

LĀNA'Ī TODAY

FEBRUARY 2021

The new Lāna'ī Art Center: same building, different look

See pages 4 and 11



Under new leadership, the LAC has been transformed to a gorgeous art gallery. Come meet the new co-directors, Caleb Goodwin and Katie McQuinn, who have revamped the space with an emphasis on balance and flow, while still showcasing the works of local artists. The co-directors have created the Lāna'ī Academy of Visual Arts program (LAVA) for youth ages 12-18, which focuses on a variety of art, including glass, ceramics and photography. Classes for adults, including ukulele-making and glassblowing are in the works. Come check out the new LAC!

Photograph by Ron Gingerich

Geography is character

My mother would scrub the canvas chaps that my brothers and sister wore in the fields at the end of each work day in the summer. She stood on a step stool, her hair still wrapped in a bandana from her own work picking pineapples, and would lean over a wooden washboard slanted at an angle and push the scrub brush across the dampened canvas pants, splattering the wash sink a reddish-brown from the dirt of the fields.

She was mindful of water, scooping just enough of it with her hand from a small plangana to wet the canvas and let the smear of Lava soap, and a vigorous sawing up and down the pant leg with a scrub brush, do their own good work. It never occurred to me to ask why the canvas pants needed to be immaculate when they would only get dirty again, or why my mother scoured them by hand when we had a washing machine, or why we couldn't just soak the canvas pants in diluted bleach in the sink and call the work good enough.

There was an unspoken code in my family about being thorough, doing the work that was required, and sometimes, going beyond that and about not cutting corners, which was the mark of a lazy person, or worse, a cunning person. Was I going to be that lazy, sneaky child? No, I would answer in my head. *In a thousand years, never.* Doing good work, especially if it meant physical exertion, was sacrosanct in my family.

At any rate, my job was not to ask questions. My job was to hang the laundry on the clothesline and watch the scrubbing so well that by the time I was twelve and old enough to be left home alone, I could turn out canvas pants, and other laundry, equally spotless, scrutinizing hems and sleeves for stains, and would know exactly what work needed to get done before everyone came home from the fields.

In graduate school, the schedule to submit stories for a fiction workshop was demanding, even for people who loved to read and write. Every couple of weeks, a new short story was due. There were other writing assignments from other classes, but writing the short story was where my classmates and I lived, nailing together scraps of wood, building trusses for the roof, trying to fashion from our lives, from our memories and observations and fascinations, from the particularities of our background, from literary masters whose techniques we were studying, our own solid, handsome cabin that would, even after a hailstorm of critique and analysis and scrutiny, still be standing. That it might, after many rewrites and ruthless cutting and polishing, lead to publication was, of course, the goal.

The short stories that arrived every week reflected the writer, giving voice to his or her particular set of quirks and preoccupations, to his or her own astonishments and the truths of his or her life. If a writer is lucky, she knows what her subject is, what she is exploring and trying to understand about her life, or the world, or what family means.

It was in graduate school that I discovered to my amazement that most of the stories I wrote were about Lānaʻi, a place I couldn't wait to leave as soon as I graduated from high school, a place of never-ending fields of pineapples and the red dirt from which they grew, a small town where everyone knows everyone, a place where we all are, as I fictionalized in my first published story, "related by blood or marriage or scandal."

I wrote about the red dirt and young pineapple pickers, the tide pools in Hulopoʻe Bay, the boulders in Keahiakawelo that spooked me. I wrote about Lānaʻi Hale and the peace I found there. The stories are fictional, but they are grounded in facts, by history and geography and the sometimes invisible threads that connect us. I had been doing the work required of a writer, which is attentiveness with empathy, and hadn't even known it.

I'd spent decades away, in various parts of the world, and I thought I would feel estranged when I returned home, but how wrong I was. I'd been carrying Lānaʻi in my heart all those years.

Loss is my subject, but it is also about place, how geography shapes us, gives rise to character. The red dirt of Lānaʻi and what it represents will always be part of who I am. Lānaʻi has seeped into my bones.



Nelinia Cabiles

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Lānaʻi offers 140 square miles of healing



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Vaccination news

Contributed by the Lāna‘i Emergency Preparedness Group

As of February 1, 2021, more than 650 Lāna‘i residents (over 19 percent of our island’s estimated population of 3,400) have been vaccinated against COVID-19. Most individuals in the highest priority groups (healthcare personnel, first responders, and residents 75 years or older), who expressed interest in getting the vaccine have already received their first or second dose. We are still a long way from the recommended 70 percent community vaccination rate needed to achieve “herd” immunity, but Lāna‘i is steadily making progress.

Similar to the rest of the state, our island still faces trials in procuring steady sources of COVID-19 vaccines. So far, the main suppliers of on-island vaccines have been Lāna‘i Community Hospital (Pfizer-BioNTech) and the Maui District Health Office/Department of Health (Moderna), with distribution responsibilities being shared among all Lāna‘i healthcare providers. Both Lāna‘i Community Health Center (LCHC) and Straub Medical Center-Lāna‘i Clinic (Straub Lāna‘i) are working on getting their own vaccines, while Rainbow Pharmacy hopes to eventually have supplies.

How do I know when I can get a vaccine?

The state of Hawai‘i provides recommendations – with some latitude – about how to prioritize vaccine distribution, based on Center for Disease Control guidelines. Because Lāna‘i is a rural community with limited medical resources, it is important to give our kūpuna, vulnerable populations, and individuals whose daily responsibilities may greatly impact our island first priority. Please pay attention to official Hawai‘i news sources about which groups are being vaccinated so that you have a good idea of when you might first qualify.

Who’s currently getting the vaccine on Lāna‘i?

Right now, efforts on Lāna‘i are mainly focused on:

- 1) insuring that seniors (65 years old and older) and medically vulnerable residents are vaccinated;
- 2) providing an additional vaccination opportunity for individuals in the upper tiers (e.g., age 75 or older, healthcare staff, first responders).

Depending on the number of vaccines arriving at any given time and the logistics involved, there may also be vaccine clinics that focus on certain organizations, particularly those with a high concentration of essential workers.

I think I qualify for a vaccine; now what?

If you haven’t already done so, contact your Lāna‘i primary healthcare provider (PCP) to be placed on a wait list. If you do not have a Lāna‘i PCP, please call Straub Lāna‘i, (808) 565-6423, or LCHC, (808) 565-6919, to learn how you can become a patient.

If I hear about a vaccination event, can I just walk/drive in without an appointment?

No. Only individuals who have been contacted by an official representative of the Lāna‘i Public Health Nursing Office, Lāna‘i Community Hospital, LCHC, or Straub Lāna‘i; and who have been given an appointment date, time, and instructions should attend a vaccination event. All vaccines are accounted for beforehand and vaccines from cancelled appointments must go, when feasible, to prioritized individuals who are already waitlisted.

Are there a lot of people on Lāna‘i who want the vaccine?

Many residents seem to be very interested in being immunized against COVID-19. While no vaccine provides 100 percent protection against COVID-19, being vaccinated can decrease the likelihood of getting COVID-19 and studies suggest that symptoms may be milder for vaccinated individuals who do get COVID-19.

Thank you for your aloha toward our medical providers, who are eager to vaccinate as many people as possible. All Lāna‘i medical agencies are working together as one team to seek out vaccine sources and get them to the public quickly. By vaccinating our community, we further the goal of preventing new cases, limit strain on our island’s sparse medical resources, and restore Lāna‘i’s economic and social life.



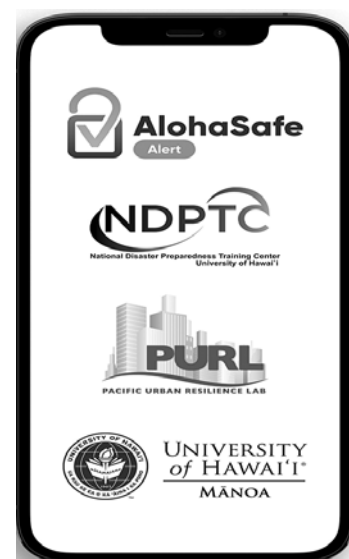
Wanted: Call for survey participation from AlohaSafe alert

We want to take this opportunity to thank you all for participating in the pilot testing of the AlohaSafe Alert app. It has been a great privilege for us to learn how a community can come together to stop the spread of COVID-19, and we would like to know more about how this app impacted you, your loved ones, and your community.

