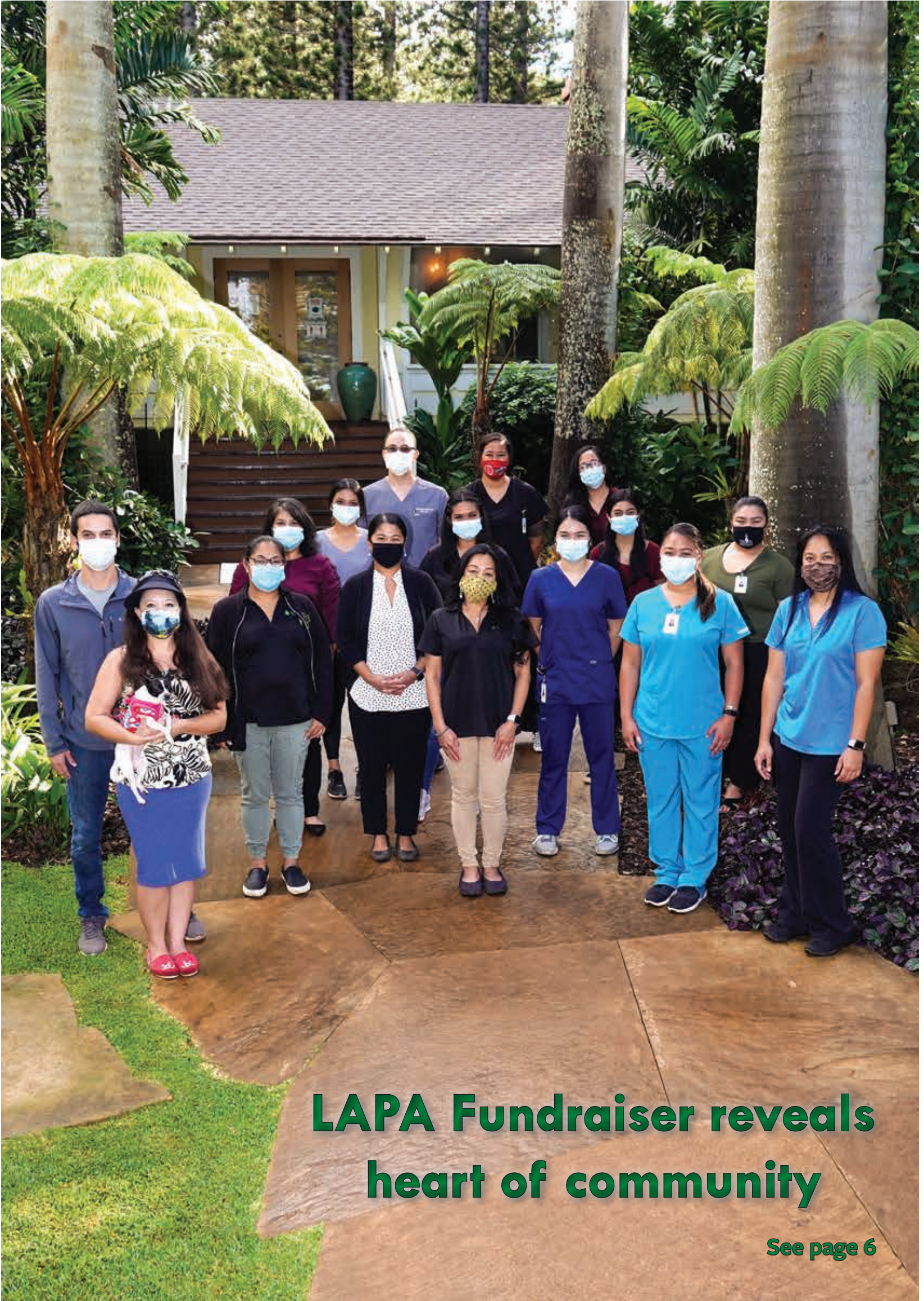


# LĀNA'I TODAY



## LAPA Fundraiser reveals heart of community

See page 6

The Lānaʻi Academy of Performing Arts (LAPA) Fundraiser was launched on Facebook October 21 when the first four cases of COVID-19 were identified on Lānaʻi. Within days, it met its fundraising goal, and mobilized an army of volunteers motivated to do one thing: take care of and provide for the island's affected families. From L, front row: Amanda de Jetley. Second row: Russell de Jetley; Cindy Figuerres; Regina Agliam; Chelsea Tadena; Nina Riel. Third row: Olivia Pascual; Angeline Matute; Mindy Bolo. Fourth row: Jennifer Velasco; Kanoë Kaiaokamalie; Stephanie Badillo; Fifth row: Leah Vidad. Back row: Jared Medeiros; Kaleah Koloī; Kendra-Leah Sabin. Missing: Matt Glickstein, Val Janikowski and Lānaʻi Kināʻole staff; Lisa Grove. Photography by Ron Gingerich



“The Well”

The water drawn up from the well at Federation Camp was brackish. I could always taste a hint of saltiness when I would dump half a bucket of water over my head to rinse off after a morning spent swimming in the ocean with my cousins. The water smelled musty, too, as though it had been sitting in an airless room for weeks. I would sometimes wonder who had built the well, who had first suspected there was a source of fresh water in that part of Keōmoku, and who had had the temerity, above all, to persuade enough friends with pick axes and shovels to bear out his or her suspicions. These were the idle thoughts of a nine-year-old and it never occurred to me that the answers might be found in a history book.

And anyway, I wasn’t that kind of kid. I would not have read that history book. I read books solely for pleasure, for the stories and fully-formed characters in them. I read for the thrill, and sometimes, shock, of recognition, of seeing myself in those characters: *I have felt that way, too! My sister is just like her.* I could not see myself devoting any time to reading history books, because I could not imagine that a story that happened before my time, or a history of that well or Keōmoku, could have anything to do with me.

Beyond the well, there was a field of sand and dirt, fine as talcum powder, perfect for kicking up clouds of dust that clung to my legs and the tops of my feet when I cartwheeled or ran through it. I had a talent for getting dirty.

The field was surrounded by thorny kiawe, but the clearing was big enough that kids could play tag freely without worrying about being ambushed by a kiawe tree. Someone in our family had hung a volleyball net across two tall wooden posts, and in the early afternoons, after the grownups had returned to camp in a small rubber boat draped with throw nets and we had scaled and gutted the kala, the uhu, the weke, and any number of fish they’d caught that day, and thrown them on the grill and wolfed down lunch of fish and pansit and crunchy lumpia and vinegary chicken adobo and drunk cups of lukewarm water from Igloo coolers that never kept the water chilled, and cleared the tables and scrubbed the utensils and rinsed them in the ocean and covered the bowls of food with aluminum foil to keep out the flies, we trickled out to the field and got to the business of volleyball. There were no de facto captains, no divvying of players by way of jan ken po. My cousins and I, my brothers and sisters, and the adults, would drift to whichever side of the net we liked and tried for an even number of kids and grownups on each side, but that did not always happen.

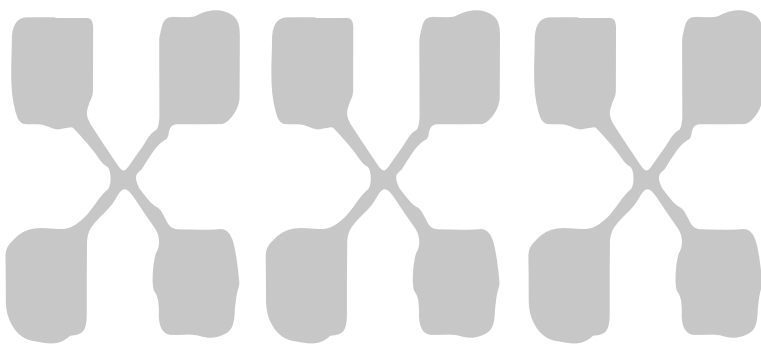
It was on the field the summer I was nine that I discovered that underneath my bookish, dutiful ways, was a competitive beast. I was scrappy. If the ball sailed high, I would sprint after it, my rubber slippahs flung behind me as I charged. I dug and dove, leapt and jumped and tumbled face first into the dirt. I was all heart, no strategy. No ball was beyond saving. I went for broke on every play. There was always someone on the field who was not ferocious, who did not wallop the ball as if her very soul depended on it, but who rapped at it, as though gently knocking on a door. She never seemed to care which team won or lost. I did not know what to do with such a person.

Our family would play volleyball, laughing and cracking jokes, until the shadows lengthened on the ground, the air grew cool on my skin, and a grownup decided it was time to wash up, pack up, head back to town. I never wanted the games or the weekend to end. Camping at Keōmoku – we never called it Federation Camp, it was always Keōmoku to us – and the volleyball games, swimming with my cousins, washing up at the well, were some of the happiest memories from my childhood.

