

# LĀNA'I TODAY

## THE WORK OF HEROES

See page 6



Isalina Rendon and Alex Phelps were selected by their co-workers at Lānaʻi Community Hospital to each receive a complimentary, all-inclusive Heroes Relaxation Retreat package at Sensei Lānaʻi, A Four Seasons Resort, a gift from Pūlama Lānaʻi. The wellness retreat package honors and thanks hospital workers serving on the front lines of the COVID-19 pandemic at each hospital throughout the state. Photograph courtesy of Ron Gingerich

*Pine seed summers*

Every summer, we picked pine seeds. The pine cones grew in clusters at the top of the trees, a dizzying height of forty or fifty feet and, having been warmed in the sun for months, would finally burst open in late June through August, scattering loose pine seeds that twirled and spun in the air, falling to the ground like soft, dry rain. Pine-seed weather.

By late May, we had become poor students, distracted and squirrely, marking time until the last day of school, when we finally were set free to swing from the branches of trees, play Filipino hide-and-seek, slide helter-skelter down the slope of Ski Forest on sheets of cardboard, hunt for guava in the gulch below Cavendish golf course, and tumble into other adventures that were shaping us, and defining the provinces of our childhood, the places on the island to which we laid claim and made ours. There seemed to be no end to the joys of summer when you are a ten-year-old living on Lānaʻi, no shortage of good days, of endless discoveries and places to love, of days to look forward to. Pine-seed weather was one of them.

Truth was, we were thinking of summer and guava hunting and pine-seed bounties well before school let out. We had been scouting stands of Cook Pine trees since April, falling into a casual reconnaissance whenever we walked to and from school and through Dole Park and around town, scanning the tops of trees and mentally noting which trees were growing pine cones as big as avocados, which were already flowering, which had trunks that sprouted clumps of sap that smelled like vanilla. Such were our daydreams.

Pine seeds, going for a dollar a pound in 1975, was easy money. To make a fistful of dollars in a day, all one needed was the luck of being at the right place and time when a stiff breeze rattled the pine seeds free; a long spell of warm, sunny weather; and time. Of the first two, we had no control. We were as lucky or as hapless as anyone. But of the third, we were flush. We were ten years old, footloose and happy, as rich as sultans when it came to time. We had loads of it. We couldn't spend it fast enough.

Earlier in the summer, after we had visited the pine trees with the jumbo cones, and had filled our Love's bread bags, my cousins and I would stake out our next spots entirely on hearsay, from the talk of kids who had gleaned a field of pine seeds, banking seven to nine dollars for a single bag. The plastic bread bag was straining at the seams, ready to tear. We all could imagine it.

We would run around town, then, inspired, covering ground from one grove of pine trees to the other, bending and squatting and hopping across lawns and parking lots and forest floors like ravens, picking clean swales and hills and fields.

There were always long lines at Mrs. Botelho's house, the place to sell seeds. I watched as Mrs. Botelho would pour out the contents of my bread bag into a brown ice cream tub made of cardboard and set it on a postal scale, its spring-loaded arrow quivering, then becoming still when it settled on the weight of my seeds.

I would hold my breath as she plucked three to five pine seeds and placed them on the table. Then, using her gardening shears, sticky with sap, she would cut a seed in half. If there was a pink vein running through it, the batch was good. A pine seed that was hollow, or so old that the vein had turned brown, was a dud. One's chances of a sale lay in the seeds she picked. If she chose a dud, she would snip open another to better your odds. Three, four duds, and your batch was rejected. No sale. Salamat po and so long. There was always suspense and drama at the seed table, though none too great that it turned any of us off to picking seeds. Our hearts could take it. Our hearts, at 10 years old, could take anything.

I would learn later that pine trees were nature's greatest catchers of rain, contributing to Lānaʻi's underground aquifer, and that the seeds, hundreds of thousands of pounds over many decades, were intended for planting, and sent to nurseries on Maui, and as far away as New Zealand. The idea fascinated me as a child, and though I lived in New Zealand for a time, and have run along its coasts and through some of its forests on both the North and South Islands, and cannot recall seeing a Cook Pine tree, it is still oddly satisfying to know that something from Lānaʻi is growing there.

I have been thinking of picking pine seeds, because it represents the summers of my youth, and marked the first time I yearned for a season to arrive. Someone once said, all you need to be happy in life is something to do, someone to love, and something to look forward to. Essentially, work and love and hope. We are living through a terrible winter of uncertainty and change and crushing loss during this pandemic. We are all yearning for summer, for a semblance of a world, a time, that we once knew, to return. Though there are no shortcuts to get to the bend in this road, for each day must be lived through, we now know more than ever that we need each other to get there. No way can we do this alone or without hope. So, let us be steady and true as we do the hard work each day to keep ourselves and our community safe, and have faith that summer will come back, and that there will be a surfeit of good days, long spells of fine weather, pine-seed summers, good seasons, and good times again.



Nelinia Cabiles



Lāna`i Today

Publisher, Managing Editor, Lead Writer - Nelinia Cabiles

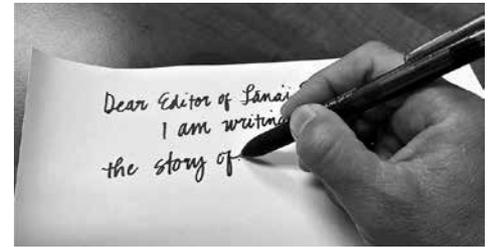
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NEW FEATURE! FROM THE FARM COLUMN

The farm that Lānaʻi built



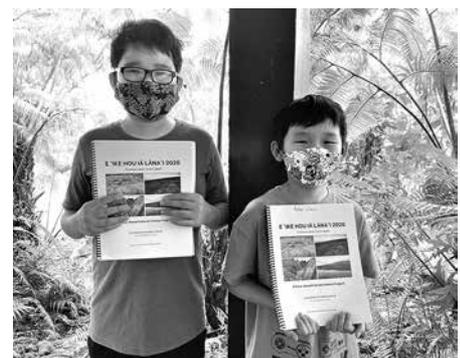
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Eighth grade graduation ceremony



EʻIke Hou iā Lānaʻi 2020



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THE LAST WORD

Team building and trust



## Lāna‘i’s COVID-19 Medical Sector

Submitted by the Lāna‘i emergency preparedness group - medical sector

Prevention, preparation, and mitigation have been at the forefront of concern for Lāna‘i healthcare providers since the start of the COVID-19 pandemic. In an unprecedented move, representatives from Lāna‘i’s medical and health agencies (including the County of Maui Department of Health-Public Health Nursing, Fresenius Kidney Care Lāna‘i Community Dialysis, Navian/Hospice Hawai‘i, Lāna‘i Community Health Center, Lāna‘i Community Hospital, Lāna‘i Kina‘ole and Straub Medical Center-Lāna‘i Clinic) are meeting regularly and networking to apprise each other of activities, available equipment, and resources, as well as to coordinate preparedness efforts and discuss COVID-related issues.

Supporting partners include Pūlama Lāna‘i, the Maui Police Department-Lāna‘i District, and Lāna‘i Red Cross. Examples of group efforts include the establishment of ancillary quarantine quarters, assisting Red Cross Lāna‘i to add medical personnel and protocols for shelter location purposes, and the April 2020 drive-through testing event.

Lāna‘i healthcare providers and the Lāna‘i Police Station have recently received public concerns that center on people traveling to Lāna‘i. Although quarantine requirements may change at any time, at the time of this publication, all individuals traveling from outside the state to any island in Hawai‘i must quarantine for 14 days, regardless of whether or not they have a recent negative COVID-19 test. If you are traveling to Lāna‘i, check the current requirements before arriving. The most updated information on travel to Hawai‘i can be found at [safetravels.hawaii.gov](https://safetravels.hawaii.gov).

The Maui County Department of Health knows of identified

contacts to confirmed cases, including cases occurring out of state, and oversees individuals within the county who are in quarantine/isolation relative to a known or suspected case. Lāna‘i medical providers who order a COVID test for a patient are also notified in a timely manner. The Department of Health has trained contact tracers on Lāna‘i who will call individuals for monitoring, when needed.

However, if you have valid information that might pose a health risk to the Lāna‘i community and is one that contact tracers may not be aware of, contact the Maui County Department of Health’s Public Health section at [doh.mauitriage@doh.hawaii.gov](mailto:doh.mauitriage@doh.hawaii.gov). Alternately, contact your healthcare provider or the Maui Police Department-Lāna‘i District (808) 565-8388. Before emailing or calling, gather as much information as possible, including:

- Name and contact information of affected individual(s).
- Where, when, and to whom the person was exposed.
- Whether the individual is exhibiting any symptoms and whether he or she was tested.

If you are instead concerned about a possible quarantine violation, travel protocols and travel quarantine are overseen by Department of Transportation and Hawai‘i Tourism Authority (Maui Visitors Bureau). Contact the travel quarantine violators reporting hotline at (808) 468-9952 or the Lāna‘i Police Station at (808) 565-8388.

Thank you in advance for supporting the overall health and well-being of Lāna‘i. The more we can manage circumstances and get ahead of any concerns, the better off we all will be. We are not approaching this as a punitive effort. Our goal is to mitigate any risks and keep our community safe and healthy.

