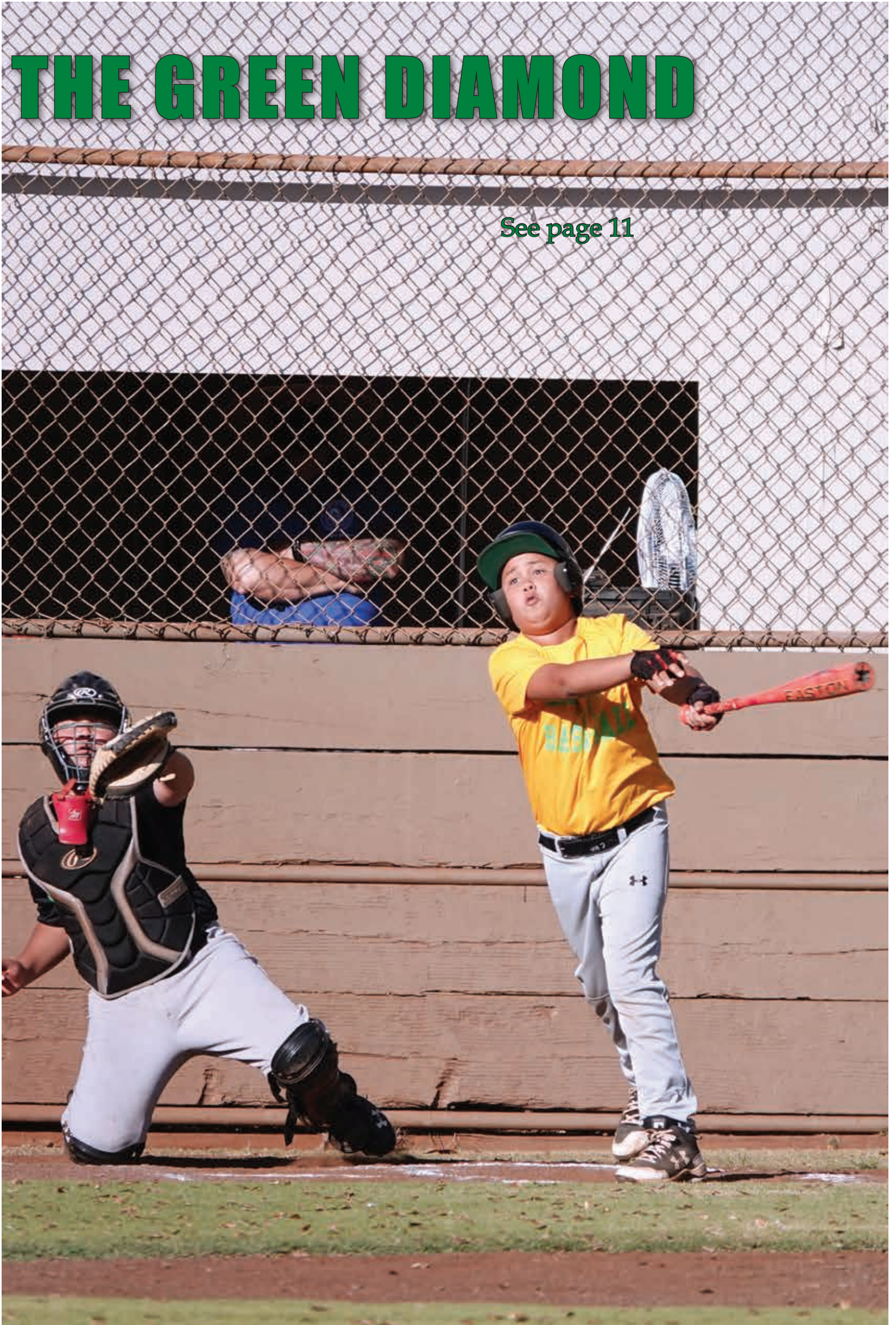


# LĀNA'I TODAY

## THE GREEN DIAMOND

See page 11



Caiden Kirk-Kekina swinging for the fences, while twin brother Jayden reaches, in a baseball game between the Warriors and the Herd September 1, 2020, the first sporting event on the island since the pandemic struck Hawai'i in March 2020. Photograph by Ron Gingerich



*The gifts of trees*

**A**t one o'clock in the morning, on the fourth day of a trail ultra that I ran in last summer, I started talking to trees. Not just any tree in the old-growth forest, but a tree on whose branch hung a reflective strip. They served as guiding lights at night, reassuring us that all was well, saying, "Keep on going"; we were still on the right trail.

But the Gifford Pinchot National Forest in Washington state is vast, hundreds of trails cut through it, and the reflective strips were spaced far enough apart, that fifteen to twenty minutes would pass before my headlamp would catch a glimmer in the distance. That was enough darkness between the sighting of one light and the flash of another for me to worry that I'd run off course and was on the wrong trail.

It was the longest ultra I had ever attempted. New territory. I quickly realized that the bag of tricks that had gotten me through many a rough patch in a race, was inadequate for this one. There were too many unknowns. I could not prepare for how I might approach the next segment since I had no frame of reference. I could only run through it. And while I'd made steady progress each day, the goal of finishing the race before the cut-off was not certain. I still had about forty-eight miles left to cover, one last big climb, and cut-offs at three aid stations to make. I was not out of the woods yet.

Also, my headlamp was dying. The light bouncing off the reflective strip, illuminating the outlines of the trail, was getting weaker with every mile. Without light from my headlamp, the reflective strips might as well have been pieces of bread. I was starting to worry that I'd be running in the dark, that I would not make the cut-off at the next aid station. It was worry that kept me awake that night.

Talking to trees came naturally. I felt so indescribably happy, so relieved to know that I wasn't lost when I came upon a tree with a reflective strip, that gratitude would wash over me. "Thank you," I would say to the tree. "Thank you for being here." The sound of my voice, after days of solitude and the deep quiet of mountains and calderas and trees and ravines, was comforting.

Solitude is what all long-distance runners seek. But there's solitude and loneliness, and that ultra revealed, in a way that no other race has done before, that the difference between the two states of mind, is time. I'd been running alone for five, six hours at that point. I had not seen nor heard another soul on the trail since I'd left the aid station.

I have not always sought the company of other runners in a race, but what is always heartening, especially if I'm struggling, and especially at night, is to see the light from the headlamps of runners in the distance or behind me. That night I had to find another way to keep going. I had to trust, despite evidence to the contrary, that I was not alone.

I'd started a gratitude journal early that year, having read in a magazine how a daily practice to find three new things for which one is grateful cultivates empathy and kindness. The practice was changing my life, increasing my sense of wonder. I discovered bird song that year, that being grateful just means being attentive to joy, to the people in your life. I discovered that the well of gratitude is bottomless.

Absent any runners on the trail, I turned my attention to trees. I gave them numbers, as I came to them, because it made me feel less alone.. "Thank you, tree #278. Thank you for being here." This helped me keep track of my progress, but it also kept my focus on their gifts, which was illumination. And so it went that night, from tree to tree, my gratitude growing with each successive number, one light closer to Klickitat aid station where there would be other runners, safety, shelter, rest.

About three miles to Klickitat, my headlamp died. But no more than two minutes later, I encountered two runners heading out; they gave me their spare. It was despair and hope and gratitude in one breath.

This pandemic resists analogies. So much is unknown. It is uncharted territory as far as the eye can see and our imagination can hold, but it is like being in the forest that night.

We all feel fatigue. But we are not lost. The duration between darkness and hope, setback and progress, is growing ever briefer. What kept me going was pivoting to gratitude – gratitude for the trees, for being alive, and later, approaching the last aid station, where my brother was waiting to pace me for the last thirteen miles of the race, gratitude for the light that people bring even when they don't know it.

The way ahead of this pandemic only looks dark if that is your focus. Shift your gaze where the light is. Even if it starts as distraction, being grateful enlarges and illuminates your world. And because being grateful requires you to search outward for that which offers wonder or meaning, it is like shining your own beautiful light on the world. It illuminates the lives of those for whom you are grateful, and reminds us that we are not alone.



Nelinia Cabiles

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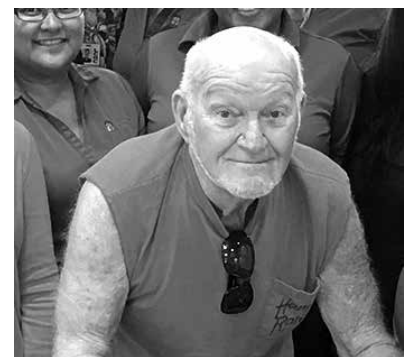
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## 2020 Census: what’s at stake for Lāna‘i

**Y**ou can do something tremendous that changes lives and lifts our island community. Complete the 2020 Census and help Lāna‘i reach a 100 percent count. Lāna‘i’s percentage of 2020 Census reports (self-responses) hovers around 57.3 percent. We can do better than that. Here’s why an accurate count is crucial:

**First, what a census is:** It is a complete count of a population at a point in time. Since 1790, the United States government has carried out a census count every 10 years.

**What we stand to lose in Hawai‘i for anyone missing in the 2020 Census count:** “four thousand dollars, per person, for 10 years. . . That’s why you count, and why any babies born before April 1, 2020, count, and everyone all the way up to the oldest kūpuna counts. No matter who you live with or where you were born, each person in each house counts,” says Micah Kāne, chief executive officer and president, Hawai‘i Community Foundation, as reported in *Star Advertiser*, August 30, 2020.

**How an undercount works against us:** Say there are a hundred children in an early education program, and only eighty of those keiki get counted in the census. That program would get only eighty percent of the federal funding it deserves for the next ten years. An undercount affects not only the twenty keiki, but all one hundred keiki.

**Census data is used to allocate federal funding.** As Senator Ed Case explains in *Star Advertiser*, August 30, 2020, more than “300 federal programs worth an annual \$1.5 trillion, including Medicare and Medicaid, children’s health insurance, food stamps. . . housing vouchers, education, school lunch, minority assistance and more, depend on the Census.” Some 20 per cent of Hawai‘i’s state budget is federally funded, Sen. Case says. “We also have unique needs that are addressed federally, including some of the highest percentages of minorities, first-generation families and veterans. If they are not fully counted, those programs are not fairly funded.”

**An accurate census count means fair and equal representation.** “The Census determines the allocation of seats in the House of Representatives (and the Electoral College),” says Sen. Case, and adds that the state’s population is apportioned among its congressional districts.