I understand now, so many years later, that I did not see the point of history books when I was nine, because I was too young to have any perspective outside of my own life, no context for why the well and why Keōmoku or their respective histories matter. But I am older, and I understand now that these connections to place, to Lāna‘i, and writing about them help to keep them alive, not just for me, but for anyone who visits Keōmoku and wonders about its history, about who might have spanned time there or fished its waters. This is my family’s story. I have dredged up the deep well, marked off the field, and brought back the memories of playing volleyball until dusk, and realize now what my gentle cousin must’ve known at such a young age: it was never about volleyball or winning or losing or camping with cousins. It was always about feeling lucky that our family of mainly immigrants, except for my mom, grandma and aunts who were born on Kaua‘i, had a place like Keōmoku to which we we felt we belonged, a place we made ours every weekend in the summers when I was a child. It was about how this place defined our family.



Nelinia Cabiles



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4

‘Ohana to continue air service



5

Lāna‘i Marathon debut



10 & 11

PHOTOGRAPHY ESSAYS

COVID-19 Drive-through mass testing events



Notes of Hope



20

THE LAST WORD

Art on Island





**SASHA DROSDICK**  
Art on Island - Page 20



**LINDA KAVELIN-POPOV**  
Keep your eyes on the prize - Page 7



**CAROLINE REESE**  
Reese's Peace - How to live from the inside out - Page 7

## COVID-19 outbreak on Lāna‘i prompts 15-day stay-at-home order

**A**n explosive outbreak of positive COVID-19 cases on Lāna‘i – the first four cases on the island reported October 22 by Hawai‘i News Now – prompted Mayor Michael Victorino to issue a mandatory 15-day stay-at-home order for island residents and visitors, beginning 12:01 a.m. Tuesday, October 27. Governor David Ige signed the order.

Under the order, Lāna‘i residents and visitors may leave home or their place of lodging only for essential work and essential activities. Only one member of a household may leave at a time, unless other family members, such as children and disabled persons, cannot be left unattended. All travel will be restricted to only essential work or medical purposes. All other travelers are required to quarantine for 14 days. Essential workers traveling to Lāna‘i may request limited quarantine by visiting [www.MauiCounty.gov](http://www.MauiCounty.gov).

“It’s abundantly clear that large gatherings without physical distancing or wearing of masks can quickly lead to an outbreak that threatens the entire community,” Mayor Victorino said in a Maui County press release. “We continue to work with the State Department of Health, local healthcare providers and the Lāna‘i Incident Command Post on providing emergency support and resources. Everyone needs to do their part to ensure we protect our friends, family and loved ones.”

To read the current rules, visit: <https://www.mauicounty.gov/DocumentCenter/View/124561/2020-10-26-COM-rules---fully-executed?bidId=>

Under the rules for Lāna‘i (starting on page 13 of the Emergency Rules), residents and visitors must stay in their residence or place of lodging. One may leave to:

- 1) Conduct essential government functions (page four of Rules);
- 2) Operate an essential business (page three of Rules);
- 3) Conduct essential activities (page three of Rules) provided that **only ONE (1) person at a time in the household** does it. Other household members may be included if:
  - A) they are elderly, minors/dependents, vulnerable or have disabilities, AND
  - B) it is absolutely necessary that they be included (e.g., for their safety and/or health). If one is traveling to Maui or Moloka‘i, one must quarantine, unless:
    - 1) one is deemed exempt by pre-testing for COVID-19 OR;
    - 2) one is approved for CISA limited quarantine.

The stay-at-home order will remain in place until November 11, unless Mayor Victorino and Gov. Ige extend it. Rule Four of the Emergency Rules does not currently apply to Lāna‘i. NO social gatherings are allowed. (Gathering is allowed only at one’s home, and only with the people who live there, provided no one in the household is required to be isolating or in quarantine).

### Positive COVID-19 cases and testing on Lāna‘i

At a Maui County press conference live streamed on Facebook and AKAKŪ October 27, Mayor Victorino announced there were 87 positive COVID-19 cases on Lāna‘i, and characterized the outbreak as a community spread. (The current count of positive COVID-19 cases on Lāna‘i at the time of printing is: 106.)

Sandy Baz, managing director, Maui County, reported that since the pandemic began, two thousand seven hundred forty seven COVID-19 tests have been administered on Lāna‘i, or 87.74 percent of the island’s population, not counting those who were tested twice. The total positivity rate is 3.13 percent.

In a swift response to the outbreak, healthcare workers from Straub Clinic (Maui Health) and Lāna‘i Community Health Center organized a drive-through mass testing for Saturday, October 23, in the parking lot of the Dole Administration Building; nine hundred thirty-three Lāna‘i residents were tested.

From October 21 to October 27, Baz reported that one thousand eight hundred sixty five COVID-19 tests were conducted with a seven-day average rolling rate of 4.66 percent. The numbers from the October 23 drive-through mass testing event were part of Baz’s figures.

A second drive-through mass testing took place Saturday, October 30 at the Dole Administration parking lot. According to representatives from both Straub Clinic and Lāna‘i Community Health Center, 400 residents were tested.

## HI-EMA launches expanded COVID-19 dashboard

**H**awai‘i Emergency Management Agency (HI-EMA), in collaboration with the state Department of Health, launched an expanded COVID-19 dashboard November 2, 2020, as reported in the Hawai‘i COVID Joint Information Center Daily News Digest. This expanded dashboard, also accessible on mobile devices, will update daily at 3 p.m. and provide access to daily COVID-19 case counts, seven-day case averages, positivity rates, and the number of deaths caused by COVID-19. It will also feature a county-by-county summary of hospital resources, including the availability of intensive care unit beds and ventilators. An earlier COVID-19 dashboard was launched in September.

“In addition to virus data, this new COVID-19 dashboard will provide a single site where users can find data on Hawai‘i’s economy, as well as additional information on travel, tourism and how hospitals are coping with the pandemic,” said Luke Meyers, administrator at HI-EMA, which will maintain and update the dashboard with content provided by DOH and its partners in the medical profession.

“What began as a health dashboard is now evolving and maturing as we continue our fight against COVID-19,” said Libby Char, director, DOH. “Measuring our progress, preparing, and planning for our entire state involves much more than counting positive cases. We appreciate HI-EMA’s work to enhance and maintain the data dashboard.”

The new dashboard can be found at <https://hawaiicovid19.com/dashboard/> which is linked to the state’s COVID-19 website <https://hawaiicovid19.com/>



## Lāna‘i nonprofits to receive \$47,250 to help stop the spread of COVID-19

**H**awai‘i Community Foundation (HCF) announced October 28, 2020, \$47,250 in grant funding to support COVID-19 response efforts on the island of Lāna‘i. The grants are made possible by donations to the HCF Strong Funds, which were created to build community resilience by providing resources for disaster preparedness, response, and recovery, as well as the HCF Hawai‘i Resilience Fund, established in March 2020 to address the human and economic impacts of COVID-19. The grants, made available within 24 hours of request, will support The Lāna‘i Community Health Center, one of several organizations on Lāna‘i providing COVID-19 testing and other healthcare support. They will receive \$37,250 for COVID-19 tests and food supplies for groceries which will be delivered to 150 households on island. Maui United Way, serving as a distribution hub for PPE to nonprofit organizations in Maui County, will receive \$10,000 to provide PPE to Lāna‘i healthcare workers, volunteers and community members.

“During this COVID crisis, we have once again learned the significant value our partners play in LCHC’s ability to take care of its patients and the community,” says Diana Shaw, executive director for Lāna‘i Community Health Center. “The funds being provided by HCF will be used to provide food to those in quarantine and also to help cover the cost of tests. Together, we will beat this crisis.”

“The island of Lāna‘i is a special place where everyone knows everyone. The community’s kōkua for one another is part of what has kept them COVID-free for so long,” says Micah Kāne, chief executive officer and president of HCF. “Thanks to our partners and donors, we are glad to be able to support Lāna‘i in this effort.”

HCF has a unique and established role in Hawai‘i’s disaster preparedness and response. The organization collaborates with a wide range of stakeholders, including elected leaders, government agencies, nonprofit organizations, community groups, philanthropists, and the private sector, to obtain a rapid assessment of community needs, coordinate efforts and deploy resources for maximum community impact. From the historic floods on the North Shore of Kaua‘i to the volcano eruptions on Hawai‘i Island, and most recently with the coronavirus pandemic, HCF has demonstrated a trusted ability to deploy funds quickly and effectively to those that are meeting the critical needs of our community.



Lāna‘i Community Health Center staff. Photography by Chelsea Tadena

## Young Brothers’ temporary operational changes at Kaumālapa‘u Harbor

**Y**oung Brothers has

announced it will implement emergency and temporary operational changes at Kaumālapa‘u Harbor in light of County of Maui

Mayor Michael Victorino’s stay-

at-home order for Lāna‘i, effective Tuesday, October 27 through Wednesday, November 11, issued as an emergency response to the recent spate of COVID-19 cases on the island.

