

# LĀNA'Ī TODAY

JUNE 2023



Improving  
access and  
removing  
stigmas to  
mental health

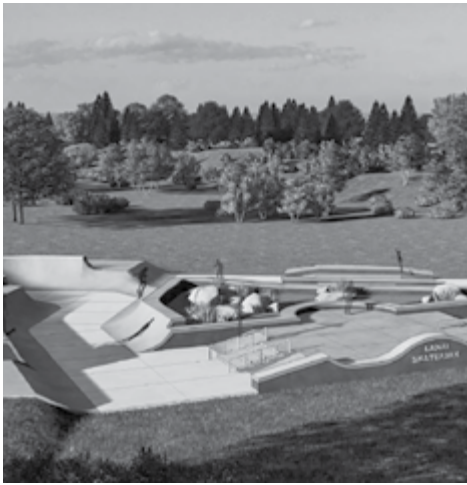
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Photography by  
Ron Gingerich

**Get to know Kori Kuaana, Lāna'ī's much-needed on-island mental health counselor. As part of the Hawai'i State Department of Health Adult Mental Health Division, Kuaana helps adults cope with a range of mental health diagnoses.**



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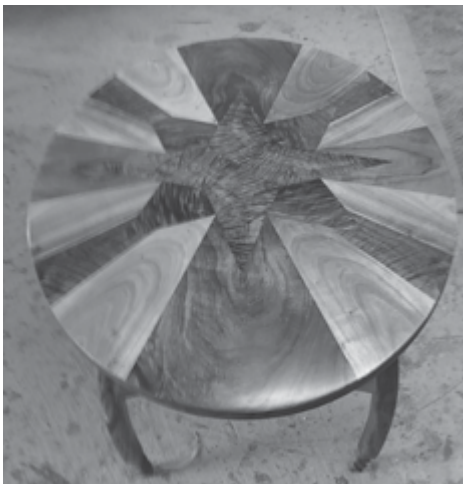
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## Free training program helps parents and residents change their communities

Unique 20-week program helps develop leadership, advocacy and civic engagement skills

Hawaiʻi Children’s Action Network press release

**A** free training program from Hawaiʻi Children’s Action Network is now accepting online applications from residents who want the tools and knowledge to make positive changes in their communities.

The Hawaiʻi Parent Leadership Training Institute (PLTI) helps participants become strong, confident community leaders by developing their leadership, communication and advocacy skills. The 20-week program is the only one of its kind in the state. Through PLTI, participants identify issues that impact children and practice their new skills by completing hands-on projects in their own communities.

“Parents, caregivers, and residents statewide know the challenges facing their neighborhoods, schools and communities,” said Deborah Zysman, Executive Director of Hawaiʻi Children’s Action Network. “Each year, we’re so inspired by the participants that come out of PLTI and generate impactful solutions for their communities.”

Since 2015, PLTI has trained more than 100 alumni on Oʻahu, Maui, Hawaiʻi Island and Kauaʻi. This year, there will be both a

statewide virtual program and a hybrid program available for Maui County residents. The program will start in September 2023 and run through March 2024. All community members that are passionate about the welfare of children are encouraged to learn more and apply at [hawaii-can.org/plti](http://hawaii-can.org/plti).

“It’s so important that parents, caregivers, and families can effectively use their voices and influence the laws, policies and systems that affect their children and communities,” said Mele Andrade, HCAN’s Director of Family Engagement and Training. “By increasing civic engagement, we can improve outcomes for Hawaiʻi’s children and communities.”

PLTI is organized by the nonprofit Hawaiʻi Children’s Action Network, which is dedicated to ensuring that all keiki are safe, healthy and ready to learn. The program is supported by local and national funders, including the Hawaiʻi State Department of Health, City and County of Honolulu, Alliance for Early Success, Aloha United Way, Family Values @ Work, Hawaiʻi Community Foundation, HT Hayashi Foundation, McInerney Foundation, and Samuel N. & Mary Castle Foundation. The evidence-based curriculum is provided by the National Parent Leadership Institute.

**“By increasing civic engagement, we can improve outcomes for Hawaiʻi’s children and communities.”**

**Mai kaulaʻi wale i ka iwi o na kūpuna.**

*Do not dry out the bones of the ancestors.*

Do not discuss your ancestors too freely with strangers, for it is like exposing their bones for all to see (Pukui 225).

## Slice of Life: Origami whiz wins award

Isaac Shuster, a talented fifth grader at Lānaʻi High & Elementary School, has recently achieved an incredible feat in the world of origami. With his nimble fingers and creative spirit, Shuster managed to win a spot in a nationwide touring exhibit for an origami hedgehog he created.

