and certain other chronic conditions. We need to prevent the spread of COVID-19 in the community.
- Eight out of 10 deaths from COVID-19 are over 65 years of age. The more we have community spread of the virus, those under the age of 65 are at risk of death even if all the elderly are vaccinated. The Lāna‘i community can continue with few or no cases of COVID-19 and reduce the risk of death to near zero through vaccination and continued community cooperation of preventive measures. No one from Lāna‘i needs to die from COVID-19.

The vaccines are new, but the technology to develop effective vaccines has been with us for years.

There has been a lot of concern that the vaccines developed and tested in less than a year are not safe or truly effective. Historically, vaccines take 4 - 7 years to develop and test. We need to recognize that science has made tremendous strides in developing safe and effective vaccines. The mRNA technology that is the engine in the Pfizer and Moderna vaccine is the culmination of 10 years of research. The specific COVID-19 mRNA is the final piece of the puzzle allowing for the rapid development and testing. Johnson and Johnson used a tried-and-true methodology used in other vaccines to produce their COVID-19 vaccine. It should not be a surprise that the time to develop a safe and effective vaccine is much shorter today than the historical timeline. We now have over two months of data and millions of shots that further support the results of the clinical trials that the vaccines are both safe and effective.

Information from reliable sources: “The new Johnson & Johnson vaccine is another critical tool in fighting the COVID-19 virus and significantly decreasing the risks of serious illness, hospitalization, and dying from the virus in our country.”

“All three vaccines were 100% effective at preventing severe disease six weeks after the first dose (for Moderna) or seven weeks after the first dose (for Pfizer and Johnson & Johnson, the latter of which requires only one dose). Zero vaccinated people in any of the trials were hospitalized or died of COVID-19 after the vaccines had fully taken effect.”

<https://www.livescience.com/covid-19-vaccine-efficacy-explained.html>

Call to schedule your vaccine appointment and get a \$20 Pine Isle voucher upon completion!

Family Fitness Nights return for 2021!

2021’s first Family Fitness Nights event was full of fun, sweat, and great energy! LCHC hosted 4 nights of fitness fun through Zoom, which gave families an opportunity to exercise together in the comforts of their own home.

Attendance kept growing each night as people logged in to see familiar faces that were also online for virtual Pilates, Zumba, Yoga, and Cardio HIIT.

Nightly raffle drawings of assorted gift cards and outdoor games made each night even more fun and exciting for our participants. Congrats to our grand prize winners: Alexa Pascual – *Snorkel for 2 with Four Seasons Lāna ‘i*, Izabella Bolo – *Golf for 2 with Four Seasons Lāna ‘i*, and Shailym Sproat – *Group of 4 to the Lāna ‘i Adventure Park Tower Experience*. A special mahalo to Four Seasons Lāna‘i and Lāna‘i Adventure Park for their generous donations. We hope you’ll join us for our next Family Fitness Night! Stay tuned for the next fun event!

CALLING ALL MIDDLE & HIGH SCHOOL STUDENTS!

LEARN ABOUT THE HARMFUL EFFECTS OF TOBACCO USE THROUGH A

FUN AND INTERACTIVE CURRICULUM

Nicotine rewires your brain and can have many harmful effects on your body, especially amongst the youth.

“The Tobacco Prevention Toolkit is a research-informed and validated set of curriculums to help prevent students from starting or escalating use of any tobacco product.”

- Stanford Medicine, The Tobacco Prevention Toolkit

AFTER COMPLETING THE COURSE, PARTICIPANTS WILL



RECEIVE A \$25 AMAZON GIFT CARD!



*E Ola Nō
Lāna‘i
Life,
Health
and
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SCAN ME

LCHC Career Opportunities

FRONT DESK REPRESENTATIVE

Send your resume and cover letter to Cfiguerres@lanaihealth.org or drop off at Lāna‘i Community Health Center at 333 6th St.