The interisland shipping company’s temporary operational changes include all dry mixed and palletized less than container load cargo to be received by 11 a.m., Tuesday for Wednesday’s sail. All outgoing cargo operations on barge arrival Wednesday at the Port of Kaumālapa‘u will be limited to drop off and pickup of dry and refrigerated straightload containers and refrigerated loose cargo only. All other cargo arriving on Wednesday’s barge, including automobiles, roll-on, roll-off equipment, and dry mixed and palletized less than container load cargo will be available Thursday from 7:30 a.m. to 11:30 a.m.

For added convenience and to minimize large gatherings at the pier, Young Brothers will have special gate hours Friday, October 30, 2020, from 7:30 a.m. to 11:30 a.m. Consistent with the stay-at-home order, the company will be closely monitoring the situation and will provide any updates to these changes, to the extent necessary.

There will be no changes to Young Brother’s weekly sailing schedule to Lāna‘i. The company would like to remind all customers that all previously stated COVID-19 health and safety guidelines while conducting business at the port remain in place. This includes, among other things, limiting the number of people in a vehicle, wearing a facemask or covering and practicing social distancing, especially when interacting with Young Brothers’ employees.

The company’s top priority is ensuring the safety of its employees, customers, and the communities it serves across Hawai‘i. Young Brothers says mahalo for everyone’s kōkua, as we all do our part to stop the spread of COVID-19 in Hawai‘i.



Port of Kaumālapa‘u, Lāna‘i - Photography by Russell de Jetley

## ‘Ohana to continue service to mid-January 2021; Mokulele transports medical supplies during island lockdown

**H**awaiian Airlines announced on October 26, 2020, it will continue passenger and cargo service between Molokai and Lāna‘i to Honolulu on its ‘Ohana by Hawaiian (operated by Empire Airlines) to mid-January 2021, amending an October news release announcing that it would suspend both routes November 1, 2020.

According to news reports, low demand for travel caused by the pandemic had precipitated a provision in Hawaiian Airlines’ pilot contract restricting the carrier from providing ‘Ohana by Hawaiian service. The U.S. Department of Transportation, however, informed Hawaiian that Molokai and Lāna‘i remain covered under the DOT’s Essential Air Service program and flights must be maintained at a minimum for the 90-day notice period required under that program.

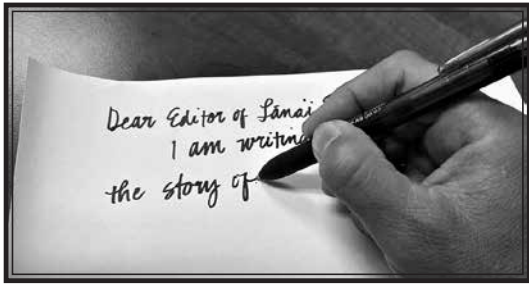
Avoiding such service disruption had always been its goal, and the company will comply with the EAS program requirements and continue passenger air and cargo service for Molokai and Lāna‘i and continue exploring long-term solutions for both islands. In a press conference on October 27, Mayor Michael Victorino thanked Hawaiian Airlines, the Federal Aviation Administration, the pilot’s union, DOT and Governor David Ige and everyone involved for the service extension as “these flights to Lāna‘i and Molokai are critically important for both passenger and cargo transportation, with few other options available.” ‘Ohana’s three flights a

day to and from Lāna‘i will continue, Mayor Victorino said.

Mayor Victorino also thanked Mokulele Airlines for stepping up its flight schedule during the pandemic. In an October 19 interview, responding to the news that ‘Ohana would be suspending passenger and cargo air service for Lāna‘i and Molokai, Keith Sisson, chief of staff at Mokulele Airlines, said that “Mokulele Airlines has the ability to run routes every thirty minutes. We are well prepared to fill the gap. If the demand is there, we can meet it.”

Mokulele operates a nine-seat turbo prop and although Lāna‘i’s recent lock-down (from October 27 to November 11) has impacted Mokulele’s passenger air service, the airline has proven vital to Lāna‘i in other ways. Mokulele has helped transport medical supplies, over-the-counter medication and other goods and supplies at no charge during the island lockdown, demonstrating a generosity and genuine care and support for island residents.

Russell de Jetley, who started a fundraising effort with Matt Glickstein to help Lāna‘i families affected by the recent outbreak of COVID-19 on the island (see story on page six) said that Mokulele just stepped up. “I called Mokulele initially to see if they could help us. And they did. They just showed up [at the airport]. They assisted the Maui United Way by bringing over PPEs (personal protective equipment) and medicines. I know they’ve been helping other groups on the island, as well. Mokulele has been great.”



I was raised on Lānaʻi and am alarmed by the spike of COVID-19 on that tiny island. I've heard many complaints from Lānaʻi residents but being an outsider now, I cannot really validate them.

Why is Mayor Victorino waiting to shut down the island on Tuesday, if there is a concern and not shut it down NOW. Is it true that Kurt Matsumoto, head of Pūlama Lānaʻi always has had testing supplies for COVID 19 but is using it only for employees of Pūlama Lānaʻi and the two Four Seasons properties? How effective has the Maui Council member representing Lānaʻi residents and the State Representative representing Lānaʻi residents been to concerns voiced by Lanaians?

Like most small island communities, local gossip is rampant and no one seems to know what the reality is nor what is constructively being done to address their concerns. Although Lānaʻi is part of Maui County, they no longer enjoy the services of a regular public health nurse.

Although the population is small, Lānai has a large community of retirees, a vulnerable group for COVID-19. I was raised on Lānaʻi for almost 18 years, I'm a proud graduate of its only school. Dole, when it ran the plantation was quite paternalistic and "took care" of the residents. I applaud what Larry Ellison has done for the development of Lānaʻi.

But my question is, what is being done for all citizens of Lānaʻi, especially the vulnerable during this pandemic. For too long, Lānaʻi has been an afterthought for the County of Maui and State Legislative representatives. It seems their motivations are personal and not representative of the people who elected them.

**Anne Wright**, Class of 1959, Lānaʻi High and Elementary School

#### Response from Lānaʻi Community Hospital:

Pūlama Lānaʻi generously paid for three (3) Sofia rapid antigen testing machines to be managed by Lānaʻi Community Hospital, which has the CLIA license to perform the tests. The machines were purchased to help provide a rapid testing option for the Lānaʻi community, including community members seeking care in the LCH Emergency Room and LCH long-term care residents, as well as community members who work in Lānaʻi's hospitality industry, and for any community testing needs should they arise. The first Sofia arrived in early October on Lānaʻi and LCH immediately started training lab staff to use it. With the first batch of Sofia testing kits received, LCH started small batches of testing and Pūlama Lānaʻi also helped order additional testing kits to ensure adequate supply for any community needs.

Prior to the Sofia machine, LCH was providing COVID PCR tests for emergency room and long-term care residents, with a 24 to 48 hour test result turnaround. Straub and LCHC were also providing tests to their patients/members as needed. As soon as the first cases were identified on Lānaʻi, LCH worked with Straub, LCHC, Mayor Victorino, DOH and other stakeholders to expand testing capabilities on the island by becoming a trusted testing partner and, along with Straub and LCHC, became a community testing site. Pūlama Lānaʻi is ordering additional testing machines and tests to assist the island's efforts.

LCH offers rapid COVID tests every Monday, Wednesday and Friday between 8:30 a.m and 3 p.m. Call (808) 565-8450 to schedule.

In addition to testing, we are continuing to provide education to our Lānaʻi employees on proper PPE precautions and other safety measures in and outside the hospital to further decrease exposure. We have a team on Lānaʻi today (November 2, 2020) to provide in-person education and answer any questions. The team includes our Chief Medical Director, Intensivist Dr. Michael Shea, Infection Control Manager Kelly Catiel, Respiratory Therapy Manager Eric Madamba, and Senior Director of LTC & CAH Hospital Administrator Kerry Pitcher.

We are extremely grateful to Pūlama Lānaʻi for their donations and continued support for our island, as well as to our health care team for their tremendous collaboration and hard work in quickly assembling resources, information and testing for our Lānaʻi community.

#### Response from Councilmember Riki Hokama:

When the COVID-19 pandemic began, your County took steps to ensure Lānaʻi would be prepared. In February, I stressed testing availability and ample medical supplies. In response, Mayor Victorino sent PPE to Lānaʻi and sanitation safety protocols were solidified for essential Fire, Police and County personnel traveling to and from Lānaʻi for work. In April, I partnered with the Mayor to create the ongoing Lānaʻi produce distribution program to purchase fresh, healthy food from our local farmers and provide for our residents.

I routinely wrote to the Governor and State Legislature urging stricter screening for incoming travelers at Mānele Harbor and the airport. There was concern over private vessels — jetskis, boats and aircraft. In another letter, I requested the cancellation of hunting season for off-island residents and denial of permits for events bringing large gatherings to Lānaʻi.

Storeowners were challenged in April receiving partial order fulfillments from off-island wholesalers. I spoke to State leadership in support for the continuation of full orders that wouldn't put our food and essential supplies in jeopardy. I also worked with federal and state agencies to ensure appropriate CARES money was allocated to Lānaʻi.