### Wondering who to contact with concerns about COVID-19? - General COVID-19 information/resources

(Hawai‘i) Aloha United Way: 211 or [www.auw211.org](http://www.auw211.org)

(National) Centers for Disease Control - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

(County of Maui) - (808) 270-7855 or <https://www.mauicounty.gov/2370/COVID-19-Coronavirus-Information>

Possible COVID exposure or case not documented by a medical agency - Maui County Department of Health: [doh.mauitriage@doh.hawaii.gov](mailto:doh.mauitriage@doh.hawaii.gov)

Quarantine assistance - (if you are in quarantine and need assistance, ex., checking mail, errands)

Lāna‘i COVID assistance program: 565-8003 (leave a message)

State/County Rules & Orders violations - Maui Police Department-Lāna‘i District: (808) 565-8388

Travel protocols and forms - State of Hawai‘i Safe Travels system (domestic and international travel): <https://hidot.hawaii.gov/coronavirus/>.

State Department of Health (interisland travel) <https://health.hawaii.gov/travel/>

Travel quarantine violations - State Dept. of Transportation reporting hotline: (808) 468-9952 or Maui Police Dept. - Lāna‘i District: (808) 565-8388

## Financial assistance available to help Hawaiian Electric customers pay bills

Hawaiian Electric customers who are having difficulty paying their electric bill may qualify for assistance from a number of government programs and nonprofit agencies offering help to those affected by the COVID-19 pandemic. Those programs include:

City & County of Honolulu - \$25 Million CARES funding.

COVID-19 Hardship Fund - up to \$2,000 per month for 6 months for rent, mortgage or utilities. Administered by Aloha United Way and Council for Native Hawaiian Advancement.

Maui County - \$5 Million CARES funding.

Hawai‘i Emergency Lauima Partnership (H.E.L.P.) Program - \$500 to \$1,250 per household up to three times to assist with utilities, mortgage, rent, insurance, or childcare. Administered by Maui Economic Opportunity Inc. (MEO).

Hawai‘i County - CARES funding - The county is setting up its program to distribute funds to eligible households.

Additional CARES funding is available for households in need of utility payment help that meet the 60 percent state median gross annual income limit (individual, \$30,767, and for a family of four, \$59,167). Applicants who meet income requirements may be eligible for up to \$1,000 in LIHEAP COVID-19 Disaster Energy Crisis Intervention Assistance.

Visit agency websites for details: Honolulu Community Action Program (HCAP) [www.hcapweb.org](http://www.hcapweb.org); Maui Economic Opportunity (MEO) [www.meoinc.org](http://www.meoinc.org); or Hawai‘i County Economic Opportunity Council (HCEOC) [hceoc.net](http://hceoc.net).

Go to [www.hawaiianelectric.com/COVID19](http://www.hawaiianelectric.com/COVID19) to learn about other available payment assistance programs and eligibility requirements.

Hawaiian Electric suspended collection efforts in March to ensure

customers’ electric service were not disrupted during COVID-19-related orders to stay at home.

Disconnection notices and disconnection for nonpayment

will resume after Sept. 1. Late fees resume after Sept. 15. To avoid disconnection, customers who are having trouble paying their electric bill must contact Hawaiian Electric to set up a payment plan.

Go to [www.hawaiianelectric.com/paymentarrangement](http://www.hawaiianelectric.com/paymentarrangement) for information on available payment plan options. A link to a payment arrangement request form is available on that webpage; the form can be emailed to our customer care team. Submitting the form is the quickest way for customers to start the process.

The company’s walk-in payment centers remain closed until further notice, but there are several payment methods available to customers.

Go to [www.hawaiianelectric.com/paymentoptions](http://www.hawaiianelectric.com/paymentoptions) for payment methods. Customers who prefer to pay in person may do so at no charge at Western Union payment locations at retailers throughout the company’s service territory. The company website lists the locations.

For assistance managing energy costs, Hawai‘i Energy is a trusted resource for tips and rebates to help offset the costs of energy-saving equipment and services. Visit <https://hawaiienergy.com/tips> for more information.



**Friends**

True friends are those who walk in when others are walking away. Real friends hold your truth in their hearts and speak it to you so that you have something to embrace when you want to quit! Good friends celebrate you when you feel unworthy. Great friends defend you to death when you are at your most stupid! Now, amazing friends stand the test of faithfulness so that you can see God in the dark.

Submitted by **Mike Lopez**

*(Editor's note: Mike Lopez's email arrived May 29, 2020, but due to space limitations in the June and July editions, it is being printed only now.)*

**The last sakada on Lānaʻi**

Aloha, Ms. Cabiles,

I am writing to correct the appellation sakada, a misnomer given to the contract workers from the Philippines in 1946. The word sakada is not a Tagalog word but Ilokano. All the men recruited by the Hawaiian Sugar Planters' Association were from the northern part of the Philippines and spoke Ilokano, an offshoot of the Austronesian language (Hawaiian included). Saka means foot and repeating it to *saka saka*, means feet, so that naka saka-saka da means the "shoeless ones". Eventually, it was shortened to sakada. The Hawaiian Sugar Planters Association only wanted single men, they wanted uneducated men and they wanted stoic and spartan Ilokanos from the barrios. Most of the recruited signees were bucolic farm lads from the barrios who came to town shoeless with their feet caked with mud. Hence, they were given the moniker naka saka-saka da.

I felt a pang of sadness and nostalgia after reading your article on Alejandro Haban being the last sakada on Lānaʻi. My father must have been with him on board the S.S. Maunawili. In June 1946 my mother, my brother and I (age 5) boarded the U.S.S. Marine Falcon to join my father on Lānaʻi where I spent my formative years, eventually returning to the Philippines after finishing my sophomore year of high school when my father retired.

Kindly send my regards to my former classmates and friends Bob Tamashiro and Ben Kaaikala.

Sincerely, **Ismael Naanep, M.D., F.A.C.S.**

*(Editor's note: Dr. Naanep's email arrived June 5, 2020, but because of space limitations in the June and July editions, it is only being printed now.)*

**Black Lives Matter**

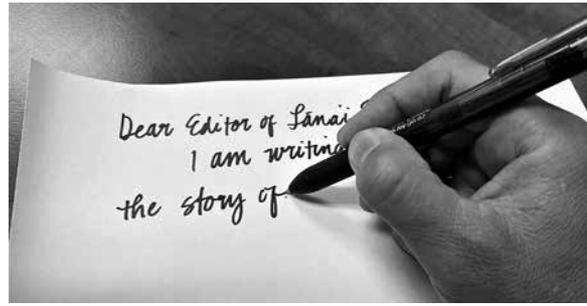
Aloha Nelinia,

Like most Americans, I was shocked to learn about the manner of the death of George Floyd and I stand in complete solidarity with everyone who is seeking to end this type of police brutality. And, as I have witnessed in the past, it sometimes takes wide-spread demonstrations to bring about meaningful change. In this case, the broad response to this most recent incident may finally lead to some significant reforms in the nation's police departments. However, when I see BLACK LIVES MATTER signs, I often wonder if the people who are holding the signs actually know what they are supporting. After all, it is a very catchy phrase that seems to say it all. But, does it?

It was recently brought to my attention that the co-founders of BLM are actually trained community organizers as well as trained Marxists. If you doubt it, you can look it up on youtube and Patrisse Cullors, one of the co-founders of BLM, will tell you in her own words. Of course, this peaked [sic] my interest, so I then went onto their website [blacklivesmatter.com](http://blacklivesmatter.com) and read the section What We Believe. I would encourage everyone to do the same as it gives good insight into the organization's goals. Finally, I was curious about the slogan "Hands up, don't shoot" which has been used by the BLM organization almost from inception. As everyone may recall, this relates back to the August 2014 shooting death of Michael Brown which touch off demonstrations around the country. As a result of this high profile police shooting of yet another unarmed black man, the Obama justice department under Eric Holder did a thorough investigation of the incident. Their conclusion: "hands up, don't shoot" was a myth. For more information, you can go to The Washington Post March 16, 2015 article "Hands up, don't shoot' was built on a lie" by Jonathan Capehart or look for an actual summary of the official DOJ report, it's on line <https://www.youtube.com/watch?v=p7C6tNjiRKY>.

In my lifetime, which spans more than seven decades, I have seen our country come a long way in ending discrimination against black people, but we still have a ways to go. Tragic as this incident was, it is my hope that it will open the door to actions that will advance us further in the direction of social justice of all.

Respectfully submitted, **Caron Green**



**Mahalo Plenty**

"Show Aloha Challenge" team has blessed our community with 3,500 pounds of produce. Two months ago, Michael Gangloff of Mira Construction, LLC, of Honolulu, and Lanai Tabura, put this program together to feed the kupuna, challenging to match monies to feed our kupuna and families in need, matching the first week of \$60,000. Their goal was to reach \$1 million and they did it in one month. They feed [kupuna and families in] Honolulu, Lānaʻi, Molokaʻi, Maui, and Hilo, and at the same time, help the small restaurant business throughout this pandemic.