For this, we are asking for your participation in this brief survey, which is jointly administered by the National Disaster Preparedness Training Center ([NDPTC, ndptc.hawaii.edu](http://ndptc.hawaii.edu)) and the Pacific Urban Resilience Lab (PURL) at the University of Hawai‘i-Mānoa. It is focused on the use of the AlohaSafe Alert Exposure Notification app in your community.

The survey results will help researchers understand the app’s effectiveness in determining residents’ exposure to COVID-19 and reducing infection spread on the island. The NDPTC and PURL at UH-Mānoa are supported by the U.S. Federal Emergency Management Agency (FEMA) and community partners to conduct research and develop training courses for first responders and emergency managers.

We appreciate your kōkua. The survey is available online at: <http://www.hawaiicovidstudy.org>. Mahalo!



New feature: ‘Ōlelo No‘eau

Starting with the February 2021 edition, the bottom of each editorial page of *Lāna‘i Today* will feature the Hawaiian sayings collected in *‘Ōlelo No‘eau, Hawaiian Proverbs & Poetical Sayings* by Mary Kawena Pukui (Bishop Museum Press, Honolulu, 1983).

The reason behind this new feature may be best expressed in the book’s Preface by its editors, Eleanor Williamson, Andrew S. Elston, Christine Kirkham, and Henry Bennett: “The sayings may be appreciated individually and collectively for their aesthetic, historic, and educational values. They reveal with each new reading ever deeper layers of meaning, giving understanding not only of

Hawai‘i and its people but of all humanity. Since the sayings carry the immediacy of the spoken word, considered to be the highest form of cultural expression in old Hawai‘i, they bring us closer to the everyday thoughts and lives of the Hawaiians who created them. Taken together, the sayings offer a basis for an understanding of the essence and origins of traditional Hawaiian values.”

The sayings will be given first in Hawaiian and followed by Kawena’s literal or near-literal translation into English (*in italics*); the vast majority are clarified through her explanation and commentary (no italics). Where possible, the passages have been made gender neutral, from “he/his” to one/one’s”.

Aia anei ka maka i ke kua o ‘ike ‘ole iho? *Are the eyes on the back that one cannot see what is being done?*
Said of one who declares that one doesn’t know how to do a certain thing and perhaps will not be able to learn (Pukui 6).

Redesigned LAC: focus on classes, local artists

Text and photography by Nelinia Cabiles

The contrast between the old space and the redesigned Lānaʻi Art Center is stark. Gone is the haphazard arrangement of art with ceramics, kids' art, textiles and ornaments. Now there is unity and balance, a sense of order and harmony. It's a re-envisioning of space that has truly transformed the gallery.

At the entrance, there is a display of artwork by an artist of the month, a new approach to showcase a local artist. Then, moving counter-clockwise, there are handcrafted jewelry, paintings, handmade cards. There are beading supplies, and a corner dedicated to keiki art. Gytaku prints, glass art and woodworking dominate the front area. Each section is well-defined and distinct – analogous to a graphic artist's good use of white space.

"We wanted [it to be a] more cohesive experience. We've had six months here to interact with people, to feel what they're feeling and thinking about," says Katie McQuinn, who, along with her husband, Caleb Goodwin, is co-director of the LAC. They kept the gallery open as they re-organized art pieces and reconfigured the space. No easy task, especially in the midst of a pandemic. But Goodwin and McQuinn are extraordinarily upbeat and grateful people, focusing on the opportunities they've experienced because of the pandemic.



"Caleb has been doing an incredible job working with artists in the community, letting them know we're bringing classes back," says McQuinn. Goodwin, who is also the gallery manager, has been collaborating with Vince Cabanilla, a woodworker, to curate pieces for the gallery.

McQuinn and Goodwin bring creative energy and fresh ideas to the LAC, a nonprofit that relies heavily on donations, and proceeds from sales of art pieces; or art supplies, (located in the back), which accounts for about eighty percent of the gallery's revenue.

They created the Lānaʻi Academy of Visual Art (LAVA), a five-week course that, in this second round*, offers about twenty classes, focusing on a variety of mediums, including; glass, ceramics, painting, jewelry making, creating with found beach art, photography and woodworking. The length of each class varies, but is always at least an hour long. (*The first round ran in Fall 2020, in between the island shutdowns.)

"We're taking sign-ups now for preteens and adults. We want people to let us know what they want to learn," says Goodwin. Individual memberships are \$35 per year; household memberships (up to four people) are \$60 per year. Classes are free to members. An ukulele-making class for adults is coming soon. All COVID-19 protocols will be followed.

The class that the co-directors are most excited to introduce is glassblowing. Goodwin, a glassblower and framemaker, has over twenty years of experience in the art form. The equipment is now in place, including an Oxygen Frog System, which provides the oxygen that powers the torch. "[The company] donated some integral pieces of equipment along with our purchase of the system, which we are so grateful for," says McQuinn. The purchase was made possible by grants and the generosity of the local community.

"I'm ready to find a [glassblowing] apprentice," Goodwin says. "My main focus for moving here is to teach locals to blow glass, to really teach it, so they can blow glass for life. As a career." Being a glassblower or framemaker (see page 11) on Lānaʻi, might not have ever entered anyone's mind as a viable career, but that might be because the opportunity has never been available, but a master glassblower is now here, passionate about the art and ready to teach the three-thousand-year-old art form. As with the space, perhaps a little re-envisioning of what is possible might be just what curious students need to transform their lives. For more information on glassblowing and other classes, call (808) 565-7503. To show your support, shop online at smile.amazon.com/ch/99-0289835.

Watch out for COVID-19 scams

The Hawaiʻi State Department of Health (DOH), in collaboration with the Office of the Attorney General, Executive Office on Aging's Senior Medicare Patrol Hawaiʻi (SMP), and the Department of Commerce and Consumer Affairs, is alerting Hawaiʻi residents about new COVID-19 vaccination scams, which are on the rise across the nation.

Scammers usually send phone and text messages demanding individuals call back to receive a COVID-19 vaccination in exchange for money. Callers may falsely claim the vaccine will cost one thousand dollars and be available only for three months, a limited time to create a false sense of urgency, as in a recent case involving a call from Jamaica to a Hawaiʻi resident.

"All COVID-19 vaccinations are free. At no time should anyone pay for the vaccine," says Dr. Elizabeth Char, director of the Hawaiʻi DOH. "Everyone, including kūpuna, will eventually have an opportunity to receive their vaccine."

SMP Hawaii offers these tips:

No one can pay to "jump ahead of the line" and receive earlier access to a vaccination.

No one who calls from the Hawaiʻi State DOH or its trusted partners concerning the COVID-19 vaccination will ask you for your Social Security number, bank account, credit card number or related personal information.

Legitimate authorities do not ask for payment in exchange for the vaccine – just hang up.

OBITUARY

Melissa Monroe

October 25, 1976-January 30, 2021

There will be no formal services for Melissa Monroe, 44, Lawrence, KS. Melissa passed away Saturday, January 30, 2021, at her home.

Melissa was born on October 25, 1976 in Normal, IL, the daughter of Alan D. and Paula S. (Conroy) Monroe.

Melissa graduated from Bard College at Simon's Rock with a degree in Theatre. She attended Illinois State University and received a Bachelor's degrees in Philosophy and English Education, and a Master's degree in English. She taught English in South Korea for several years and taught English at Lānaʻi High School from 2006-2013. Melissa and her three children moved to Lawrence in 2013. Friends and family remember Melissa's love for her children, teaching, adventure, and advocacy.

Survivors include her parents, Alan and Paula Monroe, sister, Amalia (Ben) Monroe-Gulick, and children Ai'isha, Isaac and Ismail Loufa-Monroe.

Memorial contributions may be made in Melissa's name to the Lānaʻi Cat Sanctuary or Moms Demand Action, and may be sent in care of Warren-McElwain Mortuary, 120 W. 13th Street, Lawrence, KS 66044. For more information or to post a condolence go to warrenmcelwain.com



'A'ohē komo o ka ha'i pua'a ke pa'a i ka pā - Other people's pigs would not come in if the fence were kept in good repair. Be prepared always, and you'll find yourself free of trouble. Also, evil influence cannot enter when one keeps one's own mental realm fortified from within (Pukui 21).