Looking forward, \$350,000 was secured in the Fiscal Year 2021 Budget for COVID-19 rural district economic relief. This fiscal year includes \$140,000 for Lānaʻi Economic Development and \$1,000,000 for creation of a Lānaʻi Agricultural Park to help diversify economy and increase food resiliency.

#### Response from Rep. DeCoite message to Lānaʻi community re: COVID-19:

Dear Lānaʻi,

I know all of us in District 13 send our Aloha to our District 13 'ohana on Lānaʻi. We know that together we will get through this.

Since the news of the first cases on Lānaʻi, I have been in constant communication with Mayor Victorino, Senator English, DOH, DOE, HI-EMA, along with the Governor and Lt. Governor to make sure Lānaʻi has everything the community and medical professionals need to treat everyone and to stop the spread.

My office remains open and is ready and able to assist all of you. Even if you just want to call to get or confirm information, we are here. My office number is (808) 586-6790.

My thoughts and prayers are with you all. Please continue to remain safe and to be vigilant: Wash your hands. Wear your masks and Watch your distance.

Aloha nō, **Rep. Lynn DeCoite**

*Representative Lynn DeCoite serves House District 13, which includes the areas of Haʻikū, Hana, Kaupo, Kīpahulu, Nāhiku, Paia, Kahoʻolawe, Molokini, Lānaʻi and Molokaʻi*

## Lānaʻi Marathon debuts December 13

As with most sporting events in 2020, the Honolulu Marathon has been cancelled because of COVID-19. Kimo Hanog, a seasoned veteran of marathons, having finished twenty-three Honolulu Marathons since the race's inception in 1973, is bringing the race to Lānaʻi.

"The Honolulu Marathon is holding a virtual marathon, and you can go online and enter. But you need to run your own course and record your time and send them a video of you running and completing your race. And when you send this in, you'll receive a finisher's shirt, medal and certificate," says Hanog.

But Hanog proposed a different marathon that would take place on Lānaʻi, and the Honolulu Marathon organizers gave him their blessings. They also sponsored twenty free entries, which Hanog said didn't take long to fill. The entry fee for registrants in 2020 is \$45 instead of \$250 typically charged at this time, a month before the December race.

The inaugural running of the Lānaʻi Marathon will take place 5 a.m., Sunday, December 13. The entire 26.2 mile course will be run on dirt trails, winding from the race start at the lower football field to Keahiakawelo, where runners then turn around, and head back to the tennis courts by the stables at Kōʻele, then up to Lānaʻi Hale on the Munro trail, then down to Hulopoʻe, where the race ends. "There will be aid stations every two miles and race sweepers, guys driving along the course, to see if anyone needs assistance," says Hanog.

"If you want to run with us and use our video and course for your own run, just come out. If you've ever wanted to try a marathon, this is your time," says Hanog. "No matter what shape you're in, if you want to run a marathon, call me. I can get you ready in six weeks, not six months. It's 80 percent mental and 20 percent physical."

For registration, race and training details, please call Kimo Hanog at (808) 559-0319 or email at kimo.lanaipf@outlook.com.



# How a LAPA fundraiser revealed the heart of a community

By Nelinia Cabiles - Photography by Russell de Jetley

**A** crisis can evoke feelings as primal as fear or as spontaneous as courage. Tighten the screws, increase the pressure, add a contagious virus, and a crisis becomes a test from which leaders are made.

When news broke on October 21 that there were positive cases of COVID-19 on Lāna‘i, an island that had had zero cases since the state’s first coronavirus case was reported in March, Russell de Jetley was sitting in his car with his wife, Amanda. They had just learned someone they knew was affected and de Jetley was overcome with a feeling of wanting to help. He called Matt Glickstein, founder and executive director of the Lāna‘i Academy of Performing Arts, and within an hour, he and Glickstein launched a fundraiser on Facebook, posting a call for donations to help Lāna‘i families and residents directly affected by the coronavirus.

Their target was modest: \$5,000. Donations ticked in, not only from people with personal connections to Lāna‘i, or those who had once visited the island, but also from businesses, and from many others who, like de Jetley, wanted to help. Within seventy-two hours, the LAPA fundraiser hit its goal.

de Jetley dropped off the donations to Lāna‘i Kinā‘ole and Lāna‘i Community Health Center, groups that were directly supporting the COVID-affected families. In turn, Val Janikowski of Kinā‘ole and Cindy Figuerres of LCHC and their respective staff put together and delivered care packages of face masks, disinfectant wipes, snacks, lotions, fresh produce and bags of rice.

In addition to monetary donations, de Jetley started to receive in-kind donations from Maui Chem, the Neilson Family and D&D International. Mokulele Airlines, Kamaka Air and Lāna‘i Air donated their services. “I emailed Maui Brewing Company on the first day of our fundraiser, and Garrett Marrero, the owner, responded the very next morning,” de Jetley says. A model of how a business pivots in a pandemic, the innovative brewing company, following government guidelines, “created hand sanitizer from whiskey and gin distillations” (hpr.org, May 30, 2020). “He [Marrero] wanted to personally fly over and deliver hand sanitizers and various PPE products,” says de Jetley.

Then a curious thing happened after the initial outpouring of help. de Jetley, who has been working with the Lāna‘i COVID task force since launching the LAPA fundraiser, began receiving requests for N-95 masks for the healthcare workers, and specific household items that the families in quarantine needed: diapers, over-the-counter medication, bottled water. de Jetley wanted a more sustainable solution than the plastic, one-use bottles of water, so he did some research and came up with Brita water filters.



Stephen Becker and Lisa Grove, Kami Shimokawa, Amanda de Jetley, and Mokulele staff with donations from Maui United Way to Lāna‘i’s frontline healthcare workers.

The fundraiser evolved organically to become a relief and supply effort with de Jetley and Lisa Grove becoming Team Procurement. Grove, a newly-minted board member of the Maui United Way, had reached out to Glickstein after donating to the LAPA fundraiser.

“In a past life, I’m sure Russell was a procurement officer,” says Grove, laughing. “The N-95 facemasks were elusive, but he found them. He’s become an expert. He can tell you the different kinds and which are the best ones.” de Jetley recently scored 200 N-95 and 200 KN-95, the latter of which he will donate to local businesses.

Grove and de Jetley have been working together to procure COVID-19 staples, such as hand sanitizers and facemasks, and whatever items the Lāna‘i COVID task force needs on any given day.



PPE donated by the Taiwanese government and sent over by Lt. Gov. Josh Green for Lāna‘i’s COVID-affected families at the LCHC. (LAPA assisted only with the delivery.)



Donations from Maui Brewing Company, Maui Chem, and the Nielson family and delivered to Lāna‘i Kinā‘ole.



Diapers and wipes purchased with fundraiser monies for affected Lāna‘i families. Delivered by Lāna‘i Air

“We’ve gotten requests for laundry detergent, activity and coloring books (for children), sorted according to grade level. Valley Isle donated Halloween candy,” Grove says. The Maui United Way donated hospital gowns, PPE equipment and garbage bags, which were loaded onto a Mokulele plane and flown to Lāna‘i.

In the initial days of the fundraiser, de Jetley estimates he and Grove must have exchanged hundreds of texts between them, as they tracked down items. “I barely knew Russell before this. There’d be a call for something and we’d get it sourced,” says Grove.

As the positive cases on the island surged (though its rate has since slowed after the first week), he and Grove have needed to think quickly on their feet. After placing and discovering that online orders take a week to arrive, de Jetley now sources items from Maui or O‘ahu. His grandma (Alberta de Jetley) or aunty drops off the items at the airport, and he and Amanda pick up the freight on Lāna‘i and disperse it to the various groups supporting the COVID-relief efforts, who then distribute the donations to wherever they are needed. It’s a process as efficient and elegant as they come.

Reflecting on the whirlwind events of the past two weeks, Grove, who works in national politics, and says she “cranked up the [coconut] wireless” to quickly procure items, is moved by the community’s response: “It’s been really touching how people have stepped up and helped.”

“Lāna‘i Strong is being used to describe our community,” de Jetley says. “We are small, but we come together for each other with limitless love and support.”

If there is a lesson that this pandemic is teaching us, it is that while the fires of a crisis may forge leaders and define a community, it also reminds us, as we stand together in the midst of those fires, of how hard we will fight, and what we mean to each other.

**HOW TO HELP:** To donate, email [anthonydejetley@gmail.com](mailto:anthonydejetley@gmail.com). LAPA is a 501 (c) (3) non-profit organization. All donations are tax-deductible.



## Keep your eyes on the prize

Contributed by Linda Kavelin-Popov

**W**e stand at a crossroads. We find ourselves where we never wished to be: facing a COVID outbreak that we hoped would never come. For seven months, Lānaʻi has been the one safe haven in the Hawaiian Islands, free of the virus. We have practiced amazing diligence in following health guidelines. Admittedly, it was a shock to learn it had breached our shores. After initial tears and fears, speaking for myself, we need now to ground ourselves in mindfulness, take a pause for detachment, gather our courage and step onto a new path forward. As it says in Phillippians 3:14, “I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Here are some steps that can help us sustain our serenity as we travel this unknown road.