565-6919 - www.lanaihealth.org - @LanaiHealth



CELEBRATING OUR LANAI HEALTH CARE HEROES

NURSES WEEK *-and-* HOSPITAL WEEK
MAY 6 TO 12 MAY 9 TO 15

Join us this month as we celebrate and honor our outstanding caregivers. Since the start of this pandemic, our nurses, providers, and everyone at Maui Health has been working tirelessly on the frontlines, caring for our loved ones without hesitation. Whether in direct patient care or answering questions over the phone, they are heroes every day of every week, but now more than ever they deserve our additional gratitude and appreciation for their commitment to keeping our community safe and healthy.

Help us thank a health care hero by sending an e-card to a special caregiver you know, or to our entire Lanai Community Hospital at [mauihealth.org/mahalo!](http://mauihealth.org/mahalo)

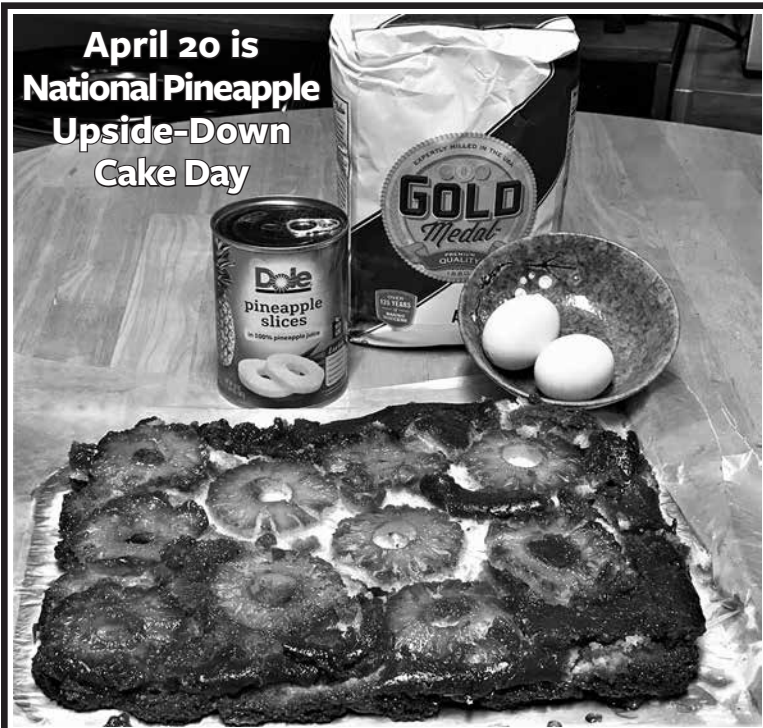


Maui Memorial Medical Center
Maui Memorial Outpatient Clinic
Kula Hospital and Clinic
Lānaʻi Community Hospital



**Lānaʻi
Community Hospital**
MAUI HEALTH

mauihealth.org | [#HEROESWORKHERE](https://www.instagram.com/HEROESWORKHERE)



**April 20 is
National Pineapple
Upside-Down
Cake Day**

Until 1992, Lāna‘i was world-renowned for growing the best pineapples. At Pine Isle, you can always find fresh ingredients for pineapple upside-down cake, such as eggs and pineapples (if in season), though canned will do in a pinch.

Open Monday - Friday
8 a.m. - 9 a.m. - medical & kūpuna hours
Monday - Saturday
9 a.m. - 6 p.m. - General Public
Closed on Sunday

PINE ISLE MARKET

Your neighborhood grocer since 1949

Located on Dole Square in **565-6488**
the heart of Lāna‘i City



Minimum Requirements at time of application:

1. Must be at least 62 years old.
2. RD Income Limits:
One person - \$35,900
Maximum Two persons - \$41,000
Must be capable of achieving an independent living status.

Call office for more information
565-6615

JOIN US AT VIEWS



Enjoy Lū' Au Pork and Spicy Crispy Chicken Sandwiches, Salmon Wraps, Beet Poke and a selection of delicious beverage offerings for lunch.