The Origami by Children exhibition is renowned for recognizing and celebrating the talents of young origami artists from around the world. Along with scoring a spot in the touring exhibit, Shuster received a Certificate of Merit and was granted a one-year membership in OrigamiUSA, an organization dedicated to promoting and advancing the art of origami.

Shuster has been doing origami since he was three years old and says the hedgehog was the hardest piece he has ever made. The origami hedgehog was designed by Yudai Imai and took Shuster two hours to make. His advice for other kids who want to pursue origami is simple. He says, “Just follow the directions and fold it nicely. That’s it.”



Origami hedgehog

Visit [origamiusa.org/obc/2023](http://origamiusa.org/obc/2023) to view this year’s exhibition.



Photos courtesy of Kimiko Shuster

## Preparations underway for Pineapple Festival

On Saturday, July 1, the community is invited to the 29th annual Lānaʻi Pineapple Festival, organized by the Lānaʻi Community Association. The festivities kick off at 10 a.m. at Dole Park.

“The festival has been a staple activity for our community for many years,” says Lānaʻi Community Association President Kay Okamoto. “Former residents use the festival as a chance to come back and celebrate with family and classmates.”

There’s lots to look forward to at this year’s festival. Attendees can expect a larger celebration this year with approximately 60 booths with food, crafts, clothing, games and exhibits. There will even be a keiki zipline courtesy of Lānaʻi Adventure Park. Throughout the day, festival goers will also be treated to the music of Piʻilani Arias and performances by Dance International Production. At the end of the night, there will be a special fireworks show above the Cook pines for everyone to enjoy.

For visitors planning to attend the festival from Maui, Expeditions offers daily ferry service to Lānaʻi. There will be a special late-night ferry on the day of the event. For more information and to make a reservation, visit [go-lanai.com](http://go-lanai.com) or call (808) 661-3756.

### Notes for Attendees

- Attendees are encouraged to bring their own chairs, or they can purchase one at the festival. The Lānaʻi Community Association will be selling their signature foldable lounge chairs for \$5 on a first-come, first-served basis.
- Residents are asked to leave their pets at home. Support animals are welcome.



Photo courtesy of Lānaʻi Community Association

## IT’S THE LAW

### Leaving a child unattended in a motor vehicle

Contributed by the Maui Police Department – Lānaʻi District

#### §291C-121.5

It is unlawful to leave a child under nine years old unattended in a vehicle for five minutes or longer.

Any law enforcement officer, firefighter or rescue team personnel who observes a child left unattended in a motor vehicle and determines that the child is in physical danger, or poses a danger to others, may use whatever means are reasonably necessary to protect the child or others and remove the child from the motor vehicle.

If the person who left the child unattended in the vehicle cannot be located within a reasonable time, the child can be taken into protective custody by authorities without a court order and without the consent of the child’s family.

Law enforcement officers, firefighters and rescue team personnel will not be liable in any civil action to any party for any act performed in good faith under this section.

Leaving a child unattended in a vehicle can too often have tragic consequences, either because the child suffers from exposure to excessive heat, is injured if the vehicle gets stolen, releases the emergency brake, inadvertently starts the vehicle, or puts the vehicle in gear. On average, 36 children per year across the country die in hot vehicles. About 40% of those deaths occur when caregivers forget that children are in the vehicle. About 20% of children who die are intentionally left in vehicles by caregivers who do not know any better.

Any vehicle can act as a greenhouse, trapping in heat and causing the temperature to rise as high as 30 degrees Fahrenheit in half an hour or less. Studies show that with an outside temperature of approximately 85 F, the inside air temperature in a vehicle will reach 130 F or more; under those conditions, a small child, whose body temperature increases three to five times faster than an adult, can succumb to the heat in as little as fifteen minutes.

## Letter to the Editor: Taking care of our beach park

Spending time at Hulopoʻe Beach is one of the things that makes Lānaʻi special. Whether it’s to cool off with the coming summer, camping and grilling with family, paddling, fishing, or simply walking out towards Puʻu Pehe, the beach is a place of for all of us to enjoy. Unfortunately though, there has been an uptick of inappropriate behavior and vandalism at the park by a small number of people including littering, harassment, burnouts and damage to the park’s facilities. The quality of experience we have at the park is largely in our hands as a community, and there is no place for behavior that damages the park itself or ruins the experience of other community members. The Hulopoʻe Bay Beach Park Council wanted to take a moment to encourage people to treat the park with respect. We would also like to mention that there is a Community Watch App available to the public to report these kinds of security concerns. If you see littering, vandalism, or other security concerns at the Beach Park, go to <https://tinyurl.com/MalamaHulopoe> on your phone, then enter Username: HBP and Password: HBP. Once logged in, you can upload photos and a description of what you saw. The report is anonymous and confidential. An additional reminder, the council meets every third Thursday at the Lānaʻi Senior Center and is accessible via Zoom. Come by and talk to us to share concerns if you have any. You can also find us on Facebook. See you at the beach! - Jon Sprague, Hulopoʻe Bay Beach Park Council (Chair)



# Youth Center and Skate Park projects moving forward

This article was originally published on lanaitoday.com.