1. Remember who we are. In an online community meeting, Mayor Michael Victorino and top health professionals praised Lanaians for our amazing resilience and unity. Our health providers acted quickly to set up testing, Pūlama Lānaʻi imported thousands of tests and new equipment, and neighbors immediately asked how they could help. More than a thousand people came for testing. We are a true aloha community.

2. Refuse to engage in the blame game about who and how the virus started here. It only throws fuel on the fire of anxiety. Pointing fingers just ruptures our unity, which we need now more than ever. Lesson learned about the danger of large gatherings. If we stand strong together, we CAN turn this crisis around.

3. Stay informed. Abide by the information flyers the National Guard delivered house to house. Attend online updates. **Call police (808) 565-8388** to be put on a mailing list for information. Go to <https://health.hawaii.gov/coronavirusdisease2019> for updates.

4. Reach out for help when you need it! Individuals and families who must quarantine at home, **call the Quarantine Assistance Group (808) 565-8003** and leave a message about what you need (groceries, medication, supplies). Stay connected by phone with loved ones. Don't isolate.

5. Respect the guidelines given by our health professionals. Practice the 5 Ws: Wear a face covering. Watch your distance (at least six feet). Wash your hands well and often. Wipe down surfaces. Gather only 10 at a time in Wide open spaces, and Wellness. Only go out if you're 100 percent well. If your family has been told to quarantine, DO IT!

6. Answer your phone for contract tracers. If you get symptoms, don't feel ashamed. Act responsibly to let your healthcare providers know immediately. If you urgently need medical help, **call 911**.

7. Have faith. We are not victims. We are athletes, able to gain strength from adversity. Let's use this setback for a better comeback and surf these waves with trust in God's grace. We will get through this together, if we ALL engage in safe practices. Let each one of us do our part and join in prayer for our island and for the world.

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



Linda Kavelin-Popov

## Reese's Peace - How to live from the inside out

Contributed by Caroline Reese

**W**e are approaching an end to 2020; it seems as if we have collectively been called to shift our lives, and given more time to reflect and go inward. Now is an opportune time to redesign our lives with intention and personal responsibility.



Caroline Reese

When we enter the world at birth, we enter a world that is already in motion, linked to culture, relationship, and behavior patterns that influence our lives from the very beginning. As we evolve in our environment, there are more and more influences that shape who we become. It can be challenging to separate the self from the world. These challenges can lead to anxiety, depression, or restlessness.

We like to think we have control of our lives, yet most of what we do is influenced by what we learn from social media, news, and other opinions outside of us.

Four simple practices that can kickstart your journey inward:

1) **Take inventory** of your life and think about what areas in your life have been calling you to change and what areas you are ready to let fall away. If you were to take more responsibility for your wellbeing, what would you add to your life and what would you let go?

2) **Make a commitment to be personally responsible.** Commit to detach from the world by pausing, reflecting, and changing your thought pattern. Thoughts and feelings are significant components of how individuals define themselves. When we begin to connect to our thoughts, emotions, and behavior, we take responsibility for ourselves. When a negative thought or a fearful thought enters your mind, practice pausing, and ask yourself, “how does this thought make me feel in my body?”

3) **Set an intention** to stay connected to this commitment. This will raise your emotional energy and physical energy. Intentions inspire and motivate us to stay on track.

4) **Focus on your response.** When we look for solutions outside of ourselves, we are distracting ourselves from going inward. When we focus on looking inward to see how we are creating what we are experiencing through our thoughts and behavior and taking responsibility, it gives us more POWER. Our response is the only thing we can change, over which we have control. When an event happens, you have no control over the event, and you have no control over the outcome. But you do have control in how you respond.

## Food Bucks to Help Hawai'i Families, Local Agriculture

**T**he State of Hawai'i is matching a donation of half a million dollars from a hui of private-sector organizations towards the DA BUX Double Up Food Bucks program.

DA BUX doubles the value of Supplemental Nutrition Assistance Program (SNAP) benefits spent on locally grown food at participating grocery stores. Several private-sector organizations secured \$500,000 for DA BUX to increase SNAP buying power for recipients at participating grocery stores, such as KTA Super Stores and Times Supermarket. The state match increases that amount to \$1 million that will be available for SNAP recipients to purchase locally produced, fresh and nutritious fruits, vegetables and proteins at participating locations statewide.

Gov. Ige said, “DA BUX Double Up Food Bucks” is a triple-win solution because it supports local farmers with an increased customer base, low-income families who receive double the purchasing power for healthy, Hawai'i-grown produce, and our entire community by keeping dollars in the local economy.”

Formerly known as the Food Stamp Program, SNAP is a federal program that provides food-purchasing assistance for low and no-income individuals. Administrators are seeing a higher number of recipients as families continue to struggle during the COVID-19 pandemic. DA BUX is a statewide program administered by The Food Basket in partnership with the Hawai'i Good Food Alliance. To view more:

<https://governor.hawaii.gov/newsroom/latest-news/office-of-the-governor-news-release-government-private-sector-partnership-double-food-bucks-to-help-hawaii-families-and-local-agriculture/>.

## Call for seniors to reserve gift delivery

**C**indy Sagawa, coordinator of the Lānaʻi Senior Citizen

Christmas Lunch, requests that seniors who wish to receive a Christmas gift

delivery this year to please contact her at (808) 565-9415, or email [LanaiSeniorChristmasLunch@hotmail.com](mailto:LanaiSeniorChristmasLunch@hotmail.com). If you know of a senior who would appreciate a gift delivery, please contact Cindy.

There will be no food preparation, cooking, serving or food delivery Christmas Day. No events will be happening at the Senior Center. Instead, volunteers, following social distancing and other COVID-19 protocols, will deliver Christmas gifts to seniors, age 65 and older. Volunteers will make their deliveries of holiday cheer between 10:30 a.m. and noon.



## From the Farm - Sustainable farming (and packaging) at its finest

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

**A**t Sensei Farms, we love salad. In fact, we grow and eat salads every day. Throughout our growing process we carefully monitor every crop, ensuring they receive the right amount of water, nutrients and light to grow the best tasting, most nutritious salads. Once harvested, our crops move directly from our farm to Richard’s and Pine Aisle, each just three miles away.

It’s an honor to share our locally grown produce with the community of Lāna‘i. Cutting down on the need to import food from the mainland greatly reduces transportation costs, minimizing our carbon footprint and helping our produce maintain its ideal nutrient content. We pride ourselves on our sustainable growing processes. We cultivate our produce hydroponically in climate-controlled greenhouses that use 90 percent less water than traditional farming. Each of Sensei Farms’ six greenhouses is powered by a solar grid that soaks up the Hawaiian sun.

It’s not only our growing processes that are sustainable, but our clamshell packaging is as well. For those unfamiliar with this type of packaging, a clamshell is a one-piece container consisting of two halves that hinge together like the shell of a clam. Each of our lettuce clamshells are made of recycled plastic that is also 100 percent recyclable.

We encourage our customers to rinse, reuse or recycle our clamshells. Here are some quick ideas: use them to store fresh fruits and vegetables; create your own lunch box; separate the sides and use each part for seedling planters; organize craft or sewing supplies; or even return them to the market. For every 10 clamshells Richard’s or Pine Isle returns to Sensei Farms, we will provide each store with a new clamshell full of beautiful leafy greens. We are also currently in the process of looking into compostable clamshells.

You may also notice something unique on our clamshell packages – a QR code. At Sensei Farms we are not just farmers, we are also innovators at the forefront of agricultural and branding technologies. Every package of Sensei Farms lettuce features a unique QR code that shoppers can scan with their phones to be taken directly to our farm’s website – [senseifarms.com](https://senseifarms.com) – where they can learn more about individual product’s nutritional content and taste, and find simple and flavorful recipes to inspire their next family meal.

Here’s a quick primer on how to use our QR code: **Apple Users** (iPhone, iPad): Open your camera app and hold it over the QR code. Once your device recognizes this code, a notification will pop up with a link to the website associated with the code. In this case, [senseifarms.com](https://senseifarms.com). Simply click on the link, and you will be redirected right away. **Android Users** (version 8 or later): Press and hold the home button on your phone. Then tap the lens – this is the circle surrounded by lines to the left of the four colored buttons at the bottom of your screen. If this is the first time using this feature, press “Allow.” Now point your camera at the QR code, tap the magnifying glass to scan the code, and then tap the pop-up notification. This will again redirect you to [senseifarms.com](https://senseifarms.com). **Other devices** (such as Android phones earlier than version 8): Download a QR code reader app in the Google Play store. Once you have the app, follow the same procedures as above. Hold the reader over the QR code to prompt a notification. Then click the link in the prompt, and you will be redirected to [senseifarms.com](https://senseifarms.com). Happy scanning!