Pay attention zone

A crosswalk, along with a paddlesign to STOP for a pedestrian, now exists at the corner of Sixth Street and Lānaʻi Avenue, reminding drivers to pay attention and slow down. It's the visual equivalent of an exclamation point.

The safety project is the fruit of a letter-writing campaign that residents initiated, among other efforts, after a fatal accident at that corner in November 2019. Robbie Sanches, district supervisor of Lānaʻi's Highways Division, said the materials for the project arrived in late January 2021. Crew members Brandon Agliam; Elton Atacador; Henry Costales; Norraine Pascua; and Ricky Sanches, Jr. , painted the crosswalk and erected paddlesigns along Lānaʻi Avenue.



Corner of Sixth Street and Lānaʻi Avenue

Free telepsych visits for residents in rural areas

Although there are a few things on which we can all agree, one thing is unequivocal about our lives right now: these are very trying times.

If you are or someone you love is experiencing stress or anxiety and would like to talk to a mental health professional, visit mentalhealthhawaii.info.

Follow the links and talk to a healthcare professional on your phone or computer. Hawaiʻi UTelehealth is offering this free service to residents in rural areas in Hawaiʻi, which includes Lānaʻi. No health insurance is needed, no previous mental or behavioral health diagnoses needed. If you have health insurance, the provider may bill the insurance. These telepsych visits provide patients and health care providers a convenient alternative to time-consuming in-person visits at a healthcare facility or doctor's office that require travel to and from the facility and increase the risk of exposure to infectious disease. Primary care providers, social workers, psychologists, psychiatrists, and substance abuse counselors are available.



A DLNR project that had languished for over a year finally receives the attention it deserves. Pūlama Lānaʻi's Lānaʻi Builders took over the project's helm and painted the lines in the upper parking lot at Mānele Small Boat Harbor, completing the work January 27, 2021, in two and a half weeks. Commentary and photograph by Nel Cabiles

EIP debit cards arriving by mail are legitimate

The state Department of Commerce and Consumer Affairs Office of Consumer Protection (OCP) reminds Hawaiʻi residents that their Economic Impact Payments (EIPs) may arrive in the mail by form of prepaid debit card, instead of by paper check or direct deposit.

Earlier in January 2020, the U.S. government began issuing approximately eight million EIPs by prepaid debit card via U.S. mail. The Internal Revenue Service stated that forms of payment in this second round may differ from those received in the first round. Thus, Hawaiʻi residents who did not receive the debit card last year may possibly receive a debit card this time and so, should not accidentally discard it.

Activating the card requires providing private information, including the recipient's Social Security number. Those unaware of the change may be skeptical of the unsolicited VISA debit card delivered in the mail.

"While consumers should always be vigilant before providing personal information to anyone offering or sending unexpected money in the mail or email, consumers can rest assured that these debit cards are not a scam," said Stephen Levins, executive director of OCP. "In order to fully protect themselves, recipients should only call the number listed in the IRS instructions and refrain from divulging any information to anyone else."

The card will have the words "VISA" and "DEBIT" on the front and the issuing bank, MetaBank, N.A., shown on the back. The envelope will display the U.S. Department of the Treasury seal.

EIP Card recipients can make purchases, get cash from in-network ATMs, and transfer funds to their personal bank account without incurring any fees when following instructions included with the card. They can also check the card balance online or by phone or mobile app. The card also provides consumer protections available to traditional bank account owners, including protections against fraud, loss, and other errors.

For more information about the EIP Card, consumers can visit: <https://cca.hawaii.gov/ocp/eipcards/> Consumer questions about Economic Impact Payments should be directed to the IRS: <https://IRS.gov/EIP>.

Mokulele adds new flights to Lānaʻi

Mokulele Airlines, the sole airline serving Lānaʻi and Molokaʻi since Hawaiian Airlines suspended its service January 14, 2021, has expanded its flight offerings between Honolulu and Lānaʻi. The new total of daily departures from Lānaʻi is nine: six to Honolulu and three to Kahului. These additional flights, Mokulele's third schedule revision, come in response to greater demand from customers making same-day trips between the islands.

In addition to increasing capacity to meet market demand, Mokulele has been working with elected officials to provide more flight options for passengers with special needs. "We were custom building airplane ramps for heavy people and those who have difficulty climbing steps," said Richard Schuman, executive vice president of Mokulele. "Representative Lynn DeCoite and Senator J. Kalani English worked with 'Ohana Airlines to allow Mokulele to use the ramps left behind by the out-going carrier." Mokulele can immediately offer this service to passengers who need the assistance.

"Air transportation is essential to our island communities and something I feel we have taken for granted," said Rep. DeCoite, Hawaiʻi House District 13. "I truly appreciate Mokulele working hard to solve these issues so that people in our rural communities can continue to have reliable air service."

To meet the special needs of passengers, Mokulele worked with engineers to provide a special double-seat, capable of carrying a passenger who weighs over 400 pounds. The seat is twice the size of a normal seat and will be installed on an as-needed basis before a flight. Passengers-of-size will need to book their seats through the Mokulele Call Center and request the double seat at the time of booking. They must travel on flights that operate before 8 a.m. and after 5 p.m. The fare for the double seat is a flat \$130 per segment, because two regular passenger seats must be removed to accommodate it. There is currently no weight limit for passengers, but they must be able to walk onto the aircraft using a ramp.

Mokulele Airlines' policy has always been to offer fares lower than those of competing airlines. Mokulele's highest maximum fare was at least \$40 less than Hawaiian Airline's. Now that Hawaiian has exited many markets, Mokulele has reduced that maximum fare, so that its highest fare will never exceed \$125, even on peak days when flights are mostly sold out. (Most fares on Molokaʻi and Lānaʻi are between \$56 and \$89.) It pays to book early in securing the lowest possible fare, because fares increase as the planes fill up. Booking fees are waived for heavy passengers (over 400 pounds) and for group/family bookings of four people or more. Mokulele's 24/7 Customer Service Center: (808) 495-4188.

'A'ohē mea koe ma kū'ono - Nothing remains in the corners.

Said of one who is extremely generous, giving freely without reservation (Pukui 23).

‘Ōlelo Hawai‘i

Contributed by Shelly Preza

February is ka Mahina ‘Ōlelo Hawai‘i, or Hawaiian Language Month. It is a time to celebrate Hawaiian language. ‘Ōlelo Hawai‘i is also known as “‘ōlelo makuahine” (mother tongue) for native Hawaiians. In traditional times, Hawaiian culture was an oral one. Our history, genealogies, and all knowledge was passed from generation to generation through our language. My ancestors told stories not just through speaking, but also through oli and hula. ‘Ōlelo Hawai‘i is the core of Hawaiian culture and native Hawaiian identity. Without our language, our connection to our ancestors, our traditions, our inter-generational knowledge becomes fragmented.

But to fully understand why ‘ōlelo Hawai‘i is so important today, we must take a journey back in history. After Western contact, rapid change occurred in the islands. In the span of just 150 years, 90 percent of the native population was decimated due to introduced disease. Think about that for a moment. Nine out of ten native Hawaiians gone, and with them — place names, mo‘olelo, mo‘okū ‘auhau. I think about my ancestors and the pain they must have experienced witnessing their ‘ohana pass before their eyes. Generations of cultural knowledge lost, in the blink of an eye.

But the loss of generational knowledge did not end with the tragic passing of thousands of Hawaiians. To add insult to injury, the territorial government of Hawai‘i, illegally formed after the unjust overthrow of Queen Lili‘uokalani in 1893, sought to suppress Hawaiian culture throughout the early 1900s. In 1896, the new government, constituted largely of American businessmen who perpetrated the overthrow, passed a law requiring English instruction in all schools, effectively banning the speaking of Hawaiian language by students. There are countless stories of children being punished for speaking their native language — in some instances, even enduring physical abuse from their teachers (even at Kamehameha Schools).

There were three generations whose language was ripped away from them. Generations of Hawaiian children taught that hula was sexual and uncivilized. Generations raised to be ashamed of their Hawaiian heritage.

By the 1980s, ‘ōlelo Hawai‘i, once spoken throughout the islands, was critically endangered, with few fluent speakers under 18 years old remaining. It was around this time that broader language revitalization began, spurred by native Hawaiians who understood the historical injustices of American colonization and who desired to reconnect with the culture that had been taken away from them. So, they developed language immersion programs, from preschool to college courses, aimed at educating youth throughout Hawai‘i.