**What an undercount in 2010 cost us:** Citing a George Washington University study that estimated that “a one percent undercount in the 2010 Census meant an annual loss of over \$16 million for Hawai‘i”, Sen. Case says that “undercounts occur more in vulnerable communities, so the consequences compound: those communities do not get fair assistance, they remain marginalized, the undercount repeats, and on.”

**The 10-year census cycle:** Census data reflect population numbers, and the makeup of that population. Decisions to plan and fund government programs for the next 10 years will be based on the census data in 2020.

What about privacy? Responses on the 2020 Census are confidential, protected under federal law. There is no citizenship question. Responses will never be shared with police departments, immigration agencies, or the Department of Homeland Security. You will not be asked for your Social Security number, bank account, credit card information, or political party affiliation.

**The goal, the deadline:** We have less than 30 days to complete the 2020 Census and reach a 100 percent count. We can do it. Lāna‘i is a tight-knit community. Our ties to each other are strong and deep. Let’s ask our friends and family: *have you completed and mailed in your 2020 Census?* If they haven’t, ask them to go to [my2020census.gov](https://my2020census.gov) or call (844) 330-2020. English and other languages are offered.

The stakes have never been higher. Let’s do this for our kūpuna and keiki and island. Let’s do something unprecedented in these unprecedented times. Let us all come together as a community and be counted for the 2020 Census.

## Things to do right now: A Lāna‘i COVID-19 checklist



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

Here are steps Lāna‘i residents should take immediately to protect their household and prepare for the possibility that you or a loved one may become ill with COVID-19.

- ❑ **Designate an area at home to isolate sick individuals:** Because public isolation sites on Lāna‘i are extremely limited and individuals must meet very strict Department of Health criteria, it’s best to have a separate room (and, if possible, bathroom) at home or at a friend’s/relative’s house where an ill person can avoid contact with household members as much as possible.

- ❑ **Build a home-care kit:** Think about what you’d need if you became ill with COVID-19. This might include food, drinks, and medicines, such as fever reducers and cough formulas, which ease COVID-19 symptoms; a thermometer; tissues, paper towels, and toilet paper; disposable plates and forks/spoons (to avoid contamination); hand sanitizer, disposable gloves, and facemasks (for when you need to leave the isolation room); self-care items (ex., toothpaste, toothbrush stored away from other household members). A separate kit containing cleaning and disinfecting supplies is also recommended.

- ❑ **Check your emergency air transport membership/coverage (Hawai‘i Life Flight / AirMed Care):** Anyone on-island needing hospitalization due to COVID-19 must be flown to O‘ahu or Maui for care.

- ❑ **Get this year’s flu shot:** Vaccination can lessen the flu’s severity and prevent hospitalizations – critical to helping emergency and healthcare services that may be burdened by COVID-19 cases. Call your healthcare provider first for an appointment.

- ❑ **If planning to travel, especially for medical care, apply for necessary travel exemptions now:** Some approvals have been delayed and some travelers are denied exemptions because they have not met governmental criteria. The requirements and forms keep changing, so don’t wait to find out what’s needed.

- ❑ **Stay/Get healthy:** Eat right, exercise regularly, manage stress levels, rest. You’ll need your strength to care for yourself or an ill loved one.

- ❑ **Practice the 5 Ws:** **W**ash or sanitize hands frequently for at least 20 seconds; **W**ear a mask when appropriate; **W**atch your distance (six feet or more from others); **W**ipe/Disinfect frequently-touched surfaces; **W**ellness – stay home if sick and call your doctor.

- ❑ **Stay up-to-date on the most recent COVID-19 news:** Check reputable television news and websites. Do not rely on social media.



Aloha Nelinia,

I'm writing this in response to a couple of the *Letters to the Editor* that were published in the August 2020 issue of *Lānaʻi Today*.

Let me first start off by telling you that I am of Hawaiian & Filipino ancestry on my father's side, and of Portuguese ancestry on my mother's side. Her family arrived as immigrants to Hawai'i in the 1800s by ship. I was born and raised on Maui and have lived on Lānaʻi for 15 years. I think it is important for me to say this, so you have a better idea of where my perspective is coming from.

I have dealt with various forms of racism in my 40 years on earth. Some of it is local people asking me, non-believing, "Oh, you Hawaiian?" "Oh, you get Filipino blood?" Because here in my home of Hawai'i, I look and speak like a haole to most locals. (Side note: I am a 1998 graduate of Kamehameha Schools and had the privilege of receiving an excellent education there.)

When on trips to the mainland (California, Texas, New York), I have been mistaken each time for being of Hispanic ancestry, by people who are Hispanic. Many times I have been asked a question in Spanish and when I shake my head "No, I don't understand," I am met every time with disapproving looks by the speakers because they assume I do not know my own language. And of course here in Hawai'i with my dark hair, eyes and broad nose, I am not white enough looking to be thought of as a Caucasian by other Caucasians. To them I am just something "other".

I have done a lot of work on myself over the last several years to reckon with all of the different types of blood that flow through my veins. I do not have the privilege, like many others, of being one ethnicity. I am not only an Indigenous person, I am a white person too as 50 per cent of me is Caucasian. What acts of injustice did my white ancestors befall upon my ancestors of color?

I decided that the best thing I could do was research. Research history, listen to other people's points of view, have an honest conversation with myself and others on how these things made me feel and how I could heal them. It was not always pleasant and was often difficult. I realized during this quest that it is an ongoing thing, not something that I can neatly research for a month or a year and be done with. It takes constant, open conversation with myself and others in safe spaces. It takes listening, it takes being open to hearing ideas you may not agree with and seeing them from the perspective of the person who is speaking them. Often in our society we assume hearing someone's ideas that you do not agree with means we are agreeing with them. It is not. It is simply hearing what that person is saying and having the compassion to understand where they are coming from.

So, when I read the suggestion in a letter to the editor that we should "focus on the "aloha" paradigm", it really upset me. In my opinion, that is like putting a Band-Aid on a gigantic pus-filled wound and letting it fester. As uncomfortable as this topic is, it needs to be talked about with aloha, not blanketed over with a paradigm.

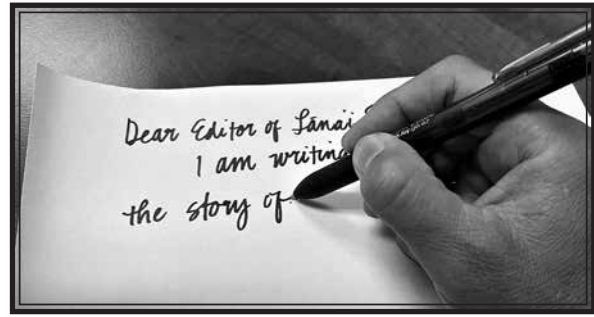
I commend Eula Bliss for having the courage to write "White Debt". To me she came off as a white woman who was not only trying to take responsibility for what her ancestors did, but also teaching her child how to do it, too. There is no playbook for this, we are learning as we go. She is essentially pioneering this by speaking from a truthful, albeit, uncomfortable place. Her writing may come off as 'disturbing' because it is. It is disturbing to have to think about what has been done to black, indigenous, and other People of Color here in Hawai'i, the continental United States, and the world. But, we need to think and talk about it in order to heal.

For those of you who may be asking, "What do ancestors have to do with any of this?" I encourage you to read the *Scientific American* article. "Fearful Memories Passed Down To Mouse Descendants", which is about how scientists found that traumatic experiences are passed to future generation thru genetic imprint.

Finally, I would like to address the letter to the editor written about BLM. Yes, it may have Marxist origins, but how much does that matter when most of society can agree that Black People have been treated as less than human for a time that spans centuries, up to this day? The first slave was brought to Virginia in 1619; 401 years ago.

I would also like for people to think about what black people are saying with the mantra slogan of Black Lives Matter. They are simply saying this: their lives MATTER. No one is saying, black lives are better than yours or superior. They are simply saying black lives matter, and if that offends you, perhaps you have some work to do. In all fairness, and in an effort to show my work, I would like to state that when I first heard this slogan at its inception, I was offended by it. Don't all lives matter? I asked myself. It was not until recently when I saw a meme of an American celebrating the Fourth of July and a person shouting from the sidelines "All countries matter" that I got it. I am ashamed to admit that, but it is my truth to own.

Let me be clear here by saying that this letter is in no way meant



to be divisive. It is my particular perspective on this subject, yet I hope that it will encourage people to do more research and have the hard conversations that can lead to healing generations of trauma. Let's practice aloha by cleaning out the pus-filled wound before putting the bandage on it. Mahalo for taking the time to read this. **Cory Kepuanani Lovejoy**

Mahalo nui loa, Lānaʻi!

After seven years, my service to Hospice Hawai'i on Lānaʻi has come to an end. It has been an honor and a privilege to start this program and watch it grow to achieve so many milestones over the years: establishing end of life care for people in their homes; opening our two-bedroom, respite care home, Hope House, and organizing Lānaʻi's Annual Lantern Floating Memorial, to name a few! I am so very proud of our program and wish continued success to the hospice team on Lānaʻi.

I will forever cherish the relationships built with my teammates, volunteers, healthcare partners, Pūlama Lānaʻi, the Manele Koele Charity Fund, and the community, as a whole. My deepest gratitude goes out to the sixty-plus families who entrusted us with the care of their loved ones. You will all forever remain dear and in my heart.

I am excited about my next projects and look forward to continuing my service to our beautiful community of Lānaʻi.

Much Love and Aloha, **Melissa Champlin-Enzweiler, RN**

Aloha,

I read your piece about Lānaʻi water in last issue. I'm from Hawai'i, lived on Lānaʻi for 21 years. Starting about three months ago, when I rinsed my truck off after off-roading, once the water dried, I was left with lots of water marks on my windows and body of car. Lots of white little circles. This *never* happened before. When water dries what's left is the chemicals in the water. Is someone putting in to (sic) much bleach, etc.?