### Tasty Takeaway

As salad connoisseurs, not only do we know how important fresh, delicious produce is, but we also know how important it is to try new ingredients to keep your meals exciting. To help reinvigorate your salad experience, we asked our Product Development Director PJ Catledge for ideas on how to *dress-up* your salads. All of the recipes below make four ounces of dressing, enough for two to three salads of delicious eating. If not using immediately, store your dressing in an airtight container for up to seven days to maintain its peak quality. You’ll need to shake your dressing before each use to ensure that the oil is evenly blended with the remaining ingredients.

#### Maple Dijon Dressing

1 tablespoon maple syrup  
1 ½ teaspoons Dijon mustard  
1 tablespoon apple cider vinegar  
¼ cup extra virgin olive oil  
Sea salt and cracked pepper, to taste

With the exception of the olive oil, whisk all ingredients together. Slowly pour in olive oil while whisking. Add salt and pepper to taste.

#### Seared Lemon Honey Vinaigrette

¼ cup white wine vinegar, red wine or apple cider vinegar  
1 tablespoon honey  
2 tablespoons plus ½ cup of olive oil  
1 medium lemon  
½ teaspoon thyme (fresh or dried)  
A pinch of sea salt and pepper

In frying pan, heat 2 tablespoons of olive oil at medium heat. Place lemon face down and sear for 3 minutes until it begins to char. Remove from heat. Zest the lemon and squeeze its juice into a bowl with the zest. With the exception of the olive oil, stir in the ingredients. When blended, slowly pour in the olive oil while whisking.

For more delicious recipes, visit [senseifarms.com](https://senseifarms.com)

- Sensei Farms Beet Salad with Maple Syrup Dressing
- Seared Lemon Honey Vinaigrette Ingredients



### Support for Sensei

“It doesn’t get any fresher than this; straight from the farm onto your table day or night,” said Roger Alconcel, retail manager for Pūlama Lāna‘i. “I like that the packaging says it’s locally grown on Lāna‘i. It gives us a sense of pride and belonging. Imagine going into supermarkets on the neighbor islands or even the mainland and finding Sensei products on shelves!”

“There are so many reasons Sensei Farms is important to Lāna‘i that I could fill a page,” said Travis Sparks, manager, Hotel Lāna‘i / Lāna‘i City Bar and Grille. “The fact that we can fill tables of a community with fresh produce year round without the added expense of shipping and fossil fuels takes the cake for me. All of our salads feature Sensei Farms greens, and we incorporate their cucumbers and tomatoes too. Tomatoes are a must for me because I have so many childhood memories of eating them with my grandfather in his garden. Sensei tomatoes are perfectly ripened and ready to eat. They speak for themselves.”







Our popular women's line, Z Supply, has expanded into girls' clothing, and dogs:

Z Supply Zoo!

Check out all the girls' wear and small dog line. I am so THANKFUL for my amazing clientele near and far. Your support means the world to me.

*We will be bigger and better!*



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

## NOTICE OF VIRTUAL PUBLIC MEETING Proposed Project on Lānaʻi

**Date:** Thursday, December 3, 2020  
**Time:** 5:30 - 7 p.m.  
**Format:** WebEx Video (w/ live Q&A)

Hawaiian Electric is seeking public comment on a potential Community-Based Renewable Energy program offering and the associated solar PV + Battery Energy Storage System. If selected, the project would be located on land owned by Pūlama Lānaʻi adjacent to Hawaiian Electric's Miki Basin Power Plant.

Due to continuing pandemic safety precautions, a live virtual meeting will be held for those who reside in this community to learn about the scope of work, purpose and key milestones of the proposed project.

Interested attendees may participate through these platforms:

- Telephone: Call **1-844-992-4726** (Toll Free), Access Code: 146 539 5042
- Mobile Devices/Computer: Log on to **facebook.com/hawaiianelectric** for the WebEx link and/or to view the live stream. Or go to **webex.com**, join with the access code: 146 539 5042 and password: EevdtFJG548
- Broadcast Television: Watch Akakū Maui Community Media Channel 54

Questions and public comments about the project are being accepted until Dec. 11, 2020, at **LanaiCBRE@hawaiianelectric.com**.



**Hawaiian  
Electric**

## 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: Alison Harding at [aharding@sensei.com](mailto:aharding@sensei.com)



# Lāna‘i’s COVID-19 drive-through mass testing events

**O**n October 23, 2020, four days after four positive COVID-19 cases were identified on Lāna‘i – the island’s first cases – healthcare workers from Straub Medical Center-Lāna‘i Clinic and Lāna‘i Community Health Center, with assistance from the Maui Police Department-Lāna‘i branch, the National Guard and Pūlama Lāna‘i, conducted a mass testing drive-through event that ran from 7 a.m. to 3 p.m. Nearly a thousand people showed up in their vehicles, forming a long convoy that wound from Queen Street to the testing area at the Dole Administration parking lot.

The COVID-19 test involves a 6-inch long swab, resembling a long Q-tip that a health worker inserts into the cavity between the nose and mouth for 15 seconds, rotating it several times, then repeating the swabbing motion in the other nostril to ensure enough material is collected. The swab is then inserted into a container and sent to a lab for testing ([www.ucdavis.edu](http://www.ucdavis.edu)).

All Lāna‘i residents were encouraged to be tested, including those who had already been tested, as they either might have been exposed to the virus after testing, or might have been harboring the virus at an early, low-level stage, a level too low for the test to detect at the time of testing. Asymptomatic individuals, those who do not exhibit symptoms, were also advised to test. The Center for Disease Control estimates that **about half of all infections are the result of transmission from an asymptomatic person**. Forty to forty-five percent of COVID-19 positive individuals are asymptomatic, according to the Academy of American Medical Colleges. Most experts agree that testing and isolating asymptomatic COVID-19-positive individuals is key to stopping the spread of the virus ([www.AAMC.org](http://www.AAMC.org)).

A second drive-through mass COVID testing event and distribution of candy treats and produce donated by Pūlama Lāna‘i the following Saturday (October 31), drew four hundred people.



The queue of cars on Queen Street



APRN Kris Aceret, Lāna‘i Community Health Center, at work



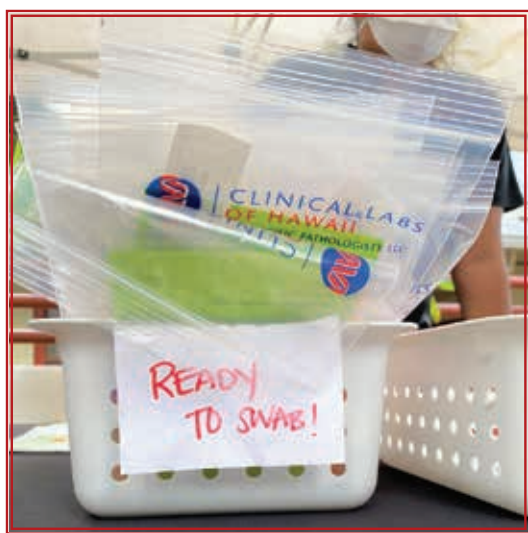
The Maui Police Department-Lāna‘i Branch’s booth November 7, 2020 in the Dole Administration parking lot.

Straub-Lāna‘i Clinic and LCHC, in partnership with the Lāna‘i police department and Pūlama Lāna‘i, scheduled a third mass testing drive-through event from 7 a.m. to 1 p.m., Saturday,



Olivia Pascual, chief operations officer and registered nurse, LCHC, performs a nasal swab.

As of November 9, there were 106 positive cases of COVID-19 on Lāna‘i. (Information from [www.health.hawaii.gov](http://www.health.hawaii.gov) COVID-19 dashboard.)



Organized testing materials



Mindy Bolo, Wellness coach, and Olivia Pascual, registered nurse



The Straub-Lāna‘i Clinic staff



MaryLou Kaukeano, Kalei Hanog, and Christian Yumol of Pūlama Lāna‘i



# Notes of Hope

**H**ow do we hold onto hope in troubled times? How do we sustain each other when the needs are great? May these notes of hope from our beloved and diverse Lānaʻi community uplift our spirits and help us to trust in the grace of God and the strength of our aloha. – The Lānaʻi Bahaʻi Community, in honor of the birthdays of the Bab and Bahaʻu'llah, Prophet-Founders of the Bahaʻi Faith.