Today, I would suggest that we are still amidst the revitalization of our language and culture. And when we reflect upon all the things native Hawaiians have lost, it is a reminder of how important it is to care for the things we have retained. Hawaiian or not, we can all do our best to learn how to say the name of our island correctly, for we are fortunate to have held onto the story of how our island got its name. Hawaiian or not, we all have the responsibility to reflect upon our own gaps in our understanding of Hawaiian culture and history. Hawaiian or not, we can all take the time and effort to understand the way social and political injustices continue to impact Hawaiians today.

I don’t write these words so that the Mahina ‘Ōlelo Hawai‘i will be a somber time to think about all that Hawaiians have lost. I share this knowledge in the hopes that this month, and every month of the year, we as a community can strive to celebrate, honor, and respect Hawaiian language and culture in the appropriate ways.

Ways to support ‘ōlelo Hawai‘i in our community:

Support organizations, programs, and individuals who promote ‘ōlelo Hawai‘i educational opportunities.

Learn traditional place names and proper pronunciation (i.e. Lāna‘i vs. Lanai, Keahiakawelo vs. Garden of the Gods, Kalaehi vs. White Stone).

Be mindful; take time to understand historical, cultural, and linguistic context of Hawaiian language before trying to use ‘ōlelo Hawai‘i.

Mahalo for your support in making Lāna‘i a place where ‘ōlelo Hawai‘i can thrive. E ola Lāna‘i a Kaululā‘au!

This article is the start of an ongoing series highlighting indigenous and local perspectives on Hawaiian culture and history. Shelly Kaleialoha Preza is ancestrally tied to Lāna‘i. She attended the Kamehameha Schools: Kapālama and earned a B.A. in English from Harvard with a minor in Ethnicity, Migration, and Rights.

Four Seasons Resort Lāna‘i named #1 Best Hotel in the U.S.

Four Seasons Resort Lāna‘i has been named #1 Best Hotel in the U.S.A by *U.S. News & World Report*, the global authority in rankings and consumer advice. The annual Best Hotels rankings evaluated more than 30,000 luxury properties across 400-plus destinations in the United States, Europe, Bermuda, Mexico, Canada and the Caribbean.

U.S. News scored luxury hotels (4-star and higher) using a methodology that combines each hotel’s industry awards with expert and guest reviews. Other mentions on the list include #1 in Best Hawai‘i Hotels, #1 in Best Beach Hotels in the U.S., and #1 in Four Seasons Hotels and Resorts.

“We are honored to receive this award again this year,” says Alastair McAlpine, general manager of Four Seasons Resort Lāna‘i. “This is a true testament to our dedicated team members, who delight in welcoming our guests to their island home and ensure they have an unforgettable experience with us on this beautiful island.”

For those seeking an escape to paradise, Four Seasons Resort Lāna‘i provides peace of mind for travelers, as they can bypass the airport wait in Honolulu and head directly to a private hangar for their charter flight to the island. Any new booking made by March 31, 2021 will include round-trip Honolulu flights on Lāna‘i Air, for overnight Resort guests. Inclusion is combinable with all offers; travel must be completed by December 31, 2021. * *Terms and conditions may apply*



Four Seasons Resort Lāna‘i

‘Imi Pono Challenge winners

The Maui County Council announced the student winners of the ‘Imi Pono Challenge at its January 15, 2021 meeting.

The Council initiated the ‘Imi Pono Challenge for middle school and high school students to harness bold and innovative ideas for bolstering Maui County’s economy. Of one hundred seventy-five entries submitted by students across the county, forty semi-finalists emerged, judged by a diverse panel of industry, community and entrepreneurial leaders.

Middle school winners are:

- Wyatt Van Der Lee, Grade 6, ‘Iao Intermediate School, 1st place, for his project, “Maui (Vertical) Greenhouses”
- Xavier Katsuda, Grade 6, ‘Iao Intermediate School, 2nd place, for his project, “Sprinkley Sprinklers”
- Kiana Kahale and Evalani Keawekane, Grade 8, Kamehameha Schools Maui Middle School, 3rd place, for their project, “Maoli Loa”

High school winners are:

- Noelle Lo, Grade 11, Maui High School, 1st place, for her project, “A Local Lens”
- Jacob Janikowski, Grade 10, Lāna‘i High & Elementary School, 2nd place, for his project, “Home Learning Desks”
- Michael de Haas, Grade 12, Kihei Charter School, 3rd place, for his project, “‘Imi Pono Feeds Maui”

“The ‘Imi Pono Challenge gave us just a glimpse of the innovation and diligence of Maui County students and the teachers who guide and encourage them,” said Alice Lee, Council chair. “While there are many challenges ahead for our community, it’s inspiring to know our young people have what it takes to meet them.”

To find information on the ‘Imi Pono Challenge and the winning projects, go to [MauiCounty.us/imipono](https://mauicounty.us/imipono)

‘A‘ohe mea nana e ho‘puhili, he moho no ka lā makani - There is no one to interfere, for he is a messenger of a windy day. Said in admiration of a person who lets nothing stop him from carrying out the task entrusted to him (Pukui, 23).

Revitalization of LHES' Natural Resources Program

Contributed by M. Kapua Weinhouse

Education has been hit hard during this pandemic. Budget cuts, staff reduction and distance learning have negatively impacted the one group that education is supposed to protect: our haumana, or students. It is our children who will suffer the most from the long-lasting repercussions of school closure, quarantine and remote learning. So, when there is good news of something happening in our schools, we rejoice!

A revamped program in the Career and Technical Education (CTE) Natural Resources Pathway Core class taught by M. Kapua Weinhouse, received Honorable Mention in Samsung's *Solve For Tomorrow*. The agroforest project, part of the NR Core class, was initiated and designed by students Makaiah Alboro; Cash Atacador; Daniel Bragado; Ervina Jonas and Sharin Jonas.

A large space located south of the LHES campus was once a thriving school garden, but over time, the garden and the program have fallen into disarray. This year, through project-based learning, students will research, interview and collaborate with community stakeholders to determine the best use of the area for their program today and in the future. That means they will need to design for sustainability, community need, cultural relevance and modern techniques to make the program viable from a realistic, as well as an academic and career perspective.

Indigenous people in the Pacific Island regions have provided for their communities through agroforests for hundreds of years, as compared to pineapple, which lasted about two generations. Today, Lānaʻi is innovating agriculture with hydroponics at Sensei Ag, as part of Hawaiʻi's quest for food security and sustainability. In 2018, students in Karen deBrum's Expository Writing class surveyed the community and identified the need for affordable, locally-grown, culturally-relevant foods. The survey results will help guide Weinhouse's students in identifying plants needed in their agroforest.

The Natural Resources pathway is not about teaching students how to garden, but about being innovative and mindful of the future of Hawaiʻi's resources. Students in this class will be introduced to technology that could create a career path in and of itself. Think computer science, as in programming the irrigation system, artificial intelligence (AI) for deer monitoring, geomapping of native plant species, and hydroponics/aquaponics to reduce strain on our natural resources. Students will be learning Sketch UP, a computer-aided design program to design and visualize their agroforest.

To satisfy CTE standards, the Natural Resources pathway must also include internships. Nothing can replace real-world work experience and no one knows this better than Sensei Ag. Larry Nixon, general manager, Lānaʻi Farm at Sensei Ag, has hired LHES graduates and has students currently interning at its facility. Sensei Ag currently provides hydroponics equipment and shares its hydroponic knowledge with students. Weinhouse and Nixon are both looking forward to a partnership that ensures that students wanting to pursue a career in agriculture on Lānaʻi can do so. Unlike the island's tourist-based companies, Sensei Ag never shut down during the pandemic!

The agroforest project will be a collaboration with other middle and elementary school teachers, providing them an area in which to plant, observe and learn. Hawaiian Studies Kumu Simon Tajiri, Kumu Daniel Forsythe and Kupuna Anake Irene Davis teach the Hawaiian culture, native plants, and moʻolelo (stories) to make the connection between haumana and ʻāina (student and land) that fosters a sense of responsibility, no matter what path students take. Kari Bogner, botanist at Pūlama Lānaʻi, advises Weinhouse on responsible traditional cultivation and native plant species. More collaborations and partnerships with community stakeholders are in the works.