On July 15, 2020, the "Show Aloha Challenge" blessed Lānaʻi with 500 boxes of 50 pounds of produce. We'd like to thank Pūlama Lānaʻi for taking care of two 20-foot containers, along with [providing] their drivers, use of their property, and all of their volunteers.

Mahalo to Kris and Saul Kahihikolo for all their precious time in helping me, coordinating with Pūlama Lānaʻi and Chan Schilling with MEO for all the kupuna deliveries. Mahalo to all their drivers and volunteers and mahalo to our Fire and Police Departments. I love the holding hands, where SHARING IS CARING. This is what Lānaʻi is all about, working together and helping each other.

Mahalo, again, to "Show Aloha Challenge", Michael Gangloff and Lanai Tabura. Plenty of love from mom and everyone you guys have touched by sharing and caring. Let's keep the Corona virus off our island!

Submitted by **Helen Tabura**

**Focus on Aloha**

Dear Editor,

I'm responding to your "Undercurrents" article in the July edition of *Lānaʻi Today*, Your experience at the age of 14 relative to the profoundly unkind remarks aimed at you was disturbing indeed! Likewise, I found the article "White Debt" referenced by you in your article equally disturbing! <https://www.nytimes.com/2015/12/06/magazine/white-debt.html>.

In my opinion, Eula Biss, the author of "White Debt" appeared to be an extremely angry white woman who was using some bizarre examples of "white guilt" that somehow we (caucasians) need to atone for. The article itself appeared to be racist in nature but whether you (or others) agree with my assessment is not important because we're all entitled to our own opinions.

In this racially-charged environment in which we're living, it might be prudent to not "fan the flames" with additional examples of perceived racism because we've ALL been hurt by unkind racial remarks. Instead, let's focus on the "aloha" paradigm that is synonymous with Hawaiʻi and be considerate of one another.

Respectfully, **Margie Peary**

Aloha Miss Cabiles,

Let me introduce myself, I am Faith "Oliva" Tamashiro, we now reside in Clovis, CA. Yes, I am the daughter of Florencio and Hermenegilda Oliva; she is featured in this month's issue. My parent's history and life in the Philippines and Hawaiʻi run deep in our family with their escapades, work and love.

I wanted to especially comment on your commentary, which hit close to home with me, after leaving Lānaʻi, bound for Washington D.C. (late '70s, recruited by the federal government). Not once in my young life did I notice my skin color UNTIL arriving there, my ethnicity and being a minority was a new reality along with culture shock that I was unprepared to address.

After a few months, I was able to find myself with co-workers from Molokaʻi that celebrated our cultures of Hawaiʻi. We prepared and celebrated Aloha Friday by wearing our muumuus and Aloha shirts around the office instead of casual wear (jeans), shared our pupus in the lunchroom to relax the work atmosphere and allow curious associates to ask questions, which we were open to answer. I/we didn't win all of them over but they learned what "Aloha" meant.

My children have experienced racism as well, but that's another story.

Thank you for sharing your experience at the beauty shop!  
Truly Filipino, **Faith Oliva-Tamashiro**, Clovis, CA

## Mokulele Airlines and Makani Kai announce merger

**H** *STRONGER TOGETHER*  
 awai‘i’s two largest commuter airlines announced June 3, 2020, that they will merge operations beginning in



June. The merger solidifies the health of the commuter airline industry in the state for the long-term recovery from the effects of the Corona virus.

Makani Kai Airlines was founded by Richard Schuman, a fourth-generation Hawai‘i resident whose great grandfather immigrated from Germany in 1893. The elder Schuman founded Schuman Carriage Company, Hawai‘i’s largest automobile dealership for nearly one hundred years. Over a century later, Richard Schuman started Schuman Aviation, the parent company of Makani Kai Air, along with Magnum Helicopters and Hawaii Aviation Services, which are not a part of the Mokulele merger.

“I was worried about the commuter industry not being there for the Hawaiian people once the COVID crisis ends,” says Richard Schuman. “I reached out to Mokulele CEO Stan Little and suggested that maybe we can better serve the Hawaiian people if we team up and do it together.”

The announcement of the merger comes on the heels of Governor David Ige’s June 1, 2020 announcement that Hawai‘i’s fourteen-day quarantine for inter-island travelers will end June 15, 2020.

“In the last two months, we at Mokulele have provided uninterrupted transportation for essential workers, flown free medical supplies for hospitals and first responders, donated free shipping for almost 70,000 pounds of groceries to the people of Moloka‘i, and catered a hot meal for the residents at Kalaupapa, who have been on lock-down longer than any of us,” says Stan Little, chief executive officer of Mokulele.

“When we heard Richard’s proposal to merge our companies, we knew it would lead to our being stronger together, plus ensure that we can continue to provide these types of programs for the people of Hawai‘i when called upon in the future.”

The first benefit for the Hawaiian people will be the combined airline’s new non-stop route between Honolulu and Lāna‘i, perhaps the first new U.S. airline route announced since the Corona virus lockdowns began in March. “We know that in the age of Covid, people want to be on smaller aircraft, with less personal contact, and the ability to bypass crowded terminals and TSA lines. Truly, it is more important than ever to fly smaller, fly smarter, fly safer,” says Schuman.

Both airlines will operate flights during the integration period, which is expected to last through the Fall. The only immediate change noticeable to the public will be that Makani Kai’s flights will now be sold exclusively through Mokulele’s distribution channels, which primarily includes the airline’s website, [MokuleleAirlines.com](http://MokuleleAirlines.com).

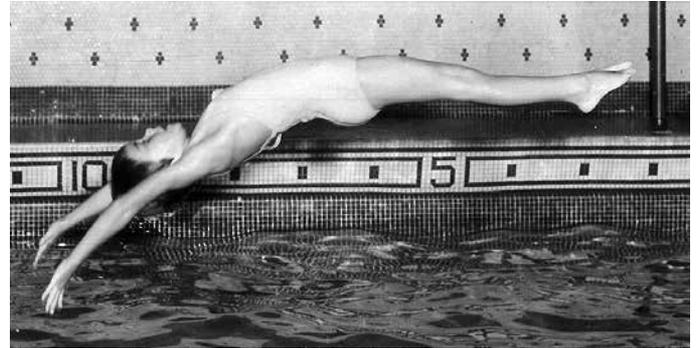
Richard Schuman has been named Executive Vice President of Hawaiian Operations for the combined entity and will oversee all operations in the state.

For more information, please contact Todd Smith at [t.smith@iFlySouthern.com](mailto:t.smith@iFlySouthern.com), (615) 202-7944 or Southern’s chief marketing officer, Keith Sisson at [k.sisson@iFlySouthern.com](mailto:k.sisson@iFlySouthern.com), (228) 313-9920.

## The girl who could fly

By Nelinia Cabiles

**T**he girl in the photo floats in the air, her arms reaching above her head toward the water, torso gently arched, the way a dolphin bends backwards when



Betty Lou Dugay (née Scheideler), age eight or nine, launches off the one-meter springboard. Photograph courtesy of Betty Lou Dugay

it breaches the water. Her feet are slightly flexed, having just launched herself off a diving board. It is the single sign of tension in her body. The girl’s eyes are closed, the expression on her face expectant. Her body makes a beautiful line in the air. To study this line is to ponder weightlessness.

The photographer has caught the girl’s flight at the perfect time, for in a blink of an eye, the tips of her fingers will dip into the pool, and in another blink, the rest of her will follow, a graceful line that will disappear cleanly into the water, like a neat and lovely trick, if she hits her marks and holds the line from takeoff to flight to entry. The girl is learning that this is the goal of diving, to leap and twist in the air and enter the water with barely a splash.

The girl is very young, but it is apparent from the way she holds herself both taut and relaxed, that she is seasoned in the art of flying.

At the time the picture was taken, Betty Lou Scheideler from Ewing Township in Trenton, N.J. (now Betty Lou Dugay, a resident of Lāna‘i), was only eight or nine years old – a year into diving. Her coach is Dave Feigley from Rutgers University, and he will be instrumental in Dugay’s diving career.

“He taught me everything about diving,” Dugay says. “He put together a twisting belt and a somersault belt, and I would use those belts to practice my dives on my trampoline at home. The half twist and back half with a two-and-a-half twist. But it was more than just the training. He would push me to do my best and I would practice and practice.”

Dugay showed the kind of concentration and fearlessness that is the stuff of champions, and the discipline and mental grit that would face down competitors much older than she, earning her trophies and records. Coach Feigley was a scientist in animal husbandry at Rutgers, and Dugay describes her training with him as Pavlovian. Similar to a rat pressing the bar for food, Dugay says she practiced so that she could win medals. That was her reward – that, and with each successive competition, a growing mastery of propulsion and timing and grace.

By the time Dugay is 17 years old, the last year of competition before she goes off to university, she is diving off a 10 meter (33 and a half feet) diving platform, is versed in the approach and hurdle and takeoff, fluent in entering the water blind, not knowing where it is, as she somersaults and twists in the air, does pikes and tucks, has set new records at diving meets, and won more than a hundred medals and trophies. Dugay admits to losing count. She is the Junior Olympic three-meter board champion at age 11, and at age 12, the youngest girl ever to win the New Jersey AAU Women’s Division Championship. There are more distinctions and honors than can be reported here. Dugay can’t remember them all, and the medals and news clippings are stored away in her brother’s attic in New Jersey, many broken and damaged over time.