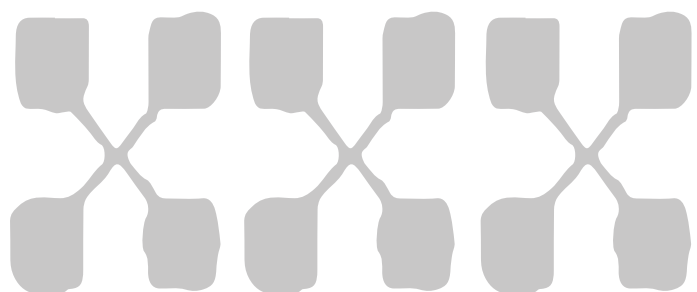
Something to think about. When it rains, no water marks.  
Thank you for your time. Aloha, **Bruce Harvey**

**From Joy Gannon, director of utilities, Pūlama Lānaʻi:**

On March 17, the Hawai'i Safe Drinking Water Branch provided additional guidance on the inactivation of viruses in drinking water. They noted that most water-related websites were reporting that our then current level of chlorination including maintaining a chlorine residual in the distribution system, was enough to inactivate the COVID-19 virus. However, with that said, the World Health Organization (WHO) guidance for effective inactivation of virus treatment indicates that maintaining a chlorine residual of >0.5mg/L after 30 minutes is "effective", which was a slightly higher treatment level than we were dosing.

Out of an abundance of caution, we increased the chlorine dose slightly to meet the World Health Organization's guidance. We did this slowly over time and one well at a time in order to avoid any upsets in water quality and we also increased our chlorine residual monitoring. Lānaʻi Water Company chlorinates the water utilizing sodium hypochlorite to treat the water which also has salts. Typically, the chlorine residual within the City is 0.5 mg/L which is well below the maximum treatment dose of 4.0 mg/L.

**Editor's note:** In response to Harvey's question re: the white circles on his vehicle after rinsing his vehicle with water, Joy Gannon noted that adding sodium hypochlorite to the water in order to follow the WHO's recommendation during a global pandemic is one possibility of the appearance of watermarks.



## First report on Hawai‘i’s civic health released

The Hawai‘i Community Foundation (HCF) and the National Conference on Citizenship (NCoC) released July 30, 2020 the first Hawai‘i Civic Health Index (CHI) report with information about civic participation in Hawai‘i, including trends and barriers, and possible solutions.



Civic engagement in action. Courtesy of Hawaii Community Foundation

Civic health reflects the ways people express themselves politically—in traditional measures like voter registration and turnout—as well as in social measures like discussing politics and sharing information. Communities with good “civic health” and high community engagement often experience stronger economic resilience, better physical and mental health outcomes, better access to opportunity and strong schools, more responsive government, lower violent crime rates and youth delinquency, and more.

“For Hawai‘i to move the needle on many of our long-term issues, one of the important components is a community that is actively engaged in the decision-making process,” says Micah Kāne, chief executive officer and president of the Hawai‘i Community Foundation. “The CHI report tells us some encouraging news, including our high rates of seeking out news and information, but it also shares where we can improve on certain actions like voting or engaging with our elected officials. This report is a timely reminder that more engagement will help us to create a better Hawai‘i for all. In our current uncertain economic and health climate, we need everyone at the table.”

When work on this report first began in 2019, it showed a citizenry increasingly disengaged in important areas of public discussion and decision-making. Hawai‘i residents were about 20 percent less likely to vote than other Americans during the past two election cycles. The report attributes low turnout to: “The state’s apathy to the general dominance of incumbents...a sense of isolation from national politics, and even to the culture of inclusion, which, although positive, can make people less comfortable taking positions.”

“Measuring ‘civic health’ is important because it shows us where there is momentum and where there could be improvement,” says Nicco Mele, chief executive officer of NCoC. “We have seen other communities use the CHI as a way to improve how government works, to reintroduce civics into the classroom, to redirect investments to benefit public health, to influence national and local conversations, and to bolster networks of civic leaders.”

The CHI uses data from the U.S. Census Bureau and voter registration information. Only in the last few weeks has Hawai‘i moved out of the bottom ten states regarding Census self-response rates, another indicator of lackluster civic health. The national average for Census rate-of-self-response is 62.7 percent and Hawai‘i’s rate is 58.8 percent as of July 29. This Census data is tied directly to legislative districts, community planning and as a guide for the allocation of billions of dollars in federal funding to each state. The 2020 Census response rate will have an effect on funding for each state for the next 10 years. (See important dates for 2020 Census at <https://2020census.gov/en.html>)

“Each person can take a few important actions that can positively affect the very near future for our state,” says Michelle Kauhane, HCF’s senior vice president of Community Grants and Initiatives. “With that said, we know that each person has different realities, so their ‘civic participation’ activities will vary. Some cannot regularly participate in community activities because they have work and family responsibilities. Others are barely able to make ends meet. We need to consider the inequities of the people in Hawai‘i and promote civic participation in a way that can work for everyone, no matter the barriers.”

Find the full report at <https://www.hawaiicommunityfoundation.org/learning/research-reports>

### Main points from the Hawai‘i CHI include:

- Having frequent interactions with others of diverse backgrounds is one of the distinguishing features of Hawai‘i’s community. The overall Hawai‘i rate in 2017 was at 70 per cent, compares to the national average of 56 percent.
- Hawai‘i residents like to be informed and seek out news/information at very high rates – Millennials, 74 percent; Gen X 80.3 percent; Baby Boomers 84.3 percent; Silent and Long Civic Generation 91.7 percent.
- Baby Boomers led all other groups in terms of their likelihood to attend a public meeting, or to contact or visit a public official. Baby Boomers and Gen X were tied in terms of their interest in using consumer activity to express their political or social views.
- Solutions proposed to improve Hawai‘i’s Civic Health include: promoting voting, refreshing in-school civics class curriculum, promoting “neighborliness” in communities with mixed homeowners and renters, and reducing quality-of-life issues related to cost-of-living and long commute times.

## HECO moratorium on disconnections extended to Dec. 31

Hawaiian Electric service disconnections for nonpayment have been suspended through Dec. 31, 2020. The company urges customers challenged by the financial impact of COVID-19 to seek utility bill assistance from government and nonprofits, and to set up a payment arrangement plan.

On Aug. 24, the Public Utilities Commission ordered utilities to extend through Dec. 31 the moratorium on service disconnections for nonpayment. The company voluntarily suspended collection efforts in March to ensure customers’ electric service would not be disrupted while many were staying home. The PUC subsequently ordered all utilities to suspend disconnections. In its order to extend the moratorium, the commission also stated that “customers should continue paying their bills to the extent possible during this time, noting that customers will still ultimately be responsible for paying Utility service billings accrued during this suspension.”

Even with the extension to Dec. 31, customers should take advantage of Hawaiian Electric’s special payment arrangement plans to help keep past due balances manageable. Go to [www.hawaiianelectric.com/paymentarrangement](http://www.hawaiianelectric.com/paymentarrangement) to learn more about the interest-free plan options for residential and business customers and for the link to a payment arrangement request form; the form can be emailed to our customer care team. Submitting the form is the quickest way for customers to start the process.

“Regardless of the date of the moratorium, we want to ensure that customers facing financial hardship are able to take advantage of the CARES funding that is set to expire at the end of the year and that we can help them make their payments more manageable,” says Shelee Kimura, Hawaiian Electric senior vice president of customer service. “We need to hear from customers in order to help them.”

Deadlines for some utility bill assistance programs are fast-approaching, while others are nearing their funding limits. It’s important for customers to apply while assistance is still available. Eligibility requirements vary. Go to [www.hawaiianelectric.com/COVID19](http://www.hawaiianelectric.com/COVID19) for a listing of programs, which include information for households and small businesses.

Additional CARES funding is available for households in need of utility payment help that meet the 60 percent state median gross annual income limit (individual, \$30,767, and for a family of four, \$59,167). Applicants who meet income requirements may be eligible for up to \$1,000 in LIHEAP COVID-19 Disaster Energy Crisis Intervention Assistance. Visit agency websites for details: Honolulu Community Action Program ([HCAP](http://www.hcapweb.org)) [www.hcapweb.org](http://www.hcapweb.org); Maui Economic Opportunity (MEO) [www.meoinc.org](http://www.meoinc.org); or Hawai‘i County Economic Opportunity Council (HCEOC) [hceoc.net](http://hceoc.net)

Small businesses may also apply for CARES funding through the Honolulu Small Business Relief and Recovery Fund at [www.oneoahu.org/smallbusiness](http://www.oneoahu.org/smallbusiness) and the Kokua Maui County Small Business Recovery & Relief Fund at [www.covid19mauinui.com/kokua-maui-county](http://www.covid19mauinui.com/kokua-maui-county).

The company’s walk-in payment centers remain closed until further notice, but there are several payment methods available to customers. Go to [www.hawaiianelectric.com/paymentoptions](http://www.hawaiianelectric.com/paymentoptions) for available payment methods.

Customers who prefer to pay in person may do so at no charge at Western Union payment locations at retailers throughout the company’s service territory. The company website lists the locations.

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



Contributed by Jen Kaaikala

The beginning of any school year is momentous. New routines, new situations, new lessons. But with a global pandemic, the Fall 2020 semester is unlike any other academic semester the world has ever known. The momentous meets the unimaginable.

Consider the COVID-19 world from the perspective of a teacher of vulnerable students. Jennifer Kaaikala, a teacher at Lāna‘i High and Elementary School, has spent the better part of a year, since the pandemic hit Hawai‘i, reflecting on teaching during a pandemic. She shares her thoughts on distance learning and what the coffee cart program meant to her students.

**Before COVID-19:** “We started each morning with our coffee cart, delivering coffee, tea, and cider to teachers. Their tasks included budgeting, ordering, customer service, sanitation, being responsible for money, preparing beverages. It ran like a legit business. My students also ran a recycling program to earn money for their weekly outings. They also provided a laundry service to staff, and this past year, ran errands, such as mailing, picking up packages, buying things at the store for school parties. They worked at Pine Isle for work study.

**Her classroom now:** “Only the adult teaching assistants can touch the coffee cups so they do most of the coffee deliveries. Students are restricted to managing orders, collecting and counting money. Work study no longer exists. We don’t want to burden a workplace that needs to focus first on the safety of their workers and customers.