Weinhouse welcomes students to try out this new program. If parents believe their child would benefit from the program, have them sign up for CTE Natural Resource Core class next year. If their child is already a student in this class, encourage him or her to continue. Samsung's Honorable Mention is validation that the project is on the right track. If you want to know more about or contribute to the program, please call Kapua Weinhouse at LHES for more information, (808) 565-7900.



Lānaʻi High School sophomore Makaiah Alboro, Sensei Farms Manager Gantt Charping, and freshman Daniel Bragado. Photograph by M. Kapua Weinhouse

Handmade desks win second place in county-wide challenge

By Nelinia Cabiles

The home learning desks that Jacob Janikowski, along with his father, Dr. John Janikowski, and Jacob's classmates Luis Dorion and Shawn Abraham, built, are compact and sturdy, made from salvaged wood, from pallets of pine marooned in the woodshop of Lānaʻi High School and the back loading area of Richard's Market. Though their provenance be humble, the desks nabbed second-place honors in the high school division of the ʻImi Pono Challenge, a call for middle and high school students to come up with innovative solutions to bolster Maui County's economy.

It is a top-tier finish that Jacob Janikowski did not expect. "I am actually surprised about our placement," Janikowski says. "Other projects we'd heard about seemed more advanced than ours . . . but I'm so glad we were able to get as far as we did."

When asked to speculate why their handmade desks received such high marks, Janikowski thinks for a moment. "I think the judges saw that even though we're from Lānaʻi, a small community, [they saw that] big ideas come from small places. What we heard at the showcase was that we'd built something meant for others."

By others, Janikowski means families on Lānaʻi who can't easily afford to buy a children's desk – for a desk is pricey, and adding the cost to ship bulky and heavy furniture to Lānaʻi, would render the overall tally of an item in a family's ledger as an outright luxury. Recycling wood that would otherwise go to landfills and creating a useful product from it to give to families is a good lesson not only in being sustainable, but also in being kind. Janikowski and his class have already donated the children's desks to two families on Lānaʻi.

It is not surprising that empathy guided the high school sophomores, for kindness and empathy were implicit in their discussion with Diane Preza, director of Community Affairs, Pūlama Lānaʻi, who let them know about the



Jacob Janikowski, sophomore, Lānaʻi High School - Photograph by Jacob Janikowski

contest and came up with the prize-winning idea.

"You could make desks," she offered. "And we went with it," Janikowski says. "My dad knows a lot about carpentry and woodworking. A lot of people were interested to help; it was nice to see how much my teachers and classmates cared."

The woodshop donated tools, a planer, heavy equipment and wood pallets, as did Richard's. Each desk, which features a cubby for pencils and books, takes about half a day to make.

Janikowski reflects that the win, which comes with a \$1500 Amazon gift card to his class of 2023, represents community support – support for which he is grateful, thanking, in particular, his dad and Dorion and Abraham, the woodshop at school and Richard's Market, for their help. "And Mrs. Preza for the idea," Janikowski says.

To the next generation of ʻImi Pono challengers, Janikowski is unambiguous: "Don't underestimate your idea. Don't think it's not important or it's not going to do anything or catch anybody's attention. I thought the desk was such a simple idea."

Placing as high as his class did in the contest, has changed Janikowski's perspective on what is possible on Lānaʻi. "Before [this challenge], I . . . wanted to leave, go to Oʻahu or the mainland. After this project, I realize that you have options here as well, if you stay here. You're not forced to go away in order to do something."

ʻAʻohe ʻoe no koʻu hālau - You are not of my shed.
Why do you presume to know who my ancestors are? (Pukui 24)

True love

Contributed by Linda Kavelin-Popov

Love isn't just a feeling. It's much more. Love is a state of being, a virtue, a practice. Love is a choice. Of all the virtues named in the sacred scriptures of the world's religions, love is at the heart of them all. We experience love in many forms: love for family, romantic love, love of work, home, and country. Most important is a relationship of love for God, trusting that we are loved by our Creator. A teacher of the law asked Jesus, "Of all the commandments, which is the most important?" "The most important one," answered Jesus, "is this... 'Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor *as yourself*.' There is no commandment greater than these."



Linda Kavelin-Popov

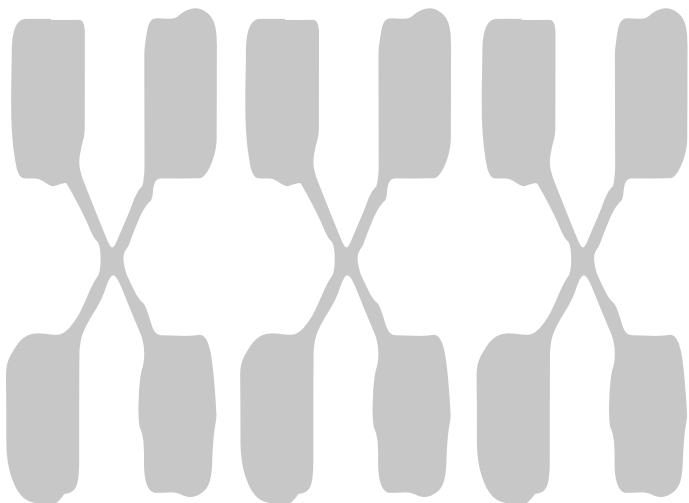
Self-love has a bad rap. Yet, how can we love another unless we love ourselves? Self-doubt is just as self-centered as self-inflation. Healthy self-love is like good parenting. We accept ourselves, while at the same time, seek rigorous personal growth. A sense of unworthiness undermines love for anyone else. Those who are deeply critical of others tend to have a harsh inner critic that keeps them from the joy of feeling beloved, by God or anyone. Transformation comes when we realize we are the beloved. We were loved even before we were born. Baha'u'llah says, "I loved thy creation, hence I created thee. Wherefore, do thou love Me, that I may name thy name and fill thy soul with the spirit of life." The more you see yourself as a beloved child of God – and a work in progress – the more your love and compassion will overflow to others.

The best way to love children is to appreciate what is good about them, celebrating their special strength virtues. Never shame them with labels like "stupid," "useless," "naughty," or worse. Instead, call them to the virtues of their better nature, the one created in the image of God. Encourage them to grow the fruits of the spirit – their love, patience, peacefulness, self-discipline, and kindness. Saying "Be kind" is so much kinder than "Don't be mean."

As a Hospice Spiritual Care Director, I noticed that the dying never spoke about their money. They talked about two things: service they had given and people they loved. The Buddha says, "In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you." Buddha also wrote, "Radiate boundless love towards the entire world." Lord knows our world needs that love right now.

1 Corinthians 13 is a guide to love: "If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal...and if I have faith that can move mountains, but do not have love, I am nothing... Love is patient, love is kind. It does not envy, it does not boast, it is not proud... It always protects, always trusts, always hopes, always perseveres... And now these three remain: faith, hope and love. But the greatest of these is love."

Whenever we practice love in these ways – toward ourselves, our intimates, and the world – it is the purest gift we can ever give. www.lindakavelinpopov.com



Reese's Peace - Lāna'i offers 140 square miles of healing

Contributed by Caroline Reese

"Just as the sun gives us warmth and vitamin D, the earth underfoot gives us food and water, a surface to walk, sit, stand, play, and build on, and something you never, ever thought about—an eternal, natural, and gentle energy" (Earthing.com).

Many ancient cultures respected and honored the sun, moon, mountains, trees, and water. These are all the elements Lāna'i offers.



Caroline Reese

Not only do we have the blessing of the island's beauty, we also have the opportunity to reconnect daily to the Earth.

Connecting to the Earth was an everyday reality years ago. Our ancestors walked barefoot, sat, and slept on the ground. They used many different conductive materials, such as animal hides, leather, clay, metal, and stone in their daily lives. Today's insulating footwear, high-rise buildings, and elevated beds keeps many people from having a direct tactile connection to the Earth's surface.

According to the National Center for Biotechnology Information, the disconnection from the Earth may be an important, insidious, and overlooked factor contributing to physiological dysfunction and the alarming global rise in non-communicable, inflammatory-related chronic diseases. But a movement to reconnect to nature is on the rise. Grounding, Earthing, and Forest Bathing are some of the terms used for this practice of reconnecting.

What are the proven benefits of Earthing and Forest Bathing?

Earthing is scientifically proven to help with insomnia, arthritis, cardiovascular diseases, anxiety, inflammation, sleep patterns and mental health. Forest Bathing encourages you to focus on your senses and surroundings, breathing in the fresh woodland smells, listening to the birds, smelling plants, and hugging trees. Forest Bathing is proven to make you happier and calmer. In Japan, the forest bathing technique is a preventive exercise that increases serotonin levels, boosts the immunity system, and positively affects blood pressure and energy levels.