Looking back on her diving experience, the message Betty Lou Dugay wants to impart is that young people should go after their dreams, whatever they may be.

You can overcome anything, Dugay says. But, as any champion will acknowledge, excelling at something, be it diving or swimming or sprinting, takes determination and many years of work and practice.

“If my story inspires one young person to dream big and work hard, it would



Betty Lou Dugay (née Scheideler) with her grandchildren.

make me so happy,” she says. “I know there’s bullying out there. But I want to say, you need to get out of your comfort zone to get good at something. Don’t be afraid to try. Don’t let anything stop you. Just keep going. Never, ever give up and never give in.”

## The work of heroes

By Nelinia Cabiles

**A**lex Phelps and Isalina Rendon are modest heroes. They're the kind of people who look you in the eyes, their gaze clear and direct, when they speak. Both insist, in separate interviews, that they are unremarkable, they are just doing their jobs. But it is because they did their work and continue to do it so remarkably well that their co-workers at Lāna‘i Community Hospital, voted Phelps, a registered nurse, and Rendon, a housekeeper, as their hospital heroes, those braving the front lines of the Coronavirus pandemic whose cases, at the time this publication went to print, were up to 17.7 million worldwide, of which there were 682,178 deaths.

Though there are differing opinions of the qualities of a hero, the definition of heroism is one that brooks no dissent. Heroism involves an altruistic act or acts and an element of personal risk or sacrifice.

It is this risk that casts Phelps and Rendon as heroes, despite their protests that they are not. The hallmarks of a hero are courage and empathy and circumstance. Against the backdrop of a pandemic, amidst the unrelenting global death toll, and coupled with evidence that we have not yet turned the corner, as cases continue to surge in countries all over the world, one could well argue that Phelps' and Rendon's respective line of work – the care for and treatment of the sick, and the diligent cleaning of those spaces in which such care is given – is the very definition of heroism. The coronavirus pandemic is the circumstance in this hero's journey, and Phelps and Rendon and others in the medical field, who find the courage every day to do their work, at great personal risk, are heroes.

To honor and thank hospital heroes, Pūlama Lāna‘i is gifting each hospital throughout the state a select number of all-inclusive Heroes Relaxation Retreat packages, based on the hospital's bed count, to award to employees of their choosing. Phelps and Rendon, and one guest each, are among the honorees gifted with a luxurious, two-night stay at Sensei Lāna‘i, a Four Seasons Resort. As was reported in the July edition of *Lāna‘i Today*, the complimentary package includes roundtrip airfare from Honolulu to Lāna‘i on luxury charter service Lāna‘i Air, and a fully personalized wellness experience that centers around each individual's well-being journey through Sensei's signature paths of move, nourish, rest. Each guest receives a \$600 daily wellness credit toward the Sensei Experience Menu to enjoy the benefits of a curated well-being experience and a \$200 dining credit to enjoy fresh, Lāna‘i-grown fare at Sensei by Nobu, Kō‘ele Garden Bar or in-room dining. The package also includes a rotating collection of daily, complimentary small-group activities, such as fitness, yoga, and meditation classes, as well as a dedicated Sensei guide for one-on-one instruction in nutrition, exercise physiology, fitness and lifestyle practices, private spa hale treatments, and access to island activities, as part of the Sensei Experience menu.

"It was a once-in-a-lifetime amazing experience. The staff was incredible. They made us feel so special," Phelps says of his stay, his eyes soft with wonder. "I felt like I was living the vision [of Sensei]. I forgot that we were a mile away from town. I forgot I was on Lāna‘i, It was such a generous gift from Pūlama, and I am so grateful. I could never have afforded this. I could never have had this experience. After I went home, it meant even more to me that I was selected by my co-workers. I am so thankful. I've been trying to come up with a way to say thank you."

Isalina Rendon, who has been in LCH's environmental services department since 2006, in housekeeping, had not yet gone on her weekend stay at Sensei Lāna‘i with her husband at the time of the interview. She is in a similar state of disbelief and feels overwhelming gratitude to her co-workers, and Pūlama Lāna‘i: "I didn't expect this. We're all just doing our jobs. With COVID-19, there are more rules and regulations, we take extra precautions, but it's the same work." Rendon cleans all departments, long-term care area, the emergency room, all labs.

She says the pandemic has made her more patient and flexible. "Our staff is limited. If someone gets sick, we cover that shift. It's my job, so I just try my best to maintain the cleanliness and safety for everyone."

As with everyone on the planet, the pandemic has changed every aspect of Phelps' and Rendon's lives. "We're all getting used to doing things virtually. This is the way it's going to be. So we adapt," says Phelps', who has been with LCH for six years of his 30-year career as a nurse. Rendon and Phelps attribute Lāna‘i's compliance to the respect residents have for one another.

**"We need to stay vigilant."** "I'm very proud to be in this community," says Phelps. "We are where we are today because we followed the guidelines. Our hospital put in safety and screening measures early to protect our community. But we can't let our guards down. We need to keep up the good work and wear our face masks and wash our hands. Otherwise, all our hard work will be for nothing. We need to stay vigilant."

"We took precautions seriously, like social distancing and handwashing and wearing facemasks. Because there's too much at stake. We understand that we need to make sacrifices for the good and safety of our community," says Rendon, stressing the importance of personal responsibility, which, in the age of a pandemic, is heroic in its own right.



Alex Phelps



Isalina Rendon

## Update from Councilmember Hokama

**M**auī County has been able to provide support to our struggling residents, businesses and organizations during the ongoing COVID-19 pandemic. On Lāna‘i, the County has partnered with local independent farmers to purchase produce for distribution to residents facing hardship due to COVID. However, there is always a cost for these services and aid. The County cannot provide more than it can afford; simply put, we cannot give what we don't have. The challenges we are facing due to the pandemic will test the County's financial resiliency, thus it is more important than ever that our elected officials understand finances.

The near complete shutdown of the hospitality industry has highlighted tourism's importance as an economic driver. Real property taxes are the County's main source of revenue, and the bulk of that revenue comes from tourism-related property owners. In the previous fiscal year, nine of the top 10 principal real property taxpayers were classified as hotel or timeshare. Just these nine taxpayers accounted for over 13 per cent of the County's entire levy.

I do not oppose scaling back tourism, as we do need to diversify our economy and increase our food resiliency. However, if we are to cut back on tourism, what sector is willing to make up the difference? For the current fiscal year, which began July 1, 9.8 per cent of the County's tax revenue is estimated to come from the owner-occupied and agricultural classifications. Meanwhile, 50.1 per cent is anticipated to come from the short-term rental, time share, and hotel/resort classifications. Are we willing to ask our local homeowners and small farmers to shoulder an increased tax burden? If the goal is to maintain the same level of County services, we need our elected officials to understand and explain where the bill will fall. Will this added responsibility be placed on our local residents?

The cost of services received by most working-class taxpayers, particularly the owner-occupied classification, exceed the amount of taxes paid. Other property tax classifications subsidize the cost of services for these residents and all non-property tax paying residents. If we are intent on shifting our economy away from tourism, and thus shifting our tax base, our residents deserve to know where we are shifting to and how that affects who pays the bill.

## From the Farm column

*From the Farm* is a monthly column conceived and authored by the Sensei Ag leadership team.

### *The farm that Lāna‘i built*

Growing on Lāna‘i is a point of pride for Sensei Farms, a sentiment shared by our entire farm team. From Pineapple Island to the epicenter for global change in agriculture, Hawai‘i is an ideal location for sustainable farming, and Sensei Farms Lāna‘i is a true example of the future of agriculture. Our farm on Lāna‘i is dedicated to providing fresh, nutritious, hyperlocal food to the community. While we are located solely on the island of Lāna‘i at this time, our technological advancements in growing systems will be shared throughout the world.

**Meet your farmers - Larry Nixon**, Sensei Ag general manager, originally from Bakersfield, CA.

Larry Nixon’s true passion in life is farming. From the food that he has cultivated in California and Hawai‘i – succulent mandarin oranges, buttery macadamia nuts, and juicy pomegranates, to name a few – one can create the most delectable dishes. Larry is a longtime farm manager whose experience includes MacFarms of Hawai‘i, Malin Potato, The Wonderful Company and Sun Pacific. Prior to beginning a career in agriculture, Larry received his BS in Engineering from Arizona State University.

When Sensei Ag offered Larry the opportunity to bring his skills and experience to Lāna‘i, it was an easy decision. Lāna‘i, as Larry explains, “represents all that is wonderful about Hawai‘i.” Larry is proud to be part of an indoor farm that aims to improve food security on Lāna‘i, while also inspiring a new generation of Hawaiians to pursue sustainable farming.