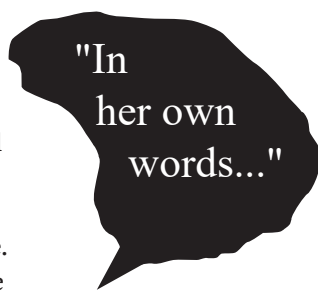
**Distance learning:** It’s difficult for all of our vulnerable students, but not only in special education. Students from low socioeconomic backgrounds, those who have limited or no English proficiency, and also our youngest students, will struggle. The parents really do become the teachers of [our] curriculum. This is an extra role beyond parenting and maintaining a job. Many do not have a quiet place in their house to do their lessons. Imagine having four children trying to do virtual lessons at the same time in a small house. My students started virtual learning in the classroom. We have a student on one laptop working virtually across the room from me. This way other adults can guide them while I give instructions. If we go 100 per cent virtual, we can just change the setting, as the skills will be there. Distance learning has forced the staff to rethink how best to deliver education post COVID.

**Student success:** It’s measured by how independent my students become at tasks. To be ready for future employment, they need to learn quickly with minimal prompts, not only follow written and verbal directions as part of a routine, but also initiate tasks. This all leads to self-sufficiency. In real employment, the importance . . . is on the ability to learn, complete [a job] well, and maintain a positive attitude.

**The joys of teaching:** Students with any sort of special needs are not broken, they just bring the wrong tool to the project. If you give them the right project they succeed. All students learn differently and have different strengths, whether it be writing or auto mechanics. I love finding their strengths and helping them to be successful. Although I feel so exhausted throughout the day, I love just being here with them. I did not appreciate this enough until COVID-19, then I just wanted to see them and teach them in person. They are my reason for coming to school every day.

**Her students’ favorite part of the day:** The coffee cart and swimming. They loved delivering coffee. I know they like feeling successful and valuable. The coffee cart helps them feel valuable as they provide a service to others.

**Skills she would like her students to master:** Shopping with budget, cooking simple meals, and following a routine. **Greatest teaching moment:** This is a tough question as I have been teaching for 30 years, but I will pick the most recent: “One of my students was asked the other day what he missed most this summer, and he said, school. This is how you know you make a difference.”



## Coming home full circle

Contributed by Jennifer Pimentel

Living on Lāna‘i is a blessing, and I’ve come to really appreciate my community since I returned in 2017, after being away for over 20 years. Born and raised on Lāna‘i, I left for college in 1995. Competing in, and earning the 1998 Miss Hawai‘i title, then competing in the Miss America Pageant, earned me academic scholarships. I used my BA in public relations, as I traveled the world with the Hawai‘i Visitors and Convention Bureau. When I returned to Hawai‘i, I felt a burning desire to start a career in education. I used my remaining scholarships to earn a Master’s degree in Education at Chaminade University.

My journey in education began at August Ahrens Elementary; I then transferred to Ewa Beach Elementary, where I was a teacher and curriculum coordinator for 12 years. I learned so much there, but secretly hoped to return to Lāna‘i to teach.

In 2015, my husband and I discussed moving home to be with my parents and raise our children. I reached out to Principal Elton Kinoshita, who hired me as a fourth-grade teacher shortly thereafter. The past few years have been exciting, as I’ve been able to share best practices and my experiences to support our LHES community.

Returning home to follow in my mother’s footsteps, and live my father’s teachings, have brought me full circle. LHES’ unique teaching opportunities have opened my eyes to the joy of project-based learning. Community support and partnerships have broadened my views of the unparalleled teachable moments that can occur when we see our island as a classroom, which affords students to learn about their home, and the culture that connects us to who we all are, past and present. When I was asked to step into administration after two years at LHES, I eagerly accepted the chance to become a school leader.

Since my return, I have seen firsthand the struggle to support home-grown educators, and recruit teachers. The limited housing for teachers and number of substitutes to support unfilled positions have created a cycle of educational gaps for students. To support our students, we need our community to become invested in our school. I urge everyone to spread the word on teacher housing and/or become a substitute, and hope that alumni educators, will see our needs, and return home to teach.

I have always seen myself as an agent of change, dedicated to serve, and willing to work hard to ensure quality learning takes place, and to instill a high expectation for a quality education that our students deserve. I am thrilled to lead at LHES, and aim to continue serving students and families in ways that are respectful and preserve our culture. Being on Lāna‘i make us special by default, but it also challenges us to prepare our students well to navigate life beyond Lāna‘i, learn about the world, and then bring back world-class knowledge and skills. They can then come full circle, sharing their gifts and talents with our community, as I hope to.

## Public Health Nurse Linda Mau retires

Contributed by Jewel Romero

Lāna‘i welcomed Linda Mau, public health nurse, on October 30, 2012. Mau traveled to Lāna‘i after longtime nurse, Jackie Woolsey, retired in 2009. Dr. Lorrin Pang, Maui District health officer with the state Department of Health, said Mau, who had worked on Maui for 13 years, was a perfect candidate for the position because of her experience and willingness to move to Lāna‘i. Before she was hired, Mau would come to Lāna‘i once or twice a month, helping with basic health needs, including elderly case management (*Maui News*, February 11, 2013). Mau enjoyed getting to know many people on Lāna‘i who became her “family” away from home, and delighted in learning more about the Filipino culture. During her tenure on Lāna‘i, Mau focused on the areas below, and the following reflect what she has learned:

**Emergency Preparedness:** *Hope for the best, but prepare for the worst.* “On several occasions over the years, we’ve opened an emergency shelter at the school gym. Thankfully, there was no major damage to homes.”

**Wellness:** *Hara hachi bu.* “This Japanese phrase roughly translates to stop eating when you are 80 per cent full.” For more tips on wellness, go to [BlueZones.com](http://BlueZones.com).

**Elderly:** *We are only as fast as the slowest member of the group.* “As a public health nurse on Maui, my focus was elderly case management. Working with this age group is my passion and I often dream about the ideal living environment for older adults.”

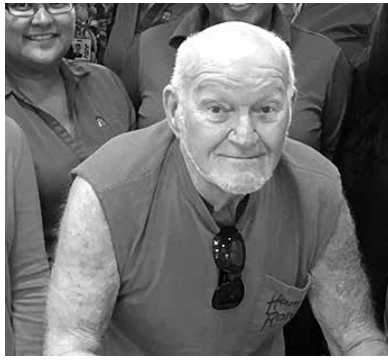
**Children:** *We do not inherit the land from our ancestors, we borrow it from our children.* “Look to the future and be open to change.”

On June 30, 2020, Linda retired as a registered nurse from the Department of Health, Public Health Nursing, after twenty years of dedicated nursing services to the people of Maui County. When asked what hobbies she plans to start, Linda answered: “Trying new recipes has always been a passion of mine. Being retired has allowed me more time to do that. I also enjoy traveling. Before COVID-19, my plan was to travel to Tanzania and Japan. It has been an honor and pleasure to serve the residents and visitors of Lāna‘i.” Mahalo nui loa, Linda Mau!



## An appreciation: Ron McOmber

**O**n June 30, 2020, Lanaians for Sensible Growth (LSG) and our community lost an icon. Ron and LSG were synonymous. Over 30 years ago, Ron, along with about a half dozen residents, including his wife, Phyllis, formed Lanaians for Sensible Growth. Ron was an integral part of several Memorandum of Agreement and agreements designed to protect and preserve what was important to Lāna‘i residents and community.



He looked after our water by participating on the Lāna‘i Water Advisory Committee for decades. He also sat on the Hulopo‘e Beach Park Council for decades, protecting our beach and insuring access for residents and visitors alike. He was a fierce advocate for Housing, and Affordable Housing. Ron wanted to ensure residents were heard and treated fairly. He served on committees such as these with honor and respect for his fellow residents, co-workers and friends.

Ron was involved. He attended many Planning Commission, County Council and company community meetings. He was also a member of two Community Plan Advisory Committees that met for over six months, every 10 years. He didn’t complain about things but got involved, put in his two cents and made recommendations. He. Showed. Up.

Needless to say, his advocacy style didn’t always make him new friends. The company at times saw him as a thorn in their sides, sometimes an enemy and sometimes a respected adversary. He was an honest man and he expected that of you, and made you accountable if you weren’t. He was principled to the point of being hard-headed, a characterization not even he would dispute.

Ron told it like it is, he never had any filters and never beat around the bush. That’s what we loved about him. And the fact that Ron “could take what he dished out” was why we could go toe-to-toe when we disagreed. Many could not deal with these parts about Ron, especially his adversaries. Ron often spoke for those who didn’t want to speak up at meetings, for those who were afraid to speak up or for those who didn’t know how to speak up – he would often say, “...my people tell me...”

He loved Lāna‘i. He loved the pristine environment that enabled diving and hunting. He cultivated many friends over the last five decades; friends and their families who would come to stay in one of his houses and drive one of his many hunting trucks. He loved his hunting and when he longer could walk the trails, he enjoyed making sure others could come to Lāna‘i to enjoy what he had enjoyed for so many years.

In 2012, when LSG revised its mission, Ron was instrumental in informing new and younger board members of the history LSG; why it was formed, its goals, challenges and the context of what Lāna‘i was like back in the ‘80s. He routinely characterized himself being in Hawai‘i as “da haole”, in a somewhat self-deprecating manner, but all who knew him knew of his aloha for our island, our community and its residents. A somewhat juxtaposition between the term and his true heart.

Ron was as generous as he was hard-headed. Ask all the Kūpuna, the school teams and organizations, community groups, non-profits and so on. And he did this quietly; a vast contrast from how he was characterized. And we all remember his recurring role as Santa at the Annual Tree Lighting Ceremony, until his back and legs could no longer support the kids and their parents sitting on his lap. Ron was good for Lāna‘i. He was good for our community. He was good for LSG. With Ron gone, there will forever be a PUKA in LSG. No one can replace him on LSG nor what he meant to LSG. Aloha, Ron, with love from all who are and were members of LSG.

## Christmas gift delivery to Lāna‘i Seniors

Contributed by Cindy Sagawa

**T**he Lāna‘i Senior Citizen Christmas Lunch will not be served this year. During this challenging and difficult time of social distancing, it has proven difficult to prepare. There will be no food preparation, cooking, serving or food delivery Christmas Day. Instead, our seniors, age 65 and older, will receive a gift delivered by volunteers following social distancing and other COVID-19 protocols.

Volunteers will make their deliveries of holiday cheer between 10:30 a.m. and noon. Gifts will be delivered to our regular home deliveries, senior friends in our community for whom we have contact information, and senior friends who usually attend the party at the Senior Center. No events will be happening at the Center this year; the “party gifts” will come to you. We need more drivers for gift deliveries. Lāna‘i Baptist Church will be the non-profit contact for donations and gifts. Our local churches will continue to be hosts and supporters for this community event.