Lunch 11:00 am – 3:00 pm

Closed Mondays

Call for reservations (808) 565-2230



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- ▼ Business registration
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	<i>Departs</i>	<i>Arrives</i>	<i>Departs</i>	<i>Arrives</i>
	6:00am	6:45am	7:05am	7:50am
	7:45am	8:30am	8:50am	9:35am
	9:05am	9:50am	10:10am	10:55am
	12:05pm	12:50pm	1:20pm	2:05pm
	4:25pm	5:10pm	5:35pm	6:20pm
	6:45pm	7:30pm	7:50pm	8:35pm

 Kahului Schedule	Kahului to Lānaʻi City		Lānaʻi City to Kahului	
	<i>Departs</i>	<i>Arrives</i>	<i>Departs</i>	<i>Arrives</i>
	8:05am	8:35am	8:55am	9:25am
	12:25pm	12:55pm	1:15pm	1:45pm
	4:35pm	5:05pm	5:30pm	6:00pm

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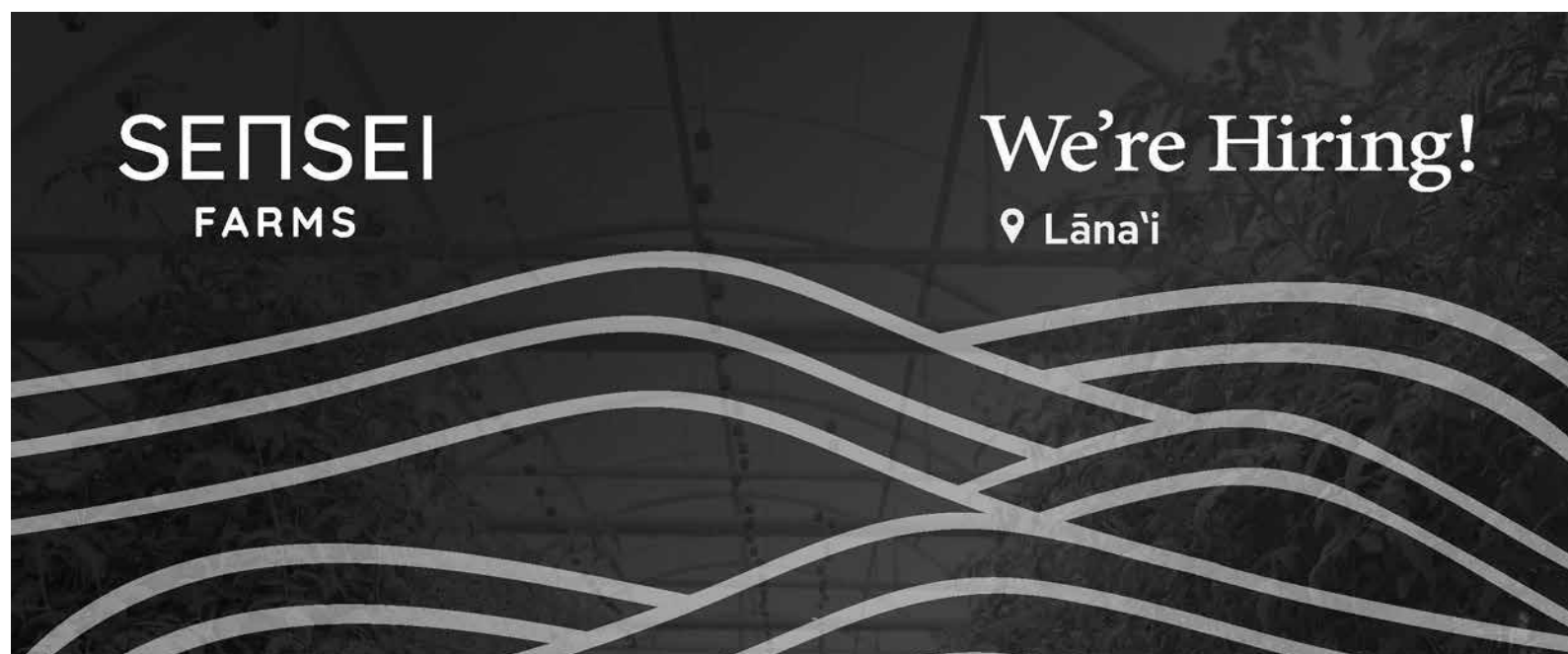
The Diocese of Honolulu, which encompasses the Roman Catholic Church in the State of Hawai'i, wishes to acknowledge the pain, anger and confusion caused by the sexual abuse of minors by clergy, religious or church workers. The Diocese of Honolulu remains committed to the promotion of safety, healing, reconciliation and the maintenance of safe environments for our children and young people.