**Gantt Charping**, Sensei Ag operations manager, originally from Nashville, TN.

Like Larry, Gantt Charping is a very proud farmer. He began his farming career in college, during which time he spent his summers working on a biodynamic farm in Georgia. Gantt then transitioned into the field of conservation, working with endangered species across the U.S and specifically, Hawai‘i. A jack of all trades, Gantt has been a school garden teacher, owned his own aquaponic design and installation business, worked as a facility manager for a Bay Area agricultural start-up, and now serves as the Operations Manager at Sensei Farms’ Lāna‘i location. Gantt earned his BS in Geology and Earth Science from The Evergreen State College and a Masters in Environmental Philosophy from the California Institute of Integral Studies.

Contemplating on his career trajectory, Gantt enjoys being part of one of the only industries where one can positively affect the health of communities around the world while also being a steward of the earth itself. He believes that to be successful in life is to be in service of and supported by one’s community. Being part of the Sensei Ag team in Lāna‘i has enabled Gantt to put these ideals into practice.

**Corbett Miller**, head grower, originally from Valparaiso, IN.

Born with a green thumb, Corbett Miller has dedicated his career to nurturing plants. After working with community gardens, he

realized that teaching farming skills and providing fresh produce to local families had a powerful impact on society. Just post college graduation, he became the Greenhouse Manager for the University of Indianapolis where he had earned his BS in Biology and Environmental Sciences. Corbett then joined the Plant Science Team at Walt Disney World as a professional plant science intern, maintaining more than 150 different food crops in several acres of hydroponic greenhouses that create the “Living with the Land” boat ride in Orlando, FL.

Corbett held several productions and systems manager roles, including for Cure O‘ahu, Green Sense Farms and Taltree Arboretum and Gardens. Just prior to Sensei Ag, Corbett was Head Grower for an agricultural start-up’s greenhouse in Kent, WA. Corbett’s initial focus on native habitat restoration, landscaping, and ornamental gardens has translated into a very successful farming career. He considers it an honor to live on Lāna‘i and grow food for his community, and he is willing to teach anyone who will listen about the wonders of plant science.

**Here is Gantt Charping’s Tasty Takeaway - Habanada Hot Sauce recipe,**

At Sensei Farms we only grow food people want to eat. So that you, too, can experience the best in fresh produce, Gantt Charping shares his recipe to really “heat things up” this summer.

#### **Gantt’s Habanada Hot Sauce**

A sweet, spicy, smoky, Sensei sauce.

2 lbs. Lāna‘i-grown Habanada peppers

2 Hawaiian chili peppers

1 Maui onion, chopped

1 tablespoon olive oil

1 ½ teaspoons of salt

2 cups of water

Juice of 1 large lime (~2 tablespoons)

¼ cup apple cider vinegar

½ cup of pineapple chunks

In a large bowl, combine the Habanada and chili peppers with the chopped onion and toss with olive oil and salt. Place the peppers and onions mixture on a large baking sheet and broil in the oven, turning often until they are slightly charred. Once cooked, put the broiled peppers and onions, along with the vinegar, water, lime juice, vinegar and pineapple into a blender and mix until smooth. The resulting sauce is perfect to dip your favorite tortilla chips, top a delicious piece of fish or meat or scoop on top of a fresh salad, which adds just the right amount of heat.



## Promoting financial health of our youngest members

Part 3 of a series

Providing financial education embodies the credit union movement’s people-helping-people philosophy. Every year, the Credit Union National Association celebrates National Credit Union Youth Month, which serves to encourage kids to develop healthy saving habits by making savings fun and exciting. The campaign is our opportunity to engage with young members and show them that their credit union is here to help them throughout their financial journey. The theme for this year’s Youth Celebration is “Money Magic. Share, Spend and Save at your Credit Union”. Together, we’re encouraging our youngest members to learn common financial concepts, such as, saving, spending, charitable giving, investing, and budgeting. As more Americans seek financial guidance and more credit unions begin to offer services, such as financial counseling, it’s essential to consider initiatives that also educate young members. If parents have trouble managing money, you can imagine that it’s going to be even more challenging for them to have conversations about money with their kids. The Lāna‘i Federal Credit Union (LFCU) can

serve as an important ally for parents in their mission to teach their kids to be financially responsible.

If you have been wondering how to empower youth to save for their future, the LFCU offers the great opportunity to start or boost your youth initiatives! One resource now available on our website is the access to BANZAI’s FREE financial literacy program that your whole family can enjoy! Used by millions of teachers and students around the country, you can experience real-world financial literacy in a fun and safe way. You and your keiki can access this free tool at [www.lanaifcu.org/financial-education/](http://www.lanaifcu.org/financial-education/)

Encourage your keiki to save for their future goals. Start small. Help them save for a toy they want. When they have saved up a little more, come on in to the Lāna‘i Federal Credit Union to open up a savings account where they can save for their far-off goals!



**Contributed by Charity Figuerres**

## Black Lives Matter is a needed movement

By Gordon Monson, writer, The Salt Lake Tribune

An email recently arrived in my inbox from a longtime Utah Jazz fan concerned and distressed by the team's support for the Black Lives Matter movement. He said he's been a Jazz fan for decades, but that he could no longer back the team. His complaint centered on two points.

First, he disagreed with the politics of the Black Lives Matter organization, which he claimed is Marxist at its core.

Second, he considered the notion that Black Lives Matter divisive. He wanted it made clear he believed that ... all lives matter.

The initial disagreement presumably has its roots in — and has had its flames fanned by conservatives who are critical of — an interview done in 2015 by Patrisse Cullors, one of BLM's three co-founders, along with Alicia Garza and Opal Tometi. In that interview, recently cited by PolitiFact, Cullors said:

“We do have an ideological frame. Myself and Alicia, in particular, are trained organizers; we are trained Marxists. We are super-versed on, sort of, ideological theories. And I think what we really try to do is build a movement that could be utilized by many, many Black folks.”

These days when someone is characterized as a Marxist in the U.S., either by themselves or others, let's just say it doesn't resonate all that well. Karl Marx was a German philosopher and economist who championed socialism and communism, and the overthrow of capitalism. And if you want all the details, you can look him up. George Washington or Abraham Lincoln, he was not.

But here's the thing about Black Lives Matter: It is much broader than any sort of philosophical or ideological tenet held by one of its co-founders. As the PolitiFact piece pointed out, most Americans are not into Marxism and all the scattered and far-reaching aspects of its economic and political pronouncements.

They are into equal social justice for their countrymen and countrywomen.

And that's why the larger Black Lives Matter movement has taken hold with so many of them. There may be socialists within the push, people who profess some positions with which others do not agree, but that does not account for the millions and millions of Americans who have joined in with it. They are not Marxists, or wannabe destroyers of the traditional American family. They are fair-minded people who want equality and justice for all.

To them, the phrase Black Lives Matter refers not to a view held by a co-founder of an organization, or even to the organization itself, rather to a widened, significant social movement.

They are people who have had their fill of inequality, of witnessing people of color treated unfairly, differently — in some ways, tragically — than what the laws of the land and basic decency call for. They agree with the BLM premise, quoted from its website by PolitiFact, of “creating a world free of anti-Blackness, where every Black person has the social, economic and political power to thrive.”

Like everyone else.

As for the second point, the Jazz fan saying he believes, “All Lives Matter” ... well, no kidding. Of course they do.

But all lives haven't been marginalized the way the lives of so many people of color have been. And that's the obvious point here, not any kind of shout for divisiveness. It's as though some people don't want to acknowledge that there's been a sad-and-sorry problem in this country for a long, long time. Anyone who denies that isn't paying attention. And that inequality, that blindness to it, is what's trying to be eradicated here.

A preacher recently quite cleverly underscored the difference in emphasizing this by comparing those who complain about Black lives mattering instead of all lives doing likewise to those who would have been disturbed as they stood by while Christ taught the Sermon on the Mount, saying as he did, “Blessed are the poor.”

Countered they: “Well, no, Jesus, blessed are ALL people.”

No freaking duh.

Advice from this corner to that distressed Jazz fan — and anybody else who's thinking like him — is to step back and take some more time to fully understand what has happened not just through history when it comes to the treatment of people of color in this country, but to take to heart what can be done now to make it better.

Comprehending that Black lives matter is no short to all lives mattering.

It's that at this juncture one bit of emphasis, even if some of it comes from folks you disagree with politically, is widely needed because it has been ignored for so long in the past, and it is ignored, still, by far too many. *Originally published in The Salt Lake Tribune July 27, 2020. Reprinted with permission by Gordon Monson*

## How to achieve student success

Contributed by Elton Kinoshita

What is the purpose of education? A simple enough question. And yet, ask a room full of people that question and you can expect a myriad of answers and often a lively debate.

From the traditional, preparing graduates for productive careers. The academic—helping students earn acceptance into colleges and universities. The pragmatic—teaching students cognitive and social skills. The internal—leading students in a process of self-discovery. The utilitarian—preparing individuals to better society. The social ethical—developing students to be responsible and contributing citizens. The existential—guiding students toward discovering their life's meaning. The “agenda”—indoctrinating students in a political/economic ideology. The noble—helping students discover their passions and a purpose for their learning.

Who the respondent is matters—a student, a parent, a college entrance board, a prospective employer, a public policy decision maker all bring different perspectives and motives to this question. Ultimately, it matters most to the student; it is their school, it is their voice.