If you know of or are a senior who has attended past Christmas Day lunches or would enjoy this Christmas delivery at home, please contact LanaiSeniorChristmasLunch@hotmail.com. Your community looks forward to honoring you, our 65+ Seniors, and we request that you respond by mail, email or phone, to let us know if you will be home on Christmas day to receive your gift. If you have attended past luncheons and we have your contact information, you will receive a letter to RSVP, so please watch your mailbox. Donors or volunteers are encouraged to contact us early as we begin to plan through this challenging time. Christmas Gift delivery contacts:

LanaiSeniorChristmasLunch@hotmail.com; Kris Kahihikolo, Kristin.Kahihikolo@co.maui.hi.us (808) 565-6282. Drivers: Saul Kahihikolo, saulkjr@gmail.com (808) 563-0830; Cindy Sagawa, Christmas 2020 coordinator, (808) 565-9415. Please make check donations payable to: Lāna‘i Baptist Church, P.O. Box 630149, Lāna‘i City, HI 96763; Memo: Christmas Lunch; (808) 565-9405.

## “Buy Hawai‘i, Give Aloha” showcases locally-made products online



Photograph courtesy of Sky Dreams

**T**he Department of Business, Economic Development and Tourism (DBEDT) announced August 11, 2020 the launch of Buy Hawai‘i, Give Aloha, a platform that was created to feature made-in-Hawai‘i products and to provide greater exposure to local businesses experiencing hardship due to the COVID-19 pandemic. Kama‘āina and out-of-state consumers can access the free website at <https://buy.hawaii.gov> to find their favorite brands and discover made-in-Hawai‘i products all in one place.

The website hosts a directory of local companies and allows shoppers to browse by categories from snacks to apparel, local restaurants, farm products, food services, and “marketplaces” such as House of Mana Up, Hawaiian Farmers Market, Shop Small Hawaii and Kama‘āina first.

In addition to spotlighting Hawai‘i-based businesses, Buy Hawai‘i, Give Aloha works with Innovate Hawai‘i and Shop Small Hawaii to offer free resources, such as marketing workshops and coaching to help local companies grow their businesses and navigate the current economic challenges.

“During these challenging times this new and unique digital platform showcases the passions of our manufacturers of Hawai‘i-made products, which give us a sense of hope and inspiration for the future,” says Mike McCartney, director of DBEDT. “We are proud to help create a new venue to present to the world the products made and created by Hawai‘i’s businesses. This portal and campaign help to remind us to live and share our aloha with the world, in order to create a more balanced, diverse and sustainable economy.”

“With the significant decrease in visitor spending since March, many businesses like mine are struggling,” says Angie Higa, founder of Sky Dreams. “We appreciate the opportunity to gain additional exposure with community-minded consumers who want to ensure their dollars stay right here in our state.”

DBEDT has also teamed up with Resource Partner INNOVATE Hawai‘i and Hyperspective to create videos that will run as public service announcements from August 11. The PSAs aim to encourage kama‘āina and visitors to buy local in order to help Hawai‘i businesses recover from the COVID-19 economic disaster.

Companies must have at least 75 percent of their total product offerings on their website made in Hawai‘i to be eligible and can complete an application online at <https://invest.hawaii.gov/buy-hawaii/how-to-get-listed/>. Restaurants and farm delivery services may also apply to be listed.



## Surf the waves with virtues

Contributed by Linda Kavelin-Popov

If I've heard it once, I've heard it a dozen times. "We're so blessed to live on Lāna'i." We have a caring community, and our farmers, hunters, fishermen and social programs will never let us go hungry. We are abundant in compassion here. Our strength virtues are many. Yet, there are a few growth virtues that could use some attention. As we ride the waves of the Covid pandemic and economic uncertainties, we need to strengthen our spiritual muscles to become excellent surfers.



Linda Kavelin-Popov

**Consideration** – being thoughtful of the needs of others. Because we are 'ohana we like to be close to each other. On the rare times I visit with someone outside, I notice how often I am wearing a mask, but they are not. I back away, and they move closer. We won't necessarily be protected forever. People are going to Maui and O'ahu and we may have the virus in our midst at some point. We need to call on our self-discipline and wisdom, and, most of all, be considerate of others to do the few simple things our leaders remind us constantly to do. Wear a mask, social distance at six feet, avoid crowds, and wash your hands often and well. The folks at Richard's do a great job of helping us to be mindful of these safety boundaries, and people are patient waiting in line for their turn to shop. Wisdom requires us to persevere in our efforts to keep everyone safe. "Do unto others as you would have them do unto you." (Matthew 7:12)

**Assertiveness** – Don't shy away from asking others – courteously – to keep these safety boundaries. "Please put your mask on before you get in the car." "Let's remember to social distance now." Follow Frank De Lima's ad.

**Resilience** – being flexible, and adapting to change. In the wake of the Corona virus, we may never return to business as usual. Business owners and employees need to bounce back from this economic downturn, using their creativity to reset the way things are done. Many will need to diversify what they do to earn a livelihood, not just stick to the past. Those who adapt to change successfully think outside the box. They look at what people need and shape their skills or products to meet that need. We all need to tighten our belts, make the best possible use of stimulus checks, and honestly rethink what we really need. Instead of being victims, let us be athletes facing these high waves. Motivational author and speaker, Tony Robbins, says, "Each setback is a set-up for a comeback."

**Joy** – being uplifted by appreciation for what is around us and within us. Seeing the bright side. In times of anxiety, uncertainty, and loss, we need to court joy, find pleasure in each day, appreciate the ones we love and the things we love to do. Here on our island, we have a paradise of outdoor beauty to explore. Each of us needs to find a way to balance work with play, family chores with fun together. We need to balance Zoom meetings with "me time" talking to a friend or taking a hike with the dog. Keep a pace of grace, with time for work on the house or the truck, balanced by time to fish or swim. A pace of grace will help us to ride the waves of this strange, unpredictable time. We need to stay focused on what we love and uplift ourselves and each other every single day. "Joy gives us wings!" (Baha'i Writings)

Above all, we need to practice gratitude, which elevates our joy, supports our resilience, and helps us to be considerate. Count your blessings every day, and they will increase. "Gratitude can transform common days into thanksgivings." (William A. Ward, author)

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

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

**'ōlelo of the day:**

**pono**, nvs. "It was in the production of religious texts in Hawaiian that the word pono must first have been used to translate such Christian concepts as "righteousness," which previously had no referent in the minds of Hawaiians. Whereas pono had been used previously to describe the ideal behavior of ali'i and other concepts as balance, completeness... it now took on the foreign connotation of conforming to Christian morality. . . The word pono has a multiplicity of meanings. In the mō'i's (king, monarch) phrasing, it likely corresponds more closely to "justice" and, more broadly, what is good or beneficial for the people." (Silva, Noenoe K., *Aloha Betrayed*, Duke University Press, 2004).

## Reese's Peace - What Native Hawaiian traditions can teach us about wellness

Contributed by Caroline Reese

As we all know, COVID-19 has created an unprecedented reality that we are living through today. The external world and internal experience are not always aligned. The new-normal during this pandemic creates fear, anxiety, and stress for adults and children.



Our children are living through historic times that we, as adults, are having a hard time understanding. We must embrace the uncertainty and craft a new wellness experience that can become a roadmap for healing for ourselves and our children.

In the Fall of 2019, I attended the American Business Women's Day held on Lāna'i. The panel consisted of nine women from various Hawaiian islands who told stories of their journeys to personal empowerment. Malia from Moloka'i shared her story about losing her mother when she was four years old. She said one particular phrase that stood out and continues to resonate with me: We need to "stand in our mana, especially during the tough times."

In the native Hawaiian culture, the sacred term, mana, is the spiritual energy of power and strength in places, objects, and people. Native Hawaiians believed that mana is both external and internal and highly individual. You can either sustain or lose this spiritual power with every action you take. In *Fundamentals of Hawaiian Mysticism*, Charlotte Berney explains, "Having meaningful work to do, enjoying harmonious relationships with those around you, and being of service, helps to gather mana."

The Global Wellness Institute defines wellness as the active pursuit of activities, choices, and lifestyles that leads to holistic health. Therefore, it is our responsibility to create a lifestyle of wellness. Live by the concept of both mana and pono, which is a Hawaiian word commonly rendered as "righteousness." We have the right to consciously choose to do what is right for ourselves and others, and for the environment. In the same vein, the Hawaiian tradition explains that mana comes from pono. Thus, aligning actions with good choices helps the body, mind, and spirit stay strong.

**Seven ways we can re-set into wellness using mana and pono:**

- **Aerobic exercise.** Participating in any physical activity gives us energy and engages our heart, lungs, and muscles, enabling us to sustain health and overcome harmful sedentary effects.
- **Nutrition.** Our diet plays a massive role in inflammation, which affects our brain's health. Modify the diet to more anti-inflammatory foods, and use antioxidants and supplements to support brain health.
- **Deep breathing** activates the vagus nerve, which is the direct channel to rest and digestion. Yoga and Tai Chi help reduce stress.
- **Sleep** provides vital rest, restores the mind and body, and helps with memory processing, and with functions that remove waste in the system.
- Many types of **meditation** cultivate awareness, love, compassion, kindness, calmness, and heightened self-awareness.
- **Environmental stimulation.** Activities, such as hiking, volunteering, playing music, singing, and dancing, stimulate the senses.
- **Emotional health.** Maintaining a positive mindset, cultivating spirituality, trusting, and loving yourself and others are all foundational for healthy relationships with yourself and others.

It is our responsibility to make healthy choices so we can become empowered and share the benefits with our 'ohana.

**Affirmations to help you stand in your mana:**

- I move so I can be healthy.
- I eat so I can be healthy.
- I sleep so I can be healthy.
- I practice quietude and patience.
- I am empathetic with myself and others.
- I live in the present.
- I give up what I can't control.
- I make my talents available to those who need them.
- I recognize that we are all trying to do our best.



## The dream and reality of becoming a private pilot

Contributed by Kert Schuster

**T**here are many reasons why people want to learn how to fly. Some enjoy the Zen-like experience and freedom of operating the flight controls themselves. Others use their private pilot's certificate (there is no "license") for business or pleasure to fly from one island to the next. A private pilot has the authority from the FAA and is able, through extensive training and pre-flight preparation, to fly solo or with passengers, but not "for hire". You can't fly your friends for profit to Maui and back, say, but you could split the costs equally for doing so.