How does Earthing work? According to a report in the *Journal of Environmental and Public Health*, "The Earth's surface possesses a limitless and continuously renewed supply of free or mobile electrons. The Earth's negative charge can create a stable internal bioelectrical environment for the normal functioning of all body systems, which may be important for setting the biological clock, regulating circadian rhythms, and balancing cortisol levels."

Though we seldom think of our bodies as electrical, our heartbeat and nervous system rely on electrical impulses. Think of your body as a battery holding an electrical charge; earthing neutralizes the electrical currents buzzing around us.

The Earth offers us free-electron nourishment. We are experiencing more exposure to electric and magnetic field radiation from WiFi and cell phones than we ever have. Take care of your body and reconnect for at least thirty minutes a day.

Some ways to get grounded

- Stand barefoot on the dirt, grass, gravel, rock, sand, and bodies of water.
- Go hiking or walking and focus on your senses and the surroundings.
- Sit on your lanai and have lunch.
- Practice yoga outdoors.
- Sit under a tree; hug a tree.
- Lie on the Earth's ground.
- Swim in the ocean.
- Watch a sunset.
- Watch wildlife.
- Meditate outdoors.

Remember, every time you walk barefoot on the Earth's surface, you allow electrons to flow right into your body.

Caroline is a wellness coach who resides in Lāna'i, Hawai'i. Her life's journey has led her to become a facilitator of many healing modalities and she specializes as an intuitive energy reader.

www.carolinereese324.com

'A'ohē pau ka 'ike i ka hālau ho'okāhi - All knowledge is not taught in the same school.
One can learn from many sources (Pukui 24).

From the Farm - Check out these vines

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

Grown on Lāna'i – three simple words that have incredible meaning. For over a century, the island of Lāna'i was one of the world's largest producers of pineapple. In fact, for most of the twentieth century, our 140.5 square mile island supplied 75 percent of the world's pineapples. While Lāna'i's pineapple production may have discontinued in 1992, our island's love of agriculture has never ceased. Sensei Ag hopes we can lend a hand – or a green thumb – to support the revitalization of the agriculture industry on Lāna'i growing beautiful produce in greenhouses that supply fresh, local leafy greens and vegetables to all of the Hawaiian Islands.

When you enter our greenhouses, your senses are immediately awakened by the incredible smell of fresh arugula and basil. These luscious leaves are our pride and joy, and many on the island of Lāna'i, and now throughout Hawai'i, have had the opportunity to taste them.

Sensei Farms also grows the most beautiful vine produce. An assortment of cucumbers, tomatoes, peppers and now, eggplant, are being cultivated by our team. Unlike leafy greens, which provide immediate growing satisfaction by showing their true selves one to two weeks after planting, vine crops are a waiting game and require much more patience to cultivate. The larger the vine set, the longer it takes to grow. Peppers, for example, show their fruit quickly, but can take 90 to even 150 days before they reach their full potential and color. Small tomatoes can take upwards of one hundred days before they are ready to harvest, and eggplants grow to maturity in about four months. So, how do we ensure the quality, taste and consistency of our produce? It all comes down to the way in which we care for our plants. In today's *From the Farm*, we provide an inside look at our vine-growing process.

Aloha Aku No, Aloha Mai No – *I give my love to you, you give your love to me*

We believe that you can taste the difference in Sensei Farms' grown produce. A key part of why our produce tastes so great is a result of the incredible attention – and some may say love – we provide our plants. We offer a level of detail in the growing process that is unheard of in the agriculture industry. All of our vine crops are grown in a mixed medium of coconut fiber rather than soil and are enriched by the same healthy nutrient mix day in and day out. They are nourished with just the right amount of sun and shade and then picked at the peak of freshness.

Each of our six greenhouses is assigned only three growers whose responsibility it is to tend to the vines every day of the week and ensure that our plants grow to their full potential. This intimate connection between grower and plant is unusual for the agriculture industry, where the existence of large outdoor farms makes it physically impossible to tend to every piece of produce every single day.

If you ask our farm's General Manager Larry Nixon why our plants are so happy, he'll tell you that we are raising our produce just as you would rear your own child. We sing to our plants, talk to our plants, and care for our plants, as if they are our own offspring. As a result of this close, continuous contact, as soon as a piece of vine produce or lettuce head is ready to be harvested, we pick it. Larry notes that unlike a large outdoor farm where certain types of produce may be harvested in one fell swoop, Sensei Farms does not wait for the entire crop to be ready. The second that that mini cucumber is ripe, it's harvested. On the opposite end of the spectrum, should a plant unfortunately appear unhealthy, it is immediately removed so as not to impact the rest of the crop. As a result, we see much more consistent and robust harvests out of our greenhouses.

Hana Pono No Ko Mākou Mokupuni – *doing right for our island*

That brings us back to the beginning of our discussion – reinvigorating Lāna'i's agricultural roots. At Sensei Farms, we are acutely focused on doing what is right for our island. As a result, when determining which vine plants to grow, we look to the preferences of our own farming team. Many of our incredible group of farmers at Sensei Ag were born and reared on the island of Lāna'i. The palette of the island is reflected in our produce selection. Our team has had the opportunity to grow a little bit of everything from long Asian cucumbers and Habanada sweet peppers to orange Beefsteak tomatoes. We continue to refine our selection and look forward to offering new varieties of greens and vegetables to fill the shelves of Richard's and Pine Isle soon. We hope you will agree when we say that nothing compares to freshly harvested produce grown on Lāna'i.

Tasty Takeaway

One of our favorite recipes featuring our vine-ripened produce is our Chopped Tomato Sensei Salsa. This recipe was crafted by our very own Director of Product Development, PJ Catledge, and is juicy, spicy and bright. Serve this on a Sunday for a snack with tortilla chips, to brighten up a piece of fresh caught fish, or top an omelet for a nice kick.

Chopped Tomato Sensei Salsa

- 2 large Sensei Beefsteak tomatoes, chopped
- 1 cup crushed tomatoes, canned or fresh
- 1 small red onion, diced
- 1 small yellow onion, diced
- 2 cloves of garlic, minced or chopped
- 4 oz. green chilies, diced (or use a Sensei red hot chili for even more heat!)
- 1 small jalapeño, chopped
- ½ teaspoon of cumin
- ½ cup of cilantro, chopped
- 1 teaspoon Hawaiian sea salt
- ½ teaspoon black pepper



Sensei Farms Cherry Tomatoes



Sensei Farms Bell Pepper

Mix all of your ingredients in a medium bowl. Then cover and refrigerate the mixture for roughly 30 minutes. When nice and chilly, scoop out a half of a cup (or more for a smoother salsa) of your mixture and place it in a blender. Pulse the mixture until chunky – be careful not to overblend or you might get gazpacho soup! Pour your mixture back into your bowl, cover and refrigerate for 30 more minutes before serving. Enjoy!



Vaccine drive-through event January 30, 2021



Text and photography by Nelinia Cabiles

Pre-event huddle

On Saturday, January 30, 2021, at the Dole Administration Building rear parking lot, a cold rain fell on volunteers, staff of the Maui Police Department-Lānaʻi and Pūlama Lānaʻi, and the medical personnel of Lānaʻi Community Hospital and Lānaʻi Community Health Center. But if anyone noticed the dreary weather, no one paid it any mind. Each group was too busy readying its station, prepping medical supplies, organizing vaccine registration forms, all in an effort to administer the second dose (and for some, the first dose) of the Moderna vaccine to the 1a and 1b group in Hawaiʻi's vaccination plan, which includes health care personnel, long-term care facility residents; frontline essential workers, and adults seventy-five years of age and older. More than 500 people on Lānaʻi were inoculated at the drive-through event Saturday, which ran from 9 a.m. to 4 p.m. According to @HawaiiDOH, 189,446 vaccinations for COVID-19 were given at sites throughout the islands as of February 5, 2021. For more on the vaccine and to find out if one is eligible to register, please visit: HawaiiCOVID19.com/vaccine.