“Ye are all leaves of one tree and the fruits of one branch...So powerful is the light of unity that it can illuminate the whole earth.” Bahaʻu'llah



“Ye are all leaves of one tree and the fruits of one branch...So powerful is the light of unity that it can illuminate the whole earth.” - Bahaʻu'llah



“Even through these hard times, dealing with the loss of our loved ones, the loss of jobs, the uncertainty of this pandemic, I ask that we all trust HIS purpose and trust in the power of prayer.” - Kendra-Leah Sabin



“Be who God created you to be. See yourself through His eyes. Everything about you is beautiful and God’s eyes are permanently fixed on you! God bless you!” - Pastors Michael and Brenda Lopez, House of Bread Fellowship



“We hope for people to stand strong and brave and not be afraid. Hope for a better world of peace, love and joy.” – Jayzyn, Jahzryn, and Jahzara Castardo



“Let’s remember who we are as caring people of Lānaʻi and stand strong together.” – Tyra DuBose (Tyra, Michael, Makayla and Matteo DuBose)



“We hope for peace, joy, safety and aloha to everyone!” - Bronson and Gizelle Bolo



“Trust that the higher power knows our deepest sorrows, and have hope to move forward. Ask for help, believe you will get the guidance and receive with an open heart.” - Caroline Reese (Curtis, Caroline, Lucie, Graziella)



“Hope is the smallest of light that pierces the darkest of storms.” - Pastor Saul Kahiikolo, with Kris, Saul Sr., Anela, & Micah



“Faith is the assurance of things hoped for, the conviction of things not seen.” Hebrews 11:1. Faith tells us that hopes are not just dreams but possibilities. Faith assures us that peace and justice will embrace.” - Pastor Steve Jerbi, Union Church



# Lāna‘i Community Health Center

## WHAT TO DO IF YOU HAVE BEEN TESTED FOR COVID-19

For asymptomatic patients and those who didn't have close contact to someone positive for COVID-19, they can return to work, go to the store, etc after getting COVID-19 testing. They do not need to remain home in quarantine until test results return.

If someone has symptoms and positive exposure, then those patients continue to advise to remain at home in quarantine/isolating until results return, or for the duration of their quarantine.

No one can test out of quarantine. Getting tested while in quarantine can actually shorten your time locked up in the house if you test positive and don't need acute care off island. (As of this writing, we had to send 4 of our positive patients off island for hospital care and all of them had COVID-19 pneumonia. All started with very mild symptoms and then suddenly got worse the next day.) There is no cure/treatment for COVID-19, only supportive care. For one of the patients currently in the hospital they are throwing everything they can to help him and are even giving him an experimental drug.

Our priority is getting people tested without concern of punitive action and not having to worry about staying home from work.

No test is needed once one completes their 14-day quarantine or 10-day isolation if they were positive for COVID-19. No special work note is needed. The notification letter from Maui DOH signifying they completed their quarantine or isolation is all patients need to return to work. Employers of patients still don't understand this and education is needed for the employers. Once Maui DOH releases these people they return to normal status of being able to leave their house, go to work, and be around other household members.

For household members of mixed cases, positive and negative for COVID-19. Once the positive COVID-19 household members complete their 10 day isolation period they are no longer infectious and can leave the house. They don't need to remain in quarantine/isolation if they have household members who tested negative and are now in quarantine. The recovered positive cases at this time are considered immune to COVID-19 and can't share it with anyone but they still need to practice the 6W's (see chart below). Remember for the negatives in the house, their 14-day quarantine period starts 14 days from the last date of contact with the positive case. So some of these household members are actually stuck in quarantine for up to 3-4 weeks.

Getting antibodies checked after someone completes their 10 day isolation is also not clinically advised as we have no idea what those antibodies mean or what immunity they bring to COVID-19. If you have any questions, call us at LCHC!



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

### 6 W's to Wellness

[Help stop the spread of COVID-19]



#### Wear a face covering

- Wear a face covering in public places.
- Wear it correctly: covering your mouth, nose, and chin.
- Wash it after wearing.



#### Watch your distance

- Stay at least 6 feet apart from people not in your household.
- If walking or exercising, allow even more space when directly behind others.



#### Wash your hands

- Use soap and warm water.
- Scrub hands for at least 20 seconds.
- Wash all parts of your hands: palms, back of hands, fingers, and thumbs.
- Use hand sanitizer when soap and water are not available.



#### Wipe down surfaces

- Clean high-use areas often, such as remotes, cell phones, door handles, counter tops, light switches, and other items.
- Use an EPA-approved cleaner.



#### Wide open areas

- Keep groups and gatherings to less than 10 people.
- Greet friends outdoors with a lot of open space and good air flow.



#### Wellness: Only go out when 100% well

- Stay home if feeling sick, even if your symptoms are mild.
- If sick, follow up with your doctor.
- Call 9-1-1 if your symptoms are severe.

Stay informed: <https://health.hawaii.gov/coronavirusdisease2019>

## The Lāna'i Fitness Challenge

With nearly 800 people registered for our event, it was one of the greatest event turnouts LCHC has ever had. It was wonderful to see people exercising throughout the day with their colorful shirts. Whether people walked with their pets, ran marathons, or walked in place at home during the island lockdown, in the end, everyone who participated gained a new appreciation for fitness. Here are the overall winners for the Lāna'i Fitness Challenge:

### 0 – 9 OVERALL WINNERS

- 1 - Saadei Ropa – 1,004,106 steps (Apple Ipad Mini)
- 2 - Tayden Alcantara – 875,479 steps (Lāna'i Adventure Tower for 4)
- 3 - Lord Zablan – 743,565 steps (\$100 Gift Card)
- 4 - Archer Ozoa – 530,051 steps (\$50 Gift Card)

### 10 – 17 OVERALL WINNERS

- 1 - Ewald Atok – 1,875,559 steps (Apple 6 Smartwatch)
- 2 - Julian Von Elaydo – 1,047,103 steps (\$150 Gift Card)
- 3 - Mark Ruaburo – 767,313 steps (\$100 Gift Card)
- 4 - Taimane Fauatea – 672,858 steps (\$50 Gift Card)

### 18 – 49 OVERALL WINNERS

- 1 - Regina Agliam – 1,502,050 steps (2 night stay at Sensei Resorts)
- 2 - Sheme Bacalso - 1,411,131 steps (\$200 Gift Card)
- 3 - Geneva Castro – 1,183,501 steps (\$150 Gift Card)
- 4 - Mindy Bolo – 1,061,206 steps (\$100 Gift Card)

### 50+ OVERALL WINNERS

- 1 - Stephan Furgerson – 1,554,907 steps (2 night stay at Sensei Resorts)
- 2 - Nani Elinger – 1,352,933 steps (\$200 Gift Card)
- 3 - Guillermo Bolo Sr – 1,250,478 steps (\$150 Gift Card)
- 4 - Ola Ropa – 1,026,132 steps (\$100 Gift Card)

**Mahalo to our many sponsors of this event! Maui Health, Lāna'i Community Health Center, Lānai Ballers, LHES Foundation Resorts, Sensei Resorts, MKCF, Pulama Lānai, SimplicityHR, Grove Insights, Harrilynn Kameenui and AJ Vergara.**



## Aloha for Hawaii Charities

CHARITIES WITH \$1,000 OR MORE IN DONATIONS QUALIFY FOR THE BOOST

- Visit [friendsofhawaii.org](http://friendsofhawaii.org)
- Click on the Aloha for Hawaii Charities icon
- Select Lāna'i Community Health Center
- Make your tax-deductible contribution
- We will receive 100% of your donation plus a bonus boost from Friends of Hawaii Charities!

Friends of Hawaii Charities will provide a one-time gift of up to \$100,000 that will be shared by all Aloha for Hawaii Charities participating charities.

DONATION PERIOD:  
NOV 16, 2020 – JAN 20, 2021 (4 PM HST)

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





# WE'RE HERE FOR YOU

Whatever your healthcare need, you are safe with us. At Maui Health, our number one priority is the safety of our patients, our health care workers, and our community.

Find out more about how we are keeping you safe at [mauihealth.org/safe](https://mauihealth.org/safe).



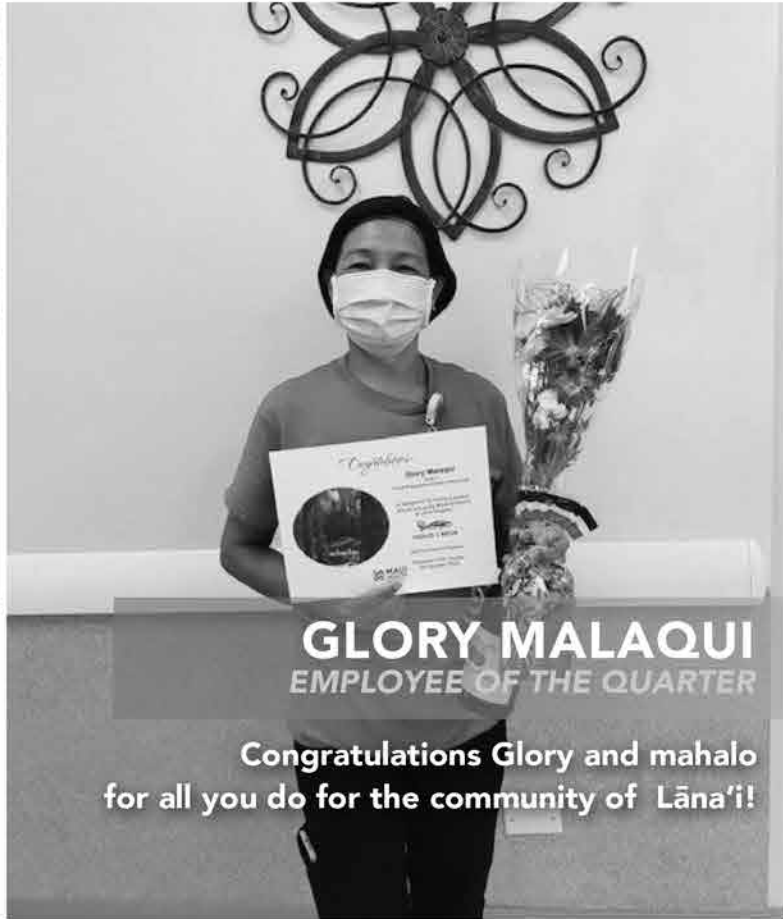
## THURSDAY, NOVEMBER 19 AT 1:30 PM VIRTUAL COMMUNITY TOWN HALL

Join us live at [Facebook.com/WeAreMauiHealth](https://www.facebook.com/WeAreMauiHealth) and submit your questions via text to 808-214-3637.