I've wanted to become a pilot since I was a kid. My father, a private pilot himself, often put me in the co-pilot's seat to fly on weekends around Delaware where I grew up. I was lucky enough to fly next to him in the late 1970s, an experience that helped me obtain my own private pilot certificate in 2018.

It took me awhile to become a private pilot because I thought it was too expensive, and I was too busy. Flying around Hawai'i looked really challenging. I put it off, but the desire to learn to fly never left me.

A visit from my friend Craig renewed my curiosity. A long-time private pilot on Lāna'i, Craig came to my pharmacy one day and said that being able to fly meant I could fly my own plane from/to Kahului in about 30 minutes versus taking the ferry. I called Maui Aviators, a private pilot flight school. The next day, Eric, an enthusiastic flight instructor, flew to Lāna'i and gave me an hour-long "Introduction to Flying" flight. I was instantly hooked and decided that I would do whatever it took to obtain my private pilot's certificate.

I applied for and got my student pilot's certificate and learned flying basics through ground work (on-line videos and one-on-one ground school instruction), and hands on-flight training. After twenty hours of flight experience, my flight instructor took me to Hāna's airport on a clear and calm day. With me on the controls, he asked me to perform three landings and takeoffs. Then, he got out of the plane at Hāna, and told me it was time for my first solo. "I'll be on the hand-held radio if you have any problems," he said. "You can do this!"

Going down the runway, taking off and then safely landing solo for the first time was one of the most gratifying experiences I have ever had in my life. I will never forget the feeling of being on my own and on final approach over the dark blue ocean, and lining up to land on Hāna's runway 26.

After my solo, my instructor cut a large square off the back of my T-shirt and hung it in the flight school at Kahului airport, a symbol of my achievement. This tradition goes back more than a century to the very first flight schools.

I still had to complete a lot more training, including solo cross-country flights to Honolulu and the Big Island, and night flights with my instructor. We also practiced many different kinds of emergencies, and flights on windy days. For about a year, I studied aviation for two hours every day and went to Maui for flight training most weekends.

On the day of my check ride, I was both nervous and excited. Kele, my flight examiner, who also flies the Boeing 777 as captain for Hawaiian Airlines, administered a two-hour oral exam followed by a two-hour flight exam, during which I flew to Hāna where I had first soloed, performed various take offs and landings, as well as a simulated engine out landing on final approach.

When we landed at Kahului, I got the traditional "hand shake", signaling that I had passed: I was officially a brand new private pilot. Steve, one of my flight instructors, said at my celebration: "You now have a license to learn!" meaning there is always more to learn in aviation, and to this day, I keep up with my training, because I love flying so much.

Becoming a pilot takes money, time, and a long sustained effort. I hope there will be many more pilots like me from Lāna'i. If you have the desire to learn how to fly or become a private pilot, please call me at the Rainbow Pharmacy (808) 565-9332 or come by and I will be glad to explain the process.

*Kert Schuster is a doctor of Pharmacy, owner of Rainbow Pharmacy, a USAF veteran, and a private pilot. You can contact him on Instagram at: Kert.Schuster or at Rainbow Pharmacy (808) 565-9332.*

## From the Farm

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

### Aloha, Lāna'ī! The New Sensei Ag

**S**ensei started in Lāna'ī with Sensei Retreats and Sensei Farms. Now, the journey to make delicious, nutritionally relevant meals accessible and affordable to all continues with Sensei Ag. Via a combination of partnership, collaboration and acquisition, Sensei Ag aims to solve the global gaps and inconsistencies in nutrition, food safety and food security through the transformative power of data.

The team charged with leading this endeavor represents diverse backgrounds and unique strengths. With great pride, Sensei Ag introduces the individuals who intend to take lessons from the pilot farm on Lāna'ī around the globe.

**Sonia Lo, chief executive officer** - A farmer, a chef, an angel investor and a mother of two who speaks seven languages and holds a third-degree black-belt in Tae-Kwon Do, Sonia is not your traditional CEO. The only woman to serve as CEO of a major vertical farming company, Sonia joins the Sensei Ag team with over thirty-two years of combined agriculture, technology and business experience.

**Dave Vosburg, chief financial officer, head of Emerging Technology** - A serial entrepreneur of Dutch descent who has successfully led five startups, Dave joins Sensei Ag with nearly two decades of international financial, business development and technology experience. Dave has spent his life work founding, growing and scaling technology businesses that create significant social value.

**Jeff Goshorn, chief Farms officer** - An active cyclist from CA who has lived across the West Coast from the beaches of the Hawaiian Islands to the mountains of Washington State, Jeff joins Sensei Ag as a seasoned professional in operations and supply chain management for the domestic and international produce industries.

**Pitichoke Chulapamornsri, chief marketing officer and head of Consumer Products** - A marathon runner originally from Thailand, who has summited Mt. Kilimanjaro and holds both his CPA and CFA licenses, Pitichoke joins the Sensei Ag team with a decade of combined marketing, finance and business development experience.

**Christian Boullon, chief people officer** - An outdoor enthusiast from Venezuela who enjoys surfing and camping and speaks three languages, Christian is an experienced people and operations professional with over fourteen years of implementing systems and processes for innovative, international growth companies. Christian joined Sensei in 2019 as director of people operations and now joins Sensei Ag as chief people officer.

**Adrian Almeida, senior vice president, Farm Innovation and Project Management** - A senior executive who speaks three languages and has pioneered agricultural robotics, artificial intelligence and machine learning strategies across several countries, Adrian brings Sensei Ag nearly three decades of operational, human resources and innovation experience.

**Dr. Jenna Bell, senior vice president of Nutritional Science** - Two-time Ironwoman, mother of two girls, published author, former college professor and nutrition communications expert, Dr. Jenna Bell joins the Sensei Ag team with twenty-five years of experience in food, nutrition and wellness. A registered dietitian and exercise physiologist, Jenna's experience includes patient care in infectious disease, HIV/AIDS and advanced nutrition support, sports nutrition, academia and fifteen years in the food industry.

**Randy Frederick, senior vice president of Sales** - Father of three, grandfather of two, who's fluent in German and can't take his eyes away from the screen when the Chicago Cubs or Boston Red Sox are playing, Randy joins the Sensei Ag team with over three decades of sales and business development experience.

**Molly Stanek, senior vice president, Farms' Special Projects** - An artist at heart, born and raised in Wisconsin, a state second only to California in the number of organic farms, Molly has a huge passion for delicious food. She joined Sensei in August 2018 with a decade of leadership experience in the agricultural industry.

**Jay Sweeney, corporate controller** - An accountant by trade who has helped lead over \$500 million in investor exits across the technology industry, Jay brings three decades of senior finance and operations management experience to Sensei Ag.

*Each and every one of them looks forward to meeting you on island!*



# Pre-K students and flexibility

Contributed by Marie Romero

**F**lexibility is the quality of bending easily without breaking. I'm watching the Pre-K students at LHES demonstrate this daily as they adapt, change, and go with the flow of COVID-19 protocol. As educators, this is a time to re-imagine and re-invent the early childhood setting while staying grounded in what we know about children, families, and the early childhood years, recognizing that the context now includes COVID-19.

Creating a caring community of learners includes planning ways for children to work and play together collaboratively. It also includes bringing each child's home culture into the shared culture of the class. So, how is this accomplished during a pandemic when four-year-olds are expected to maintain physical distancing of six feet or more, wear face coverings, and wave goodbye to their parents who are not allowed on the school campus? It is accomplished with the virtues of flexibility, patience, cooperation, perseverance, and love. Over the course of many weeks, we, as a team at LHES, have re-imagined and re-invented the school and classroom settings to create the safest possible physical and social emotional environment within the current pandemic circumstances.



Sadurya Narayanan



Loren Icalla

In Pre-K, we are focused on being intentional to develop a warm, positive relationship with each child as we help them meet their goals in six domains: physical; social emotional; language; cognitive; math and literacy. We are keeping parents connected through daily communication with photos of their children's day at school. Parents are included in the daily classroom setting via a phone app that allows photo posting and parent-to-teacher contact. Although parents are not physical visitors, they are part of our classroom community. While we keep the children safe, we continue to help them find joy in learning. Positive feedback from parents on their child's first day of Pre-K: "Kolbey loved his first day of school and he had fun! Thank you." - **Crystal Ono**



Ryca Ambida

"Lili enjoyed her first day of school, very excited with making friends and play. She loves going to school." - **Shelly Barfield**

"Hello, Ms. Romero! Today Sadu had a nice time. She was very happy. After she reached home she was telling us everything at the classroom about what went nice. I could understand she was happy at the classroom and the first day itself. I hope she will have more and more fun with learning. Thank you Ms. Romero for giving her encouragement. You are the first teacher for her so she can't forget you forever. First teacher is the best teacher." - **Ramya Ganapathy**

"Pre-K students' first day looks like they all are having fun. Thank you so much, Ms. Romero." - **Precy Raqueno**, Ryca's mom



Ryca Ambida



Kolbey Hilario



Loren Icalla



Kolbey Hilario



Ryca Ambida



Lilinoe Barfield



# THE GREEN DIAMOND

Photographs by Ron Gingerich and Nelinia Cabiles \*

What joy there is to throw a baseball, watch it split the air and sail toward a teammate, hear the thwump as it smacks her catcher's mitt. Is there a sweeter sound in the world than that? And what of the happiness of the ball cracking the air in mid-swing, your body bolting in response, scudding chalk and dirt, the roar of your blood running high as you sprint toward first base? Who knew you could fly?

Six months of a shutdown, life as you knew it cancelled, postponed, unhinged, at six feet apart, behind a facemask, your hands washed clean. But here you are, outdoors, finally, in the green diamond, moving at the speed of joy, catching flyballs, snapping up grounders, swinging for the fences, five weeks of practice under your belt, in a co-ed game between the Herd and the Warriors. You've heard murmurings that this game, the first public sporting event on the island since March, almost didn't happen. You have MaryLou Kaukeano, Recreation Center Manager, Pūlama Lāna'i, to thank. She prepared the necessary paperwork pre-COVID-19, and got the baseball league games approved by the County in July.