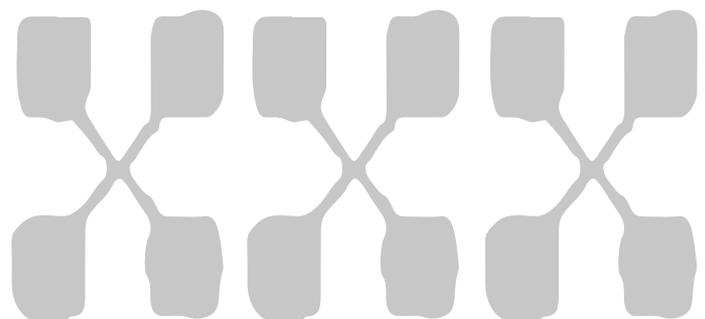
It also matters that schools reach consensus in defining their educational purpose. It matters because schools need to focus on the things that are most significant in achieving their objectives. There are always too many distractions, good but not great things that detract from fulfilling our purpose.

How would I define the purpose of education at Lāna'i High and Elementary School? Fifteen years ago, when prompted, I might have said something like, “Content knowledge is King.” That is no longer true as I often espouse “competencies over content.” As Tony Wagner and Ted Dintersmith stress in *Most Likely to Succeed: Preparing Our Kids for the Innovation Era*, “Fifty years ago, before the Internet, it made sense for schools to teach kids “just facts.” But in today's world, there is no longer a competitive advantage in knowing more than the person next to you because knowledge has become a commodity available to all with the swipe of a finger. Now, adults need to be able to ask great questions, critically analyze information, form independent opinions, collaborate, and communicate effectively. These are the skills essential for both career and citizenship.”

The school's current Academic Plan comprises three focus priorities: Growth Mindset, Student Success Criteria, and Project-Based Learning. We believe that student mastery in these three areas best ensure student success. We further believe that project-based learning (PBL) is the best educational platform for students to practice and master the competencies that Wagner and Dintersmith embrace. PBL at its best allows students a voice and choice in their projects, allowing them to identify an area of passion. In turn, passion fuels engagement, engagement adds relevancy, relevancy drives rigorous effort, which leads to authentic deeper learning. PBL is one of the most creative activities students can experience.

Observing preschoolers at play convinces me that humans have an innate desire to create, innovate, to build things. At some point in our traditional educational timeline, we make kids put the building blocks away and take out the textbooks. We got that wrong. We need to continue building, creating, and innovating all the way through the school continuum. This needs to be our competitive edge.

Says Wagner and Dintersmith, “We need an education strategy that matches the core strengths of our nation. We will educate our kids to help them to be as innovative, creative, and entrepreneurial as humanly possible. We are going to stop chasing South Korea and Shanghai in the standardized test race, and focus on winning the innovation race. That's the only race that will matter in the century ahead.”



## SENSEI

Join Sensei Retreats Lānaʻi and be part of a collaborative and hard working team dedicated to supporting guests in their journey towards wellbeing.

We're currently hiring for a variety of roles including:

- Hair Stylist
- Nail Technician
- Fitness Instructor
- Massage Therapist
- Yoga and Meditation Instructor

We're looking for passionate candidates with proven knowledge and skills to execute an enriching wellness experience.

Apply at [www.sensei.com/careers](http://www.sensei.com/careers)

Direct inquiries contact: Scott Pisani at [scott@sensei.com](mailto:scott@sensei.com)

## Important Customer Notice

To help customers affected by the pandemic, Hawaiian Electric suspended its collection efforts in March.

Disconnections for nonpayment will resume after **Sept. 1**. So if you're having trouble paying your electric bill, please contact us so we can help.

Go to [hawaiianelectric.com/COVID19](http://hawaiianelectric.com/COVID19) for a payment arrangement request form, information on assistance programs and more. We can help – payment options are available.

Call Hawaiian Electric, Maui County at **1-877-871-8461**.



Hawaiian  
Electric

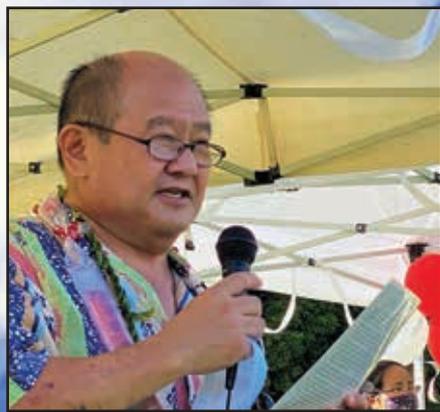
# Lānaʻi High & Elementary School, Class of 2024

## Eighth grade graduation ceremony

*Saturday, July 18, 2020; football field, Lānaʻi*

By Nelinia Cabiles

Gorgeous day. Celebrating a milestone. Parents, families. Pride. Love. Facemasks. Social distancing. Lawn chairs. Balloons. Speeches and keynote addresses. Class honors and distinctions. Camaraderie. Friendship. Lei and gift bags and thank-you's. Next stop, high school. *Congratulations and good work, bright and beautiful class of 2024!*



# E ‘Ike Hou iā Lāna‘i 2020

Contributed by The Lāna‘i Culture and Heritage Center

Since its inception in 2007, the Lāna‘i Culture & Heritage Center has endeavored to provide opportunities for our youth, community, and visitors to connect with our island’s culture, history, and landscape. Every summer since 2012, we have offered a place-based, summer cultural literacy program for Lāna‘i youth called E ‘Ike Hou iā Lāna‘i. This year, because of COVID-19, we could not conduct an in-person program, and so we developed a comprehensive virtual program that would be available to learners K-12 for the first time!

The program was comprised of “modules” based on the various cultural sites we would have visited during the program: Hi‘i/Lāna‘i Hale, Keahiawelo and Kānepu‘u in Ka‘ā, Maunalei, and Waia‘ōpae. Each module had a main video, mo‘olelo (story) video, and accompanying readings, worksheets, and activities. For students on Lāna‘i, we provided hard copy booklets and activity kits.

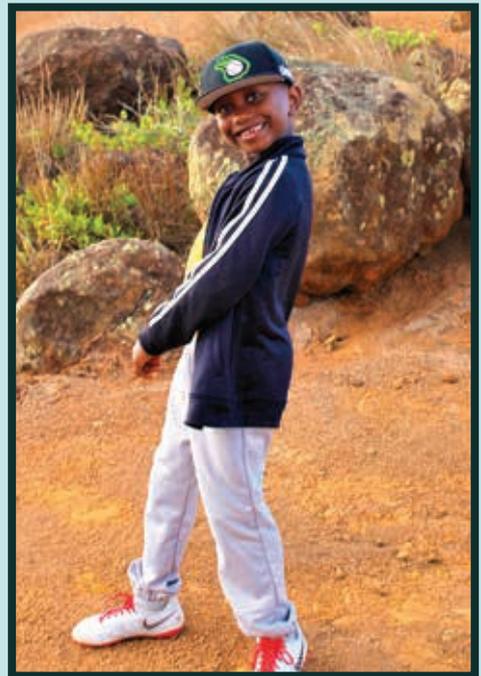
In spite of not having an in-person program, 75 participants registered this year, including 16 off-island learners who were eager to learn more about Lāna‘i. Because we expanded our age range to include elementary students and since the material was available online, we were able to engage many more students than in previous years. Also, we heard amazing feedback of families being able to learn together. Parents and siblings learned alongside students, and some even ventured to some of the storied places they had learned about! We hope this encourages our community to continue learning about Lāna‘i as an ‘ohana. Finally, we hosted our first virtual hō‘ike celebration on July 31—live-streamed on our Facebook page and featured live music from Ei Nei and words of appreciation from Kepā and our kumu. We have had more than 1,200 views so far!

Through the generosity of various grantors and community partners over the years, we have been able to offer the program free of charge for all participants. This year, we mahalo Kamehameha Schools Community Investing and Pūlama Lāna‘i for their contributions to the program. We would also like to acknowledge the LCHC Board of Directors and volunteers for their service to our mission. We mahalo our Executive Director Kepā Maly and his wife Onaona for their lifetime of work to preserve our island’s history and stories so that we may be able to share this knowledge with our keiki.

We recognize Jana Kaopuiki, Caitlin Kaopuiki, Ikaika Ramones, and Shelly Preza for their efforts to create and implement this year’s virtual program. Lastly, we would like to acknowledge our program participants—mahalo for helping us honor our beloved Lāna‘i by learning its stories and culture. E ola Lāna‘i a Kaululā‘au!



Alaina Alconcel with Hi‘i activity.



James Henry, visiting Keahiakawelo.



Saadei and Sandra Ropa, visiting Hi‘i.