Directing the vaccine process



Keeping medical essentials dry



Lions Club volunteers



Vaccine medical team



Pūlama Lānaʻi staff



Emilia Kravtchev



Getting inoculated for COVID-19



Giving and receiving the vaccine



Vaccine volunteer

Bend, glass, but do not break

Text and photography by Nelinia Cabiles

Comes now the artist, Caleb Goodwin, a fire tamer, a flame worker, bending glass to his will, as the bluest fires roar a few inches from his hands. What does he see in the rod of glass? A pendant, a marble, a pocket stone.

He spins the glass in the flames, watching it grow soft and pliant, a slow-moving syrup, as red-hot magma moves. The melting point for tin is 449 degrees Fahrenheit, for glass it is between 1400 and 1600 Fahrenheit. The Bethlehem Bravo torch that Caleb Goodwin, gallery manager and glassblower at the Lānaʻi Art Center, uses in flame working, burns between 2000-3000 degrees Fahrenheit. There are two flames that the torch emits, an inside and outside flame. The inside flame does the finer work, Goodwin explains, his fingers never stopping its roll while the glass is aflame.

Goodwin has twenty years of knowledge and experience, knowledge he'd like to pass down to residents on an island who may have never met a glassblower. Glassblowing is a three-thousand-year-old art that is seeing a renaissance in Spokane, WA, where Goodwin studied with masters, and where glass artists from Venice, Italy are going to teach the art. But let the Venetians have Spokane, WA. Goodwin has his sights on Lānaʻi: "I want to teach Lanaians to blow glass, so that the art and practice can stay here." (For more of Goodwin's story, see page 4.)



Caleb Goodwin



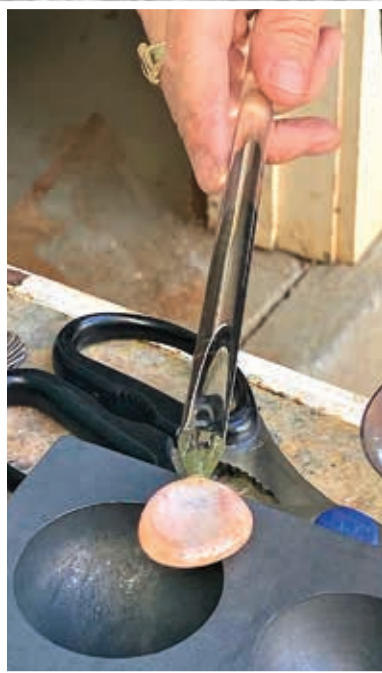
Rolling the glass



Dipping marble into frit, color powder



Working glass in the graphite mold



Glass to become a pocket stone



Smoothing the edges



Cutting hot glass



Glassblower's tools



Graphite mold and glass working tools



Finished pocket stone

Lāna‘i Community Health Center

Announcing LCHC’s new Medical Director

Dr. Seiji Yamada, MD, MPH, came on board mid-October 2020. Since that time, he has become involved in a number of projects and programs in learning and carrying out the duties of the LCHC medical director. In addition, he has been learning about LCHC, who we are, how we take care of our patients, and our philosophy about our community role – as everyone at LCHC have, in turn, gotten to know him. As a result, we have just signed a year-long agreement for Dr. Yamada to continue as our Medical Director!

We look forward to the coming year and are hopeful that 2021 will be a successful year. Dr. Yamada was born in Hiroshima and grew up in a suburb of Chicago. He obtained his M.D. from the University of Illinois at Chicago in 1987 and completed a residency in family medicine at the Cook County Hospital in Chicago in 1990. He obtained a Master’s in Public Health from the University of Hawai‘i in 1996. He practiced in the Commonwealth of the Northern Marianas Islands from 1990 to 1993. He has practiced in Hawai‘i since 1994. In addition to his role with LCHC, he continues as a Professor in the University of Hawai‘i Department of Family Medicine & Community Health, he teaches medical students and trains family medicine residents.

His clinical interests include mental health, hepatitis B, Hansen’s disease, and tuberculosis. His academic interests include social medicine, Pacific Islander health, militarism, community health, access to health care for the underserved, disaster relief, and climate change. Most of his writings can be found at https://www.researchgate.net/profile/Seiji_Yamada.



Dr. Seiji Yamada, MD, MPH



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

New telepharmacy provides Lāna‘i residents a lifeline during COVID-19 pandemic

Patients of Lāna‘i Community Health Center (LCHC) will now have same-day access to medications through an innovative telepharmacy demonstration project just approved by the State of Hawai‘i Board of Pharmacy. The telepharmacy project will ensure that patients in the remote, rural community have access to prescription medications through the LCHC 340B medication program, complementing other telehealth services that have expanded as a result of the ongoing COVID-19 pandemic.

“Lāna‘i Community Health Center for a number of years has had a robust telehealth program, and during COVID it has expanded further. The one piece that has been missing is pharmacist team member providing real-time interaction with our patients and providers – this demonstration project addresses that gap,” said Diana Shaw, LCHC Executive Director. “We are excited to be able to offer this enhanced access and service to our patients – and appreciate the support of the Board of Pharmacy.”

Prescriptions for LCHC patients, which are dispensed from the Mauiola Pharmacy in Wailuku, Maui, can take up to three days due to the interisland transportation involved, often delaying treatment. Under the telepharmacy arrangement, pharmacists on Maui will manage and supervise dispensing services remotely, allowing LCHC patients to receive their medication on Lāna‘i with no delays. The demonstration project has been approved through the end of summer and it’s hoped that this innovation can be applied to other rural and underserved communities, ensuring that patients statewide have reliable and equitable access to the healthcare they need.

New staff advancements

Geneva Castro, RN, took over as Director of Quality in mid-August 2020. Since that time, Geneva has taken that challenge on permanently, along with successfully chairing the Quality Committee and providing our Board with monthly QA reports. These additional tasks were all accomplished while continuing to juggle all of her Clinical Nurse Informatics and Case Manager duties. Geneva was first hired in May 2013 as a Medical Assistant. She was then promoted to in 2017 to her Clinical Nurse Informatics and Case Manager role. In 2018, she became a Certified Breastfeeding Specialist offering lactation support and education as part of our WIC program. A native Filipina, Geneva first came to Lāna‘i in December 2009, but briefly returned to the Philippines to complete her studies. She graduated from the University of Perpetual Help System-DALTA in 2011 with a Bachelor of Science in Nursing and became a Registered Nurse and a Certified IVT Nurse that same year. She moved back to Lāna‘i in 2012.

Olivia Pascual, RN, WIC LAC. This role is critical to the high quality functioning WIC Program. While Olivia has big shoes to fill, we are confident of her abilities and passion for her position. We know that she will execute this additional role with the same quality, precision, and empathy as she shows with her COO role. By way of background, Olivia was hired in June 2016, assuming the role of Clinical Operations Officer, allowing her to serve her beloved community of Lāna‘i where she was raised. Olivia received her Bachelors of Science in Nursing degree at the University of Northern Colorado in August 2002. After graduating, Olivia moved back to Hawai‘i and worked for Queens Medical Center for 13 years as a registered nurse with a focus on urology, pediatrics, trauma, and wound care.

LHES WINTERBREAK FITNESS CHALLENGE WINNERS

Congratulations to these 7 students who completed our exercise challenge. Even during their school winter break, they joined Auntie Mindy, Auntie Ola, and Auntie Tanisha for online fitness. 14 days of exercise earned them these amazing prizes! Lets continue to stay active into 2021! *(Not all winners pictured below - (Photos by Mindy Bolo))*

Kai Montgomery – Lux Razor Scooter

Izabella Bolo – Ultimate LEGO Set

Levi and Zana Bolo – Mountain Bikes

Ezra Ambe-Jonas – Street Skateboard

Archer Ozoa – Mountain Bike

James Henry - Street Longboard



Ezra Ambe-Jonas



James Henry



Kai
Montgomery



Levi and Zana Bolo

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

THIS IS OUR SHOT DON'T HESITATE: VACCINATE



Michael Shea, MD
Chief Medical Director, Maui Health

The fight is not over.

As we continue to advocate for more vaccines for our community, please do your part to protect yourself and others. Continue to practice your “5 W’s” and schedule your vaccine appointment when it’s available to you.

- **Wear** a face covering.
- **Wash** your hands.
- **Watch** your distance.
- **Wipe** down surfaces.
- **Wellness** first! Stay home if you feel sick.

For more information on vaccines at Maui Health, visit mauihealth.org/covidvaccine.