### COVID-19 RAPID ANTIGEN TESTING RESULTS IN APPROXIMATELY 15 MINUTES

Monday, Wednesday and Friday  
8:30 a.m. to 3 p.m.  
Call 808-565-8450 to schedule



## GLORY MALAQUI EMPLOYEE OF THE QUARTER

Congratulations Glory and mahalo for all you do for the community of Lānaʻi!

Maui Memorial Medical Center  
Maui Memorial Outpatient Clinic  
Kula Hospital and Clinic  
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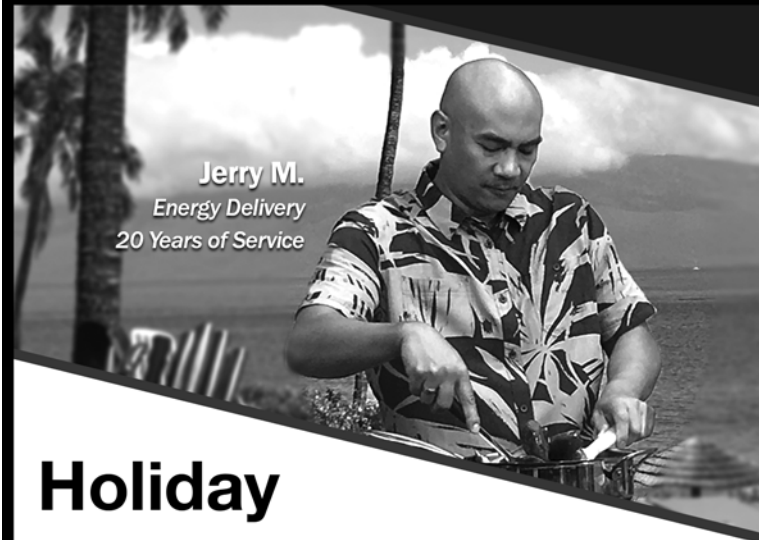
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- No peeking! Opening the oven door while you're cooking wastes energy by letting out the heat. About 20 percent of the heat is lost each time you open the oven door. Use the window or timer to monitor cooking time.

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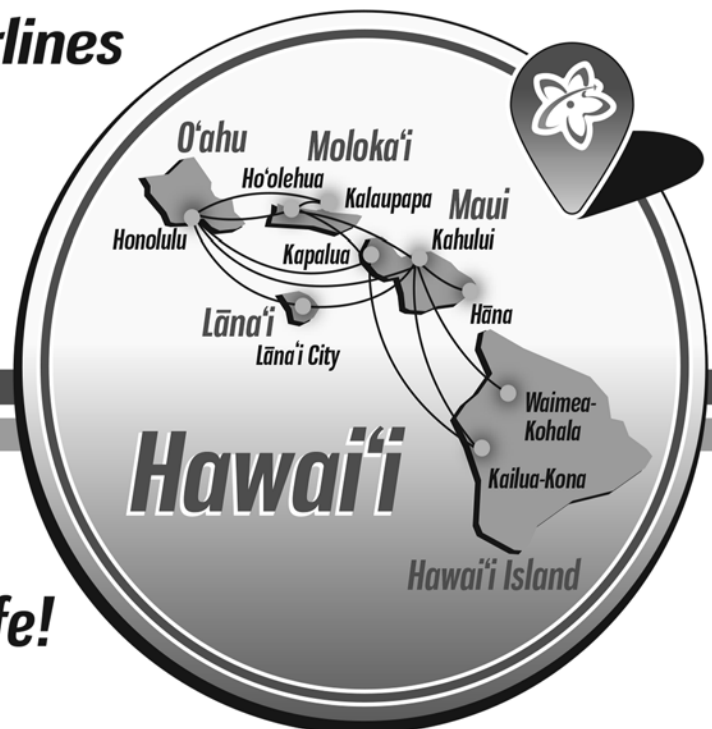
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**The Plantation Deli**  
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**One Forty**  
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Seared Ahi Tuna Nicoise

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Seared Tuna, Sensei Farms  
Salad with Matsuhisa Dressing

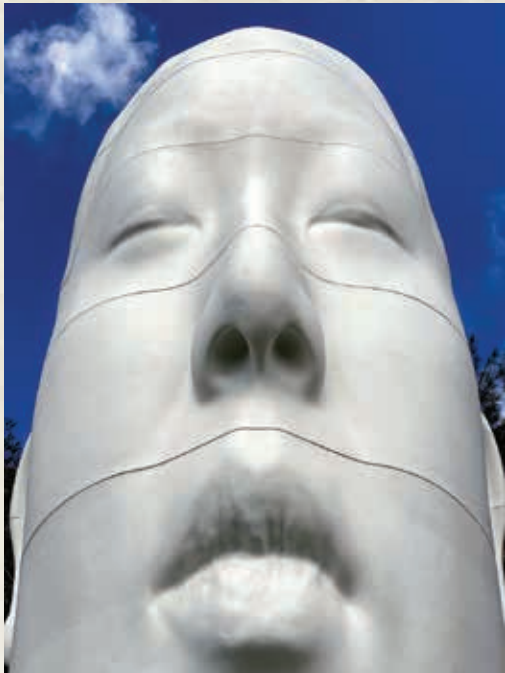
**The Break**  
*Featured Dish*  
Local Catch



THE LAST WORD

Article and Photography by Sasha Drosdick

Art on Island



Jaume Plensa, "Talaia" 2016, detail view

The collection of art on our island is growing! As many of you may have already noticed, there is a new sculpture on Lāna'i: the large, white sculpture of a young girl's head, by the Spanish artist Jaume Plensa, overlooking the Sensei Lāna'i gardens at Kō'ele. As the conservator for the outdoor sculpture collection, I would like to introduce "Talaia" (tä li ä), the fiberglass sculpture whose name means "Watchtower" in the artist's native language of Catalan.



Jaume Plensa, "Talaia" 2016, fiberglass reinforced polyester, stainless steel frame

Plensa's large-scale, figurative sculptures can be found in collections and installations around the globe. Similar heads are on permanent display at the edge of Puget Sound in Seattle, on the green hills of Sutton in the United Kingdom and among the grape vines of Sonoma Valley in California. For shorter durations, these works have occupied Rockefeller Center and Madison Square Park in New York City, the Guanabara Bay in Rio de Janeiro, Madrid's Colón Square, and the Grand Canal in Venice. Like "Talaia", the sculptures represent young girls with their eyes closed, as if in meditation or in a dream state, which reflects the artist's interest in the relationship between the physicality of the human figure and the interior thoughts of the mind. By using advanced technology such as 3D scanning and computer imaging, Plensa, through his art, teaches us about these complex relationships, as well as other important art historical motifs, such as beauty, scale, tradition, and memory.

On Lāna'i, we are lucky to have not one, but two artworks, by this renowned artist. Like the heads, Plensa's artworks from the "Heart of River and Trees" series have been on display in major cultural centers worldwide. Since last year, the installation "Heart of Rivers" has resided in the gardens at Kō'ele, but, as the concept of social distancing has changed all of our lives, only recently has the artwork taken on a new meaning.

The seven bronze figures are spaced over six feet apart from one another, and although they keep their distance, they are still engaged with one another through their gazes. They, like seven stars, continents or musical notes, do not exist alone, but are connected to one another. The figures, each one a self-portrait of the artist, sit on the ground with their arms encircling their knees and the trunk of a palm tree. Across the surfaces of the bronze figures are the names of great rivers that flow throughout the world – names of the powerful energy sources that divide and bridge lands, communities, and languages.

Before March, I may have been more interested in exploring the relationship between man and the environment that this piece clearly suggests, but today, what moves me more is the relationship that we have with one another, and our desire and need to stay connected despite the challenges of mask wearing and social distancing. This installation is a perfect example of how an artwork's meaning is not rigid or static like the material it may be made of, but dynamic, flowing and changing to mean many things to many people, regardless of their language or background.



Jaume Plensa, foreground: "Heart of Rivers" 2016, bronze and palm trees; background: "Talaia" 2016



Jaume Plensa, "Talaia" 2016, fiberglass reinforced polyester, stainless steel frame



Jaume Plensa, "Talaia" 2016, fiberglass reinforced polyester, stainless steel frame