Maybe that's what you feel right now, exuberance and gratitude, for this chance, after living indoors for months, to run outside and play. Even the sun can't contain itself. It pours out light over the diamond and dugouts, over the spectators wearing facemasks, who've flocked to the field, to take in the game. They watch the pitcher, as he leans forward, his back leg planted, his arm wound behind him, the ball held aloft in his hand. And you are breathing it all in, the heat, the whirr of insects, the music of the ironwood leaves, the golden light, the sound of a ball shooting through the air, the resounding crack, and you, set free, gunning for second base, outrunning time and space. Go, girl, go! For more information on 2021 league sign-ups for T-ball, Coach Pitch, Major/Minor leagues for players ages 4-16, contact MaryLou: [mlkaukeano@gmail.com](mailto:mlkaukeano@gmail.com)

By Nelinia Cabiles



\* NC



\* NC



\* NC



\* NC



# Lāna‘i Community Health Center

## Get The Flu Shot Not The Flu!

### Why Get it?

1. Flu spreads easily from person to person.
2. Elderly, children, and those with chronic diseases are vulnerable to the flu virus.
3. It takes about 2 weeks for your body to develop protection against the flu.
4. You can't get the flu from the vaccine because it doesn't contain any live virus.
5. When you get the flu shot you help protect the people you love.



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

### Signs & symptoms

- Headache
- Tiredness
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Fever of 100°F or higher
- Chills

### Prevention

- Stay away from people who are sick with the flu.
- Wash your hands often.
- Try not to touch your nose, mouth or eyes.
- Cover your mouth when you cough or sneeze.
- If you have the flu, see a health care provider.

Insurance companies will cover the cost of the flu vaccine 100%.  
Uninsured? Don't worry...LCHC will provide vaccine without charge.

*Please call our office to book an appointment now!*

## New Director of Quality

Geneva Castro, RN, is our new Director of Quality, Interim. This is a position that was held by Dr. Joe Humphrey until August, when he stepped down from his leadership role. Geneva, hired in May 2013, has been working closely with the Quality Committee, Chelsea Tadena, Dr. Humphrey and our consultant, Anne Reis, to develop and submit our Patient Centered Medical Home (PCMH) application – which resulted in our PCMH certification with Behavioral Health Distinction. She has shown a dedication to ensuring that data is complete and accurate, and that our programs and services are of the highest quality.



Geneva Castro, RN



Kerri Cummins and family

## New Staff Welcome!

Please join us in welcoming Lāna‘i Community Health Center’s newest Family Nurse Practitioner, Kerri Cummins, DNP, MSN, NP-C to the island of Lāna‘i. We are excited to have her join our team to provide confidential, holistic care for our patients and the community.

Kerri is a Native Hawaiian Health Scholar (as are other team members: Melorie Yuen, Dental Hygienist and Jared Medeiros, APRN-Rx) and received her Doctorate of Nurse Practitioner in 2020. In addition to acquiring her degree to become a medical provider, Kerri has been an Instructor and Faculty member at the University of Hawai‘i, John A. Burns School of Medicine (JABSOM) and University of Hawai‘i at Mānoa for over a decade in which she taught human anatomy and physiology.

Kerri has earned many degrees from University of Hawai‘i at Mānoa: Doctorate of Nursing Practice Programs (DN.P.), Family Nurse Practitioner, in 2020; Bachelor of Science in Nursing in 2017; Master of Science in Physiology in 2007; and Bachelor of Arts, Liberal Studies in International Pre-Law in 2000. Kerri enjoys canoe paddling, riding her bike, and spending time with her family. Unfortunately, COVID-19 has changed our social dynamics but we welcome all virtual wishes of “Aloha” to Kerri here at LCHC!



Karen de Brum

## New Board Members Welcome!

**Ms. de Brum** is a high school English teacher at Lāna‘i High and Elementary School. Ms de Brum partnered with the LCHC to coordinate various student-led research opportunities that help support LCHC’s mission and other community stakeholders. She is a great asset to the Board.

**Mr. Sanchez** is the manager of Ricky’s Plumbing. Born and raised on Lāna‘i, he graduated Lāna‘i High and Elementary School, in 2004. His business goal is to provide more job opportunities for people on Lāna‘i. He is skilled in rapport-building and problem solving, and certainly has the necessary leadership skills.



Randon Sanchez

## LCHC Career Opportunities

Join our LCHC team; we are dedicated to providing patient-centered health care and are looking for people who can demonstrate the highest level of customer service.

- PATIENT ACCOUNT REPRESENTATIVE
- FRONT DESK REPRESENTATIVE
- DENTAL ASSISTANT
- PATIENT SUPPORT ASSISTANT

Send your resume and cover letter to [Cfiguerres@lanaihealth.org](mailto:Cfiguerres@lanaihealth.org) or drop off at Lanai Community Health Center at 333 6th St.

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



# HOW WE ARE KEEPING YOU SAFE



Learn more at [mauihealth.org/safe](https://mauihealth.org/safe).


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



**Lānaʻi  
Community Hospital**  
MAUI HEALTH

[mauihealth.org](https://mauihealth.org) | **#HEROESWORKHERE**





# MAHALO

## VOTE COLETTE MACHADO

Vote Colette Machado  
OHA Trustee Moloka'i-Lana'i  
Upcoming General Election  
November 3, 2020 (Ballots mailed October 16)

I am humbled and grateful that I won the majority of votes on Moloka'i, Lana'i and Maui. You are the people I represent in OHA.

Thank you for your confidence in me to represent you as a kupa'aina, born and raised and living on Moloka'i

As we move into the general election, I ask for your vote, again. Please reach out to family and friends on O'ahu, Hawaii'i and Kaua'i to help re-elect me as the choice of the people of Moloka'i, Lana'i and Maui

Mahalo and Aloha  
Colette Machado

# GABE MAUI COUNTY COUNCIL

# JOHNSON

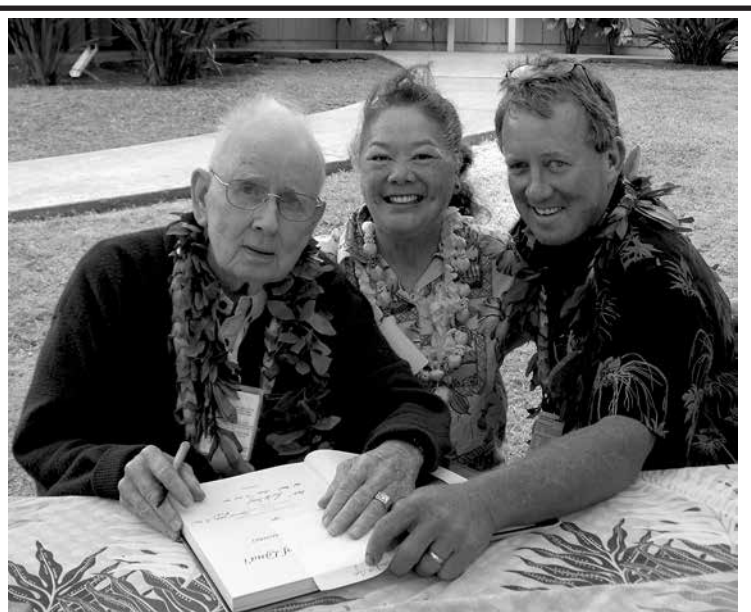
Gabe4council.com

## LĀNA'I ISLAND

"Paid for by Gabriel for Progress"

P.O. Box 631620 Lāna'i City HI 96763

Mahalo, Lāna'i, for your support!



Richard C. Munro Towill and his son, Rick, at the reception held at the Culture and Heritage Center for George C. Munro's book, *The Story of Lāna'i*, on June 7, 2007.

### Cherish our past as we plan for our future...

Growing up at Kōe'le, I was always fascinated by the stories of families who lived there in the past. Through Lawrence Gay's book, *True Stories of the Island of Lanai* and Kenneth P. Emory's book, *The Island of Lanai*, I was able to visualize the things they saw and did.

I was sitting with a group of young students when I realized they had no idea of what the pineapple fields were like or how sad it must have been to be on the last truckload of workers returning to the labor yard when the plantation closed.

I've been blessed to have had a front row seat on watching our community evolve and shared it with you in my book, *Images of Lāna'i*. Now, with your help, I have a chance to be a part of planning our island's future.

**May I have your vote to become Lāna'i's next council member?**

*Alberta de Jetley*

Paid for by Alberta de Jetley Campaign Committee  
P.O. Box 630601, Lāna'i, HI 96763 Ph. or text 808-649-0808





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

We are looking for candidates interested in:

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

**We are currently looking to fill the following positions:**

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

**Full-time and Part-time positions available!**

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

For direct inquiries please contact:  
Scott Pisani at [scott@sensei.ag](mailto:scott@sensei.ag)



# Vote YES!

---

## MAUI COUNTY MANAGING DIRECTOR

Charter Amendment

**Efficient  
Economical  
Transparent  
Accountable**

**[MauiManagingDirector.com](http://MauiManagingDirector.com)**

Paid for by Holomua Ohana for Professional Management, 4320 E. Waiola Loop, Kihei, Hawaii 96753

# Island

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## Sotheby's

INTERNATIONAL REALTY

Pono Aloha Kuleana

The Mission

The Island

The Agent

The Dream

**Gregory L. Sturm RS-65206**

**808-563-0170**





*The Christmas Tree & Wreath Fundraiser* is still happening this year! Pre-order your tree and wreath by visiting the LHES website:  
<https://www.lanaiacademy.org/lhestrees>

**NEW TREE VENDOR  
FROM OREGON**



Douglas Fir 5 - 6 ft: \$55  
 Douglas Fir 6 - 7 ft: \$65  
 Douglas Fir 7 - 8 ft: \$75

Noble Fir 4 - 5 ft: \$75  
 Noble Fir 6 - 7 ft: \$95  
 Noble Fir 7 - 8 ft: \$105

Holiday Wreath (22")  
with bow: \$35

*Special Orders  
or questions:  
Please email:  
kerri.glickstein@k12.hi.us*



*The deadline for pre-orders and  
payment is October 15, 2020*

*Pick-up day:  
Wednesday, November 25, 2020  
from 2:30 - 4:30 p.m. at LHES,  
corner of 5th St. and Fraser Ave.*



There are as many stories for why teachers get apples as there are varieties of apples; they're a symbol of knowledge. The apple harvest coincides with the beginning of a school year.