EMPLOYEE OF THE QUARTER

SUSAN OSAKO
Staff Nurse, Long Term Care

Congratulations Susan and mahalo for volunteering your time and efforts during the COVID-19 surge and caring for our community.



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



**Lānaʻi
Community Hospital**
MAUI HEALTH

mauihealth.org | [#THISISOURSHOT](https://twitter.com/THISISOURSHOT)



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



Follow us on:  



Has the Covid-19 virus economically impacted your non-profit organization?
If so, we may be able to help.

The **Manele Koele Charitable Fund** supports Lāna‘i community organizations in the areas of Education, Health Care, Senior Services, and the Arts. Our Spring funding cycle is now open for requests in these categories. Learn more at www.manelekoele.org.

There you will be directed to complete an online request and submit via email. All requests must be submitted utilizing this template. Our board members are on hand to see if we can help and meet with every applicant to discuss the needs of their organization.

Deadline for completed requests is no later than midnight: March 19, 2021

Funding is available in April 2021. We look forward to hearing from you and fostering the success of your organization during these challenging times.

Now registered with Smile.Amazon.com to receive donations from purchases. Making a difference to Lāna‘i community organizations since 2015

Hawai‘i Dental Clinic

Dr. Glenn Kaneda, DDS: Monday
 Dr. Donovan Young DDS: Tuesday through Thursday
NOW OPEN Monday through Thursday: 8 a.m. - 6 p.m.
 CLOSED Friday to Sunday and Federal Holidays
 SUBJECT TO CHANGE (airline schedule and COVID-19 guidelines)
(Six feet social distancing is exercised and facemask is required)

We are accepting new patients and all dental insurance.
 Please call (808) 565-6418 to set up an appointment,
 or email us at: lanaismiles@gmail.com.

Services:

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> GENERAL DENTISTRY
to all family members, adults and children - Dental Hygiene <input type="checkbox"/> RESTORATIVE DENTISTRY
- White/silver fillings - Crowns <input type="checkbox"/> ROOT CANAL TREATMENT | <ul style="list-style-type: none"> <input type="checkbox"/> MISSING TEETH RESTORATION
- Dental Implants - Dental Bridge - Dentures <input type="checkbox"/> COSMETIC DENTISTRY
- Veneers -Teeth Whitening (in office or take home) |
|--|---|

HAWAI‘I DENTAL CLINIC, LLC, Lāna‘i office
(808) 565-6418
 730 Lana‘i Avenue, Suite #101
 Lana‘i City, HI 96763

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- *Fitness Instructor*
• Full time & Seasonal
- *Massage Therapist*
• Full time & Seasonal
- *Yoga and Meditation Instructor*
• Full time & Seasonal
- *Spa Assistant*
• Seasonal

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

Apply at www.sensei.com/careers
Direct inquiries contact: Alison Harding at aharding@sensei.com

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Lower Fares...More Options from the Airline Dedicated to Lāna'i
Now with six daily flights to Honolulu and three daily flights to Kahului
 (book early for the best prices!)

 Honolulu Schedule	Honolulu to Lāna'i City		Lāna'i City to Honolulu	
	<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 Lāna'i City		Lāna'i 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

*Schedule subject to change

No testing or quarantine for flights between Lāna'i and Maui

MokuleleAirlines.com



Groups of 3 or more should book through the call center for the best prices

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

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Bar & Grille



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Tree trimming safety

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- A tree touching a power line can be energized. Stay away!

Downed power line safety

- Stay at least 30 feet away from any downed power line (about 3 car lengths).
- Keep both feet on the ground and shuffle away from a downed line.

If you see a downed line, call Hawaiian Electric's Lānaʻi Trouble Line at 1-877-871-8461 toll free. In an emergency, call 911. For more safety tips, go to hawaiianelectric.com/safety.



Hawaiian Electric

SENSEI FARMS

We're Hiring!

📍 Lānaʻi

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

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

We are looking for candidates interested in:

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

We are currently looking to fill the following positions:

- ▶ *Operations Associate*

Full-time and part-time positions available!

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

For direct inquiries please contact:

Scott Pisani at scott@sensei.ag



Our Locally-Grown Produce



Crystal Lettuce
Juicy and bright for sandwiches, burgers and salads



Lānaʻi Japanese Cucumber
Enhanced by a delicate dose of toasted sesame oil or rice vinegar



Lānaʻi Sweet Pepper
Perfect place, perfect pepper



Roma Tomato
Roast, char, marinate or simply snack



Lānaʻi Mini Cucumber
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Beefsteak Tomato
Hearty, multi-talented, cooked or fresh

*Available To Buy
In-Store*

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

Richard’s Market
Open Daily
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Enjoy Our Produce At The Below Restaurants

- | | | | |
|-------------------------------------|-------------------------|---------------------------------|-------------------------------|
| Blue Ginger Cafe | Cafe 565 | Coffee Works | Ganotisi Variety Store |
| Lānaʻi 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 | |

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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.

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Hours subject to change; please call for most current information, **565-9394**.



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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.

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Mia holds the "Lānaʻi" and "Game On" pillows; matching Queen-size blanket available. One can't do cozier than this! Call Jenna to reserve yours!



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

ART ON ISLAND

Text and photography by Sasha Drosdick

Emily Young's sculpture "Cautha" stands beside the babbling brook that leads to the Onsen Garden at Kō'ele. Young carved this massive head from a single, large block of banded, clastic onyx stone. Most areas are polished smooth; others are left raw and rough. Cautha, incidentally, is also the name of the Etruscan goddess of dawn. So, it seems fitting that every morning the sun should rise directly behind "Cautha," warming her imposing block of translucent onyx until it brightens and glows.

Young, much like Kō'ele, strives to create a certain meditative state or quiet. "I try to get rid of all the emotional content to achieve a sense of complete stillness," Young said in a 2014 interview with The New York Times. "When I begin carving, the face might seem a little worried or a little happy. I want to get rid of all that. I want it to be utterly still. I want to create a feeling of silence."

Beyond creating stillness and accentuating the natural beauty of her materials, Young also sees her artistic practice as a way to pursue environmental activism. Young was an early contributor to the ongoing project "La Casa dei Pesci" (the House of Fish) that aims to repair sea life off the coast of Italy by permanently installing large marble sculptures on the sea floor. Organized by local fisherman Paolo Fanciulli, the project is both an underwater museum and an illegal trawling deterrent. Since 2015, four of her twelve-ton, Carrara marble "Weeping Guardian" sculptures have protected Talamone's previously barren seabed, alongside sculptures by Italian artists Giorgio Butini, Massimo Lippi, Massimo Catalani, and American sculptor Beverly Pepper. The project is still underway, and has already had a positive effect on the reef's algae, lobsters, turtles, and dolphins.

From a symbol for the harmony between man and earth, to a quiet escape in the contemporary world, there are as many layers in Young's work as there are bands in the Onyx she carves. For more information about Emily Young, visit the artist's website: <http://www.emilyyoung.com/>



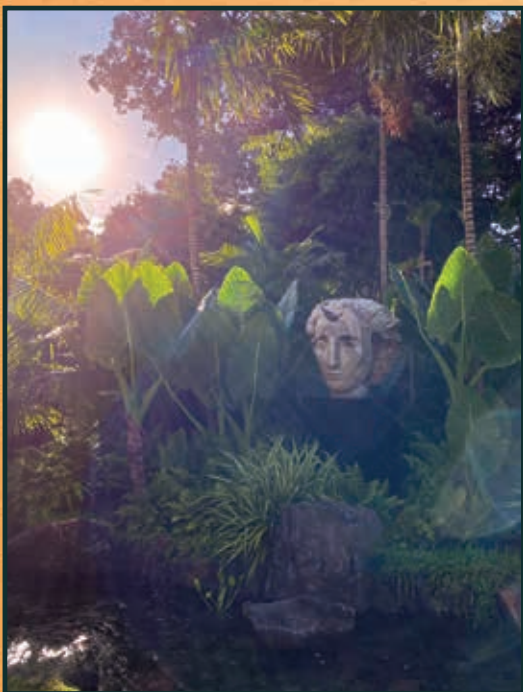
Installation view of "Cautha" 2012, Clastic Onyx



Detail view of "Cautha" 2012, Clastic Onyx



Detail view of "Cautha" 2012, Clastic Onyx



Installation view of "Cautha" 2012, Clastic Onyx



Video still of "Weeping Guardian" in 2016, one year after installation. Courtesy of La Casa dei Pesci