Support and Services for Adults

The Victim Assistance Coordinator provides support and services for adult survivors of child sexual abuse by clergy, religious or church workers of the Diocese of Honolulu. The Victim Assistance Coordinator will provide:

- An immediate and confidential meeting with the victim of abuse to assess personal needs and preferences for treatment;
- Assistance in obtaining the services of mental health professionals trained in the area of sexual abuse victimization by qualified providers;
- Assistance in providing or presenting your report to the Diocese of Honolulu, and arranging visits or meetings with officials of the diocese so that they can act upon your report;
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Victim Assistance Coordinator: Lora Daniel
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Text by Sasha Drosdick - photography by Sasha Drosdick and *Phillip Sowers

ART ON ISLAND

Ask anyone what they see when they look at Guillaume Castel's green-topped steel sculpture at Sensei Lāna'i and they'll probably tell you something different. Some will say that the sculpture is an avocado or a pistachio; others will tell you it's a coconut. The title, "cocoface", does suggest that coconuts may have been on the artist's mind when he created the work. There is something about the quality of the rough, weathered Cor-Ten steel that is reminiscent of a coconut husk. Despite the sculpture's hard geometric lines and industrial material construction, the impression that it leaves with people is that it represents something natural and organic. That is not accidental.

The French sculptor is deeply inspired by the natural world. Castel draws inspiration from his home on the Bay of Morlaix on the majestic northwest coast of France. There, land meets sea to form inlets and small rocky islands. The area boasts nature preserves, endangered seabirds, botanic gardens, ancient rock formations, and a rich history of boat making and sailing. It is no wonder that the subjects of many of Castel's works are edible seaweeds and kelps (Nori, Dulse, Kombu and Varech), seeds, petals and clouds.

The artist sees "Cocoface" as a geometric expression of an open seed with the sliced sides exposing more of a mineral quality. Although his works sometimes take on more realistic forms, his goal is the exploration of an organic object's essence, not necessarily its representation or imitation. His choice of materials is an important aspect of this practice – high polish metal can reference the shine of a leaf or rough textured concrete can evoke weathered stone. Often such surfaces are paired with one another on the same object to create a sense of opposition. On "Cocoface," the Cor-Ten steel on the bottom is in contrast with the bright, velvety green-painted facets on the top. Instead of being aggressive or harsh, these contrasting elements evoke elegance or lightness – and seek to emphasize the fragility and preciousness of nature. Side by side, they are a visual affirmation that different, seemingly opposing, materials can exist in harmony. Whether made of welded steel, carved wood, or molded concrete, Castel's sculptures seem almost lightweight in this balance.

The power and grace of nature emanates from all of Castel's sculptures, regardless of their material or form.



Installation view of Cocoface, 2014. Weathering steel and paint. © Guillaume Castel



Installation view of Cocoface, 2014. Weathering steel and paint. © Guillaume Castel



Detail of Cocoface, 2014. Weathering steel and paint. © Guillaume Castel. * Phillip Sowers



Installation view of Cocoface, 2014. Weathering steel and paint. © Guillaume Castel



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