But whatever the true origin, gifting an apple to a teacher shows your appreciation for the work they do. At Pine Isle Market, we offer apples, oranges and other fruit and items, that say, *thank you for all you do!*

**Hours of operation as of June 4**

Monday through Saturday - 8 a.m. to 7 p.m.  
 Sunday only - 8 a.m. - 5 p.m.  
 8 a.m. - 9 a.m. - Kupuna-only

**PINE ISLE MARKET**

*Your neighborhood grocer since 1949*

*Located on Dole Square in  
the heart of Lānaʻi City* **565-6488**



**Lānaʻi City**  
Bar & Grille



**A DINING EXPERIENCE**  
*Tailored for You*

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

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

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



**SOCIAL DISTANCING  
GUIDELINES WILL  
CONTINUE TO APPLY**



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

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





## Stay Away from Downed Power Lines

Downed power lines can be energized and dangerous. For your safety, avoid downed lines and anything in contact with them.

- Stay at least 30 feet away from any downed power line (about three car lengths).
- Never touch a downed power line - always assume downed power lines are energized and dangerous.
- Move away from a fallen line by keeping both feet on the ground and shuffling with small steps.
- Don't touch fences or guardrails in contact with downed power lines. These structures can be energized for thousands of yards and pose hazards.

Call our Trouble Line: 1-877-871-8461 or call 9-1-1

Visit us: [www.hawaiianelectric.com](http://www.hawaiianelectric.com)



### Minimum Requirements at time of application:

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

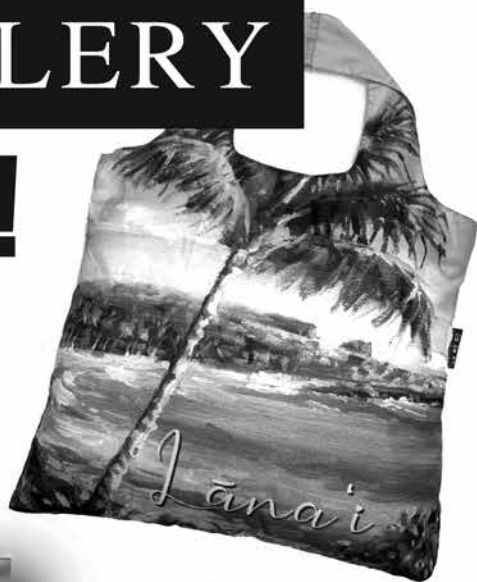
Call office for more information  
**565-6615**

## Mike Carroll GALLERY

### NEW!

Envirosax Tote Bags

Mints & Magnets



**10% Kama'aina Discount!**

Face Masks with Mike's Art



Dole Park at 7th Street • 808-565-7122  
Monday-Sunday 10AM - 6PM

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

Mike Carroll  
**GALLERY**  
Lana'i Fine Art, LLC



Feather your nest with bibelots and home décor from

The Local Gentry, such as the tasteful throw pillows that Mia holds. So many delightful things that say, *this is home.*

Come find what speaks to you.







All your real estate needs on the island and beyond.

Okamoto Realty has a long history of serving the residents of Lānaʻi.

*Luxury properties as well as homes in town.*

*Visit our office, phone, text or email.*

Linda Kay Okamoto R (B) 16268  
Okamoto Realty LLC

338 Eighth St.  
Lānaʻi City, HI 96763

808-565-7519 office  
808-559-0200 cell



808-565-7519  
www.okamotorealty.com

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

## JOIN US AT VIEWS



Join us for lunch  
Friday - Sunday through 9/30

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

Lunch 11:00 am – 3:00 pm

Call for reservations (808) 565-2230



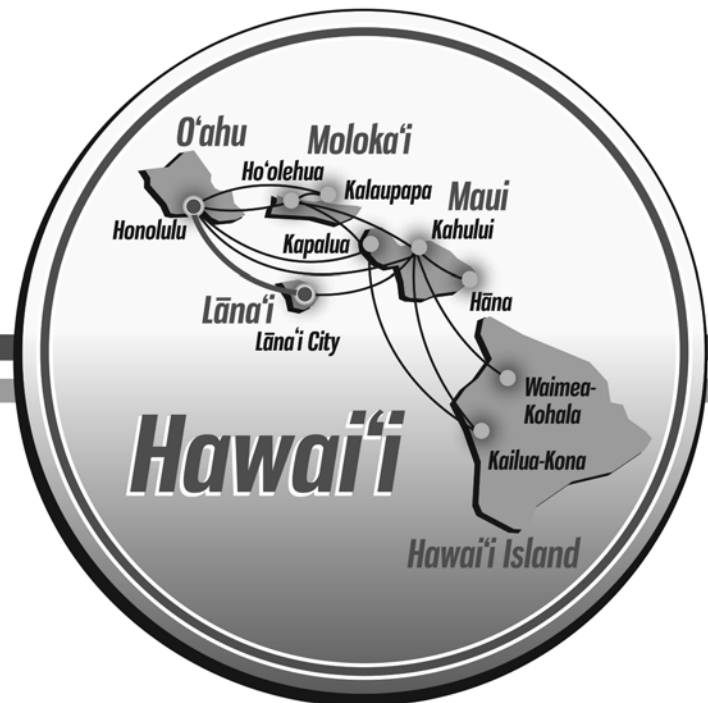
# *Aloha* MOKULELE

P A S S E N G E R S

## More Options for Lānaʻi

**Two Daily Flights between Lānaʻi and Honolulu**

**Two Daily Flights between Lānaʻi and Kahului**



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

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

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

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

1-866-260-7070





## Lānaʻi Hardware & Lumber

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

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

We also feature an array of birthday and greeting cards.

**Come check us out!**

### OPEN:

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

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

**CLOSED for LUNCH:**

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

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

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



New employees Abby Sandi, Celina Romero, and Micah Manuel

Centrally located at 1110 Lānaʻi Avenue, next to the service station.

**565-9394**

## WE'RE STILL OPEN TO THE LANAI COMMUNITY!



We're currently open:

Tuesday - Saturday, 9:00 AM to 4:00 PM

We have special Lanai Resident Pricing

All activities are on a reservation basis

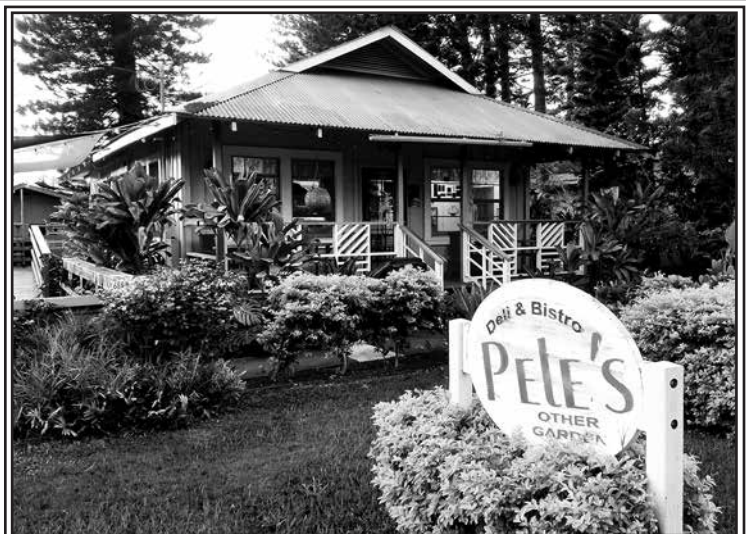
To check availability, please call us at (808) 563-0096 or email us at [info@lanaiadventurepark.com](mailto:info@lanaiadventurepark.com)

## West Maui Sports & Fishing Supply



**Offering Lānaʻi Residents Spring/Summer specials on dive lights, spearguns, pole spears, Ulua poles. New arrivals: PENN Battle III. Free diving masks and fins!**

**808-661-6252**  
**westmauisports.com**  
 visit our new location near Foodland and Nagasako's  
 843 Waivee St., Suite F3



## PELE'S OTHER GARDEN

CORNER OF 8<sup>TH</sup> & HOUSTON STREET  
 OFFERING LIMITED DINING INSIDE AS WELL AS DINING OUTSIDE ON THE PATIO

**SPECIAL 20% DISCOUNT ON ALL DINE-IN ORDERS (Excluding Alcohol, come in for the \$5 special daily cocktail)**



### HOURS:

**LUNCH - MON - FRI**  
 11 a.m. - 2 p.m.

**DINNER - MON - FRI**  
 4:30 p.m. - 8 p.m.

**CLOSED SAT. AND SUN.**

CALL FOR RESERVATIONS

**808-565-9628**

**STAY SAFE!**



THE LAST WORD

Commentary and Photography by Nelinia Cabiles

# LĀNA'I IS NOT A TRASH BIN



Photograph by A.J. Vergara

**T**he dirt pit, a stone's throw from Kaumālapa'u Highway at mile marker 4-5, at the end of Black Pipe road is an open cemetery. But it is a cemetery without the cultural monuments that honor the dead. The wind shakes the grasses and carries the stench of death, but one doesn't need the wind to see that this place is a graveyard, a shrine of dishonor and indifference.

Deer carcasses, in various stages of decay, some blackened and misshapen with time, some headless, some just limbs and hide, are scattered in the grasses and mounds of dirt. A head of a fish lies on the dirt across from a jumble of bones.

Someone took great care to set a deer skull on the ground, so that its antlers would rest on a two by four beam. Its careful placement feels like a mockery.

This illegal dumping is unacceptable. It is the behavior of the contemptuous and uncaring or lazy. Do not treat our island with such disrespect. There is a place to discard deer carcasses. It is not here, at Black Pipe road. It is not in your trash bin. Carcasses are specifically not allowed in residential trash bins for pickup by Maui County. Hunters doing control doe-hunts through CGMA have three options: they can quarter in the field; take their deer carcass to the landfill; or use the dumpster at the Pūlama Lāna'i game management hunter's check-in station behind Central on Fraser Avenue.

There is a place for your unloved, broken cars. It is not at Kahue. There is a place for your tires, your heaping bags of trash. It is not at Keōmoku. Your garbage belongs in the landfill. Take it there.

There is no aloha, no honor, when you dump carcasses and trash where you see fit. It is not only pilau, it is shameful. Would you like it if your friend came to visit and scattered his rotten garbage in your living room?

Lāna'i, its wilderness, its fields and plains, its beaches and parks, is not a landfill. It is our home. Honor our island and show aloha for your children, for your friends, for your family, for yourself, and take your trash to the dump.

We all know how special Lāna'i is. Show some respect and stop trashing our island home.