Gizelle and Bronson Bolo



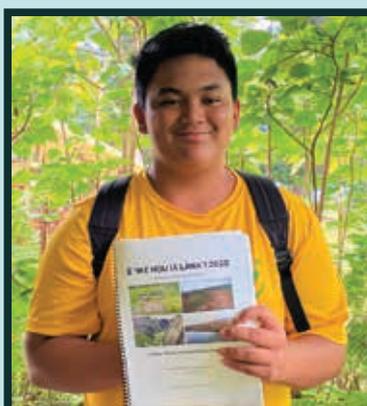
Kea Woolsey



Lorel Janikowski with nanny Irene Graham



Haden, Haley, Braden and Ben Ostrander



Jake Ropa



Sheilah Acgaoili, Abigail and Mary Claire Manuel



Spencer and Peter Chew

# Lāna‘i Community Health Center



LCHC has achieved NCQA Patient Center Medical Home Recognition, with Behavioral Health Distinction, once again

We continue to strive to provide you and your family with innovative healthcare, with a focused, culturally sensitive, holistic, patient-centered approach.



*E Ola Nō  
Lāna‘i  
Life,  
Health  
and  
Well-being  
for Lāna‘i*



## National Health Center Week (August 9 – 15)

is an annual celebration to raise awareness about the mission and accomplishments of America's community health centers like LCHC. We serve as the beacon of strength, service and care in our communities. In moments of pain and loss, we offer support and love. In moments of triumph, we offer hope and a vision for the future. We come together this week to celebrate the roles LCHC and all Community Health Centers have played. This honors front

line providers, staff, and beloved patients who lost their lives during the (ongoing) COVID-19 pandemic. From the very beginning of the crisis, LCHC and all Community Health Centers began finding innovative ways to provide preventative and primary care. During this remembrance, light a candle for those we have lost. As we commemorate those lives and celebrate the future of Community Health, let's share the value of primary health care for underserved populations and everyone it touches. **LCHC would like to thank our supporters, Board of Directors, staff, and most especially our patients! We're here for you! Call us to schedule your next appointment!**

### LCHC offers Family Planning services

We strive to help women and men become parents when they are ready. Family Planning also helps parents space children two or more years apart to better provide a nurturing home and supportive family life.

A goal of Family Planning services is to increase planned pregnancies and improve the reproductive health of individuals and communities. Men are encouraged to participate in family planning and other reproductive health services offered.

Services include:

- Health Exams
- Birth Control: Nexplanon, Oral, Patch and Injectable
- Emergency Contraception
- Pregnancy Tests and Counseling
- Tests for Chlamydia, Gonorrhea, Syphilis, and HIV
- Cancer Screening
- Referral to Other Services
- Health Education
- Infertility Prevention
- Preconception
- Reproductive Health
- Reproductive Health Plan

### Perinatal Support Services Program

Our (PSSP) provides support services and resources for high-risk pregnant women. The program's goal is to promote health, education, best practices, and increase the likelihood of positive birth outcomes.

Objectives include increasing early prenatal care; decreasing incidence of preterm, low, and very low birth weight infants; and improving participant's health.

PSSP provides services for pregnant women before, during, and after pregnancy (up to 6 months after birth).

What you can expect:

- A holistic approach by a multidisciplinary team of health care practitioners, including initial assessment, trimester reassessments, postpartum assessment, interventions, and follow up services in: OB/Tele-OB, nutrition, counseling, health education and psycho-social services.
- Prenatal Care including expected delivery date, nutrition, physical activity, common pregnancy concerns, and monitor your health as well as your baby's health.
- Screenings and support for depression and/or reduce the use of alcohol, tobacco, and other substances during pregnancy.

### Your next dental visit

LCHC continues to take steps and actions that will prevent the spread of COVID-19 and protect patients and staff. And, as we start to see non-emergency dental patients, we want to let you know what to expect!

Please be sure that you have not had any of the COVID-19 symptoms of fever, dry cough, shortness of breath, or loss of taste or smell, sore throat, muscle pain, chills, headache, runny nose, nausea/vomiting, diarrhea, or fatigue. If you are feeling ill, please reschedule coming to your appointment. Also please remember to wear a mask and review the contacts you have had within the last 14 days to ensure that you are reasonably Coronavirus safe. It is no longer considered safe for you to bring your unattended children with you to your dental appointments. Honesty and adherence to these measures protects your front line health care workers and your community.

On arrival at the clinic, you will be asked to remain in your car or in the parking lot and then call the reception desk on your cell phone to tell them that you have arrived. There will be a staff person on the front porch who will invite you onto the porch when it is safe for you to do so. Put your mask on and check that it covers your nose and mouth before you come on to the front porch. That person will ask you a few screening questions, and take your temperature. You will then be directed to enter the building when it is safe for you to do so. Please maintain 6-foot social distancing from others in any of the waiting areas and continue to properly wear your mask.

When the Dental Assistant brings you into the Dental Clinic, they will review your appointment plans, medical history, medications and allergies. They will also take your blood pressure, weigh you and may perform some comprehensive health screenings. You will notice a few new infection control measures as you enter the treatment area. These measures may be intimidating to children and some adults, but they are in place to make dental care safer for you and the providers. First, you will notice that the clinical staff will all be wearing hooded masks that make them look like astronauts. These masks prevent aerosol transmission of coronavirus. Next you will be asked to rinse for one minute with a mouthwash. This mouthwash kills any virus in your mouth and greatly reduces the viral load of any aerosols and droplets that are produced during dental care. You will also notice an air purification unit on the floor of the operatory. These units provide one complete air exchange in the room every four minutes, and sterilize the air with a fine mesh filter and ultraviolet light. You will probably not be aware of our room disinfection procedures, as this complete disinfection of the room will only happen after you have exited.

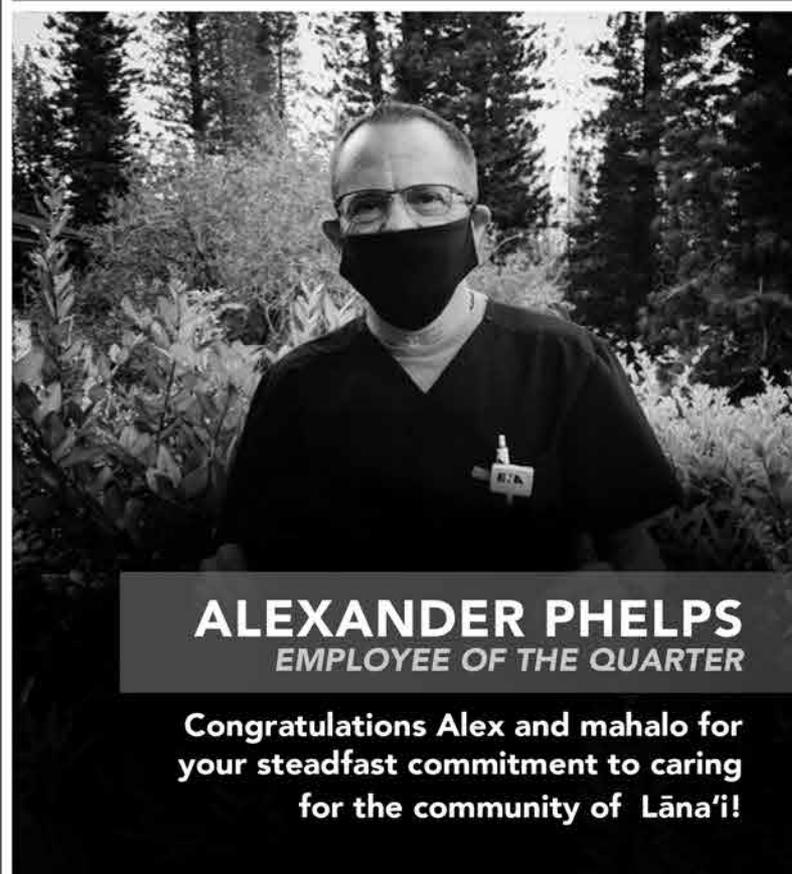
Remember! Good home dental care in addition to professional check-ups and dental cleanings are proven to help. Additionally, treatment of dental problems is best done early. If you know that a filling is out or that you may have a cavity, treating these immediately is the best way to prevent more extensive and expensive needs. Please do not wait for something to hurt before you come to see the Dentist!



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



**MAHALO**  
*to our health care heroes!*



**ALEXANDER PHELPS**  
EMPLOYEE OF THE QUARTER

**Congratulations Alex and mahalo for your steadfast commitment to caring for the community of Lānaʻi!**



**PAID NURSE AIDE TRAINING PROGRAM**  
Start a new, stable career in healthcare today

Kula Hospital is currently accepting applications for its next paid Nurse Aide Training Program. Students are paid for the duration of the six-week, hands-on training at Kula Hospital. After successful completion of the program and final exam, students will earn a Nurse Aide certification and will be offered full-time employment at Kula Hospital or Lānaʻi Community Hospital as a Certified Nurse Aide (CNA).

career in healthcare and who may not have the time or financial means to take nurse aid training classes. The program starts **October 19, 2020** with limited spots available. Classes are just two days a week, allowing those with full-time jobs to continue working throughout the week. Don't wait, apply today! Submit your application by **September 1, 2020**.

No experience or degree required!

For more information, visit [mauihealth.org/kulacna](http://mauihealth.org/kulacna).

This is an amazing opportunity for anyone looking for a stable

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



**Lānaʻi Community Hospital**  
MAUI HEALTH

# *We're here for you.*

Everyone now sees how vulnerable we all were:  
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to economy-wide business closures that have left  
thousands without health insurance  
or access to care.

We've been caring for Maui County for decades,  
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behavioral, drug, vision and other services to  
over 18,000 patients. We're on the front lines  
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private insurance, Medicare, Medicaid,  
or no insurance at all,  
we're here for you.

And long after this pandemic is over, with the  
continued support of our county's leaders,  
we'll *still* be here for you.

Visit our website to learn more, and to find  
the nearest health center today.

*Community Health Centers of Maui County*

Hāna Health | Lāna'i Community Health Center | Mālama I Ke Ola Health Center

Molokai Community Health Center



[www.mauicountyhealthcenters.org](http://www.mauicountyhealthcenters.org)



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The Island

The Agent

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## SENSEI FARMS

## We're Hiring!

📍 Lāna'i

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

Throughout 2020 we'll be hiring for roles in a variety of capacities including harvesting, logistics, food safety, and greenhouse operations.

We are looking for candidates interested in:

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

We are currently looking to fill the following positions:

- ▶ *Logistics Associate*
- ▶ *Operations Associate*
- ▶ *Product Quality Associate*

Please apply at [sensei.ag/careers](https://sensei.ag/careers) if you're interested in joining the team.

For direct inquiries please contact:

Scott Pisani at [scott@sensei.com](mailto:scott@sensei.com)

# West Maui Sports & Fishing Supply



*Mahalo for your business!*

## Offering Lanai Residents Spring/Summer specials

on dive lights, spearguns, pole spears, Ulua poles.

New arrivals: Penn Fierce III, Conflict, Pursuit, Spinfisher VI reels!

**808-661-6252**

**westmauisports.com**

visit our new location near Foodland and Nagasako's  
843 Wainee St., Suite F3

## Healing Body Work with Justin MAT#15032

- Swedish
- Lomi
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- Sports
- Reflexology
- Shiatsu
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Customize and create your very own restorative healing body session @Mimisplacelanai  
Call or text (808) 280-1730

## Lāna'i Hardware & Lumber

We have the tools and supplies you need to spruce up your home and garden.

We also offer color-matching with Pittsburgh Paints, key-making services, bagged goods for gardening projects, and materials for plumbing and electrical work.

We also feature an array of birthday and greeting cards.  
Come check us out!

### OPEN:

Monday to Friday, 8:30 a.m. to 5:30 p.m.  
Saturday, 8:30 a.m. to 5 p.m.

### CLOSED for LUNCH:

12:30 p.m. to 1:30 p.m.

**New barge delivery schedule will affect our hours of operation.**

Please call for most current information, **565-9394**.



Centrally located at 1110 Lāna'i Avenue, next to the service station.

**565-9394**



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**DINNER - MON - SAT**  
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CALL FOR RESERVATIONS

**808-565-9628**

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[www.HomesonLanai.com](http://www.HomesonLanai.com)

## WELCOME BACK TO SCHOOL, STUDENTS!



Now is the age of Zoom and distance learning, of following safety guidelines and wearing facemasks. But needing the old standbys of crayons, paper and pencils hasn't changed. Get your school supplies at Pine Isle Market. We've been supporting students and their families for generations.

Hours of operation as of June 4  
Monday through Saturday - 8 a.m. to 7 p.m.  
Sunday only - 8 a.m. - 5 p.m.  
8 a.m. - 9 a.m. - Kupuna-only

**PINE ISLE MARKET**

Your neighborhood grocer since 1949

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



10% Discount for Lāna'i Residents!

For back-to-school fashion, Mia sports a camo hoody that's trendy and comfy, and wears a facemask, since no outfit is complete without it these days, Also required in this age of COVID-19: a roll-with-the-punches, unflagging resilience.

It's an attitude that will never go out of style at *The Local Gentry*. We'll get through this together, one day at a time. Stay strong, Lāna'i!



Now Open:  
10 a.m - 5 p.m. Mon - Sat.  
Sun. - 10 a.m. - 2 p.m.  
808-565-9130

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## WELCOME BACK TO VIEWS



Join us as we debut new dishes: Lū' Au Pork and Spicy Crispy Chicken Sandwiches, Salmon Wraps, Beet Poke and a selection of new beverage offerings.

Lunch 11:00 am – 3:00 pm

Call for reservations (808) 565-2230



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Lāna'i City, Hawaii 96763  
Call/Text (808)280-1730

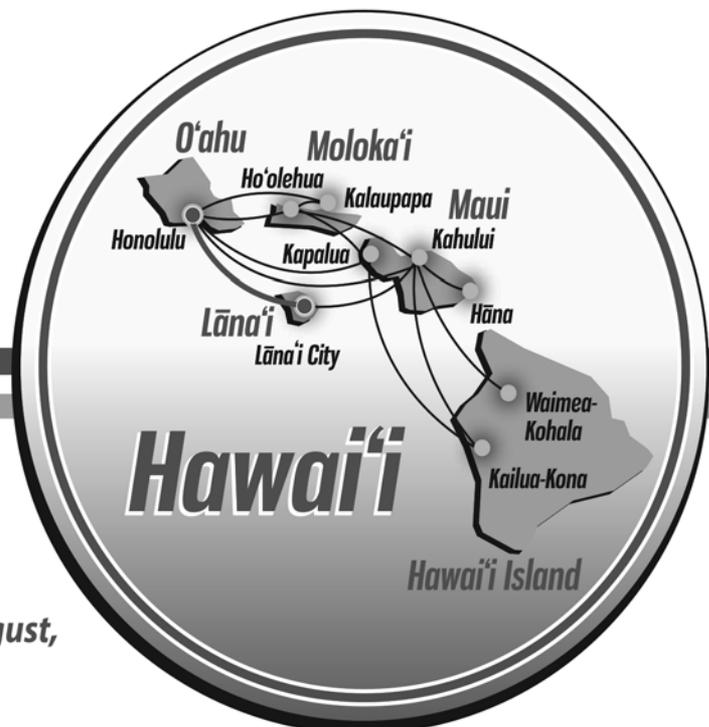
# Aloha MOKULELE

P A S S E N G E R S

## More Options for Lāna'i

Two Daily Flights between Lāna'i and Honolulu

Two Daily Flights between Lāna'i and Kahului



During the 14-day inter-island quarantine Mokulele will only be operating flights to Kahului.

If you do not need to travel during the month of August, please stay home and stay safe.

In the age of Covid, choose to travel on smaller aircraft, with less personal contact, and the ability to bypass crowded terminals and TSA lines. Truly, it is more important than ever to fly smaller, fly smarter, fly safer!

MokuleleAirlines.com

1-866-260-7070





## BUSINESS SERVICES FOR LANAI

ONE-ON-ONE TECHNICAL BUSINESS ASSISTANCE. HELP WITH:

- ▼ Business registration
- ▼ Filing GET tax forms
- ▼ Business Marketing
- ▼ Understanding business financials
- ▼ Small Business Loans for Startup or existing Lāna‘i Businesses

David Daly Director  
808 243-4318  
Email: david.daly@meoinc.org



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## HALE KUPUNA ‘O LĀNA‘I

1144 Ilima Avenue, Lanai City, Hawaii



### Minimum Requirements at time of application:

1. Must be at least 62 years old.
2. RD Income Limits:

One person - \$34,900

Maximum Two persons - \$39,050

Must be capable of achieving an independent living status.

Call office for more information  
**565-6615**



Lāna‘i City  
Bar & Grille



## A DINING EXPERIENCE *Tailored for You*

Whether you're planning to dine in or an evening in, you can enjoy a delectable meal from Lāna‘i City Bar & Grille. We now offer online ordering, which makes it even easier for you to schedule pickup and delivery.

**Tuesday - Thursday, 4 - 8PM**  
**Takeout • Delivery**

**Friday - Saturday, 5 - 9PM**  
**Takeout • Delivery • Dine-In**



**SOCIAL DISTANCING  
GUIDELINES WILL  
CONTINUE TO APPLY**



**CONTACT US**  
**563-0936**

[LANAICITYBARANDGRILLE.COM](http://LANAICITYBARANDGRILLE.COM)

THE LAST WORD

# Team-building and trust in the time of COVID-19

Contributed by Kyle Bruser, chief operating officer, Synergo



One of the benchmarks of the Lānaʻi Adventure Park is our ability to craft custom adventure programming for groups, organizations, companies and teams based on their desired outcomes; be they trust, communication, teamwork, leadership, problem solving, etc. Pūlama Lānaʻi approached us with a very intriguing set of goals: what does teamwork look like in a COVID-19 context and what does supporting one another look like in a context of social distancing, quarantine, and other frameworks necessitated by the pandemic?

Our management team met to brainstorm how we could incorporate these ideas and landed on using the metaphor of the rope as our primary theme for the Pūlama Lānaʻi Team-building days. What better way to show one another what trust, support and encouragement look like in a distanced context? Through the climbing rope, we remain not only connected, but can still empower and enable one another to access remarkable personal goals.

But that's just one example of how we create very intentional experiences for specific groups. At the end of the day, the individual elements that make up our park are educational tools. With thoughtfulness and planning, our guides use these tools to create microcosms of life itself. I cannot count the number of times I've had someone complete their experience with us and say, "Well if I can do that, what can't I do!"