The community is buzzing with excitement as plans for a new youth center and skate park, both located on Fifth Street, move forward. The projects, spearheaded by Maui County and in the works for several years, recently received an additional \$4 million in funding from the Maui County budget, bringing the total budget to more than \$10 million.

The youth center is being built by F&H Construction, a construction company that was responsible for the Lānaʻi Gym Building improvement project last year. The youth center will be built to the highest safety standards and double up as a hurricane shelter. The center will also include a computer lab, kitchen and dining area, fitness room, music room and lounge.

The skate park is designed by California Skateparks, a well-known skate park design and construction firm which has designed and built high profile skateparks and competition venues for major sporting events such as the X Games and Dew Tour. The park will include a variety of features such as half pipes, rails and ramps.

“I think just being remote and being on the outer islands, it’s important to have a safe space for the kids,” said Sam Marvel, chief of planning and development at the Maui County Department of Parks and Recreation.

Jacob Janikowski, an 18-year-old recent graduate of Lānaʻi High & Elementary School, was instrumental in pushing for the skate park’s inclusion in the county budget. He has been an active participant in the planning and approval process, emailing local councilmembers and advocating for a space that would meet the needs of local skaters.

“I got responses rather quickly and found out that they had already started [the project] but it was in the early stages, and it wasn’t really a priority,” said Janikowski. “So, I just kept emailing and rallying other people, and that’s how it started.”



Alice Lee, Chair of the Maui County Council, also gave a special shoutout to Jacob during a council meeting. Lee praised Jacob’s dedication to the skate park project and his tireless efforts to advocate for the needs of Lānaʻi’s young people. She said that Janikowski had sent her over 500 emails over the course of the approval process, demonstrating his commitment and passion for the project.

“That was one of the only meetings that I didn’t attend, so I found out about it after the fact, but it was actually pretty cool,” said Janikowski.

Both the youth center and skate park are still in the early stages of development, but progress is being made on both projects. The youth center’s construction will start soon, and the skate park’s construction is expected to begin early next year.

*Rendering courtesy of Maui County Department of Parks and Recreation*

# Student makes history as first Lānaʻi graduate of UH Maui College ACM

Arabela Llamelo has made history by becoming the first Lānaʻi graduate of the University of Hawaiʻi Maui College Academy for Creative Media (ACM). Overcoming financial challenges and embracing her passion for graphic design and illustration, Llamelo has achieved an impressive milestone by earning her associate degree entirely online.

Llamelo’s family, originally from the Philippines, moved to Hawaiʻi with the hope of providing their children with a better life. Her parents worked on a farm, striving to create better opportunities and a brighter future for their family.

“When I was growing up, my parents would tell me stories of how every morning they would wake up, eat breakfast, and help with their parent’s farm,” Llamelo says. “Then, they would go to school, and it was the usual two-hour walk, because they didn’t have enough money for transportation. I’m really grateful that they made a lot of sacrifices and worked hard to come here.”



Llamelo’s artistic talent emerged at a young age. When she was just six years old, she won first place in a local art competition. This early success fueled her creativity and inspired her to explore different art forms. One of Llamelo’s favorite aspects of art is drawing anatomy, but she’s also taken classes in ceramics and painting, honing her skills and expanding her artistic abilities.

After finishing high school, Llamelo initially didn’t think she could afford to go to college, and she wasn’t sure if pursuing a career in art was practical. But, her family and faculty from Maui College saw her potential and encouraged her to consider the ACM program.

At ACM Maui, students can pursue associate in science degrees and certificates of achievement in areas such as creative media, filmmaking, graphic design and web development. The program also allows graduates with an associate in science degree to continue their education and pursue a bachelor of arts degree

through two more years of study at the University of Hawaiʻi – West Oʻahu, either in person or online.

Llamelo says her time in the program exceeded her expectations and helped her grow as an artist. While studying graphic design, she explored filmmaking and screenwriting, expanding her creative skills. She also had the opportunity to gain real world experience by working with a small business to create logos and designs. Her work was so impressive that the business reached out to her afterward, asking permission to use her designs.

“It was a challenge getting my thoughts down, jotting every logo design down and bringing the owner’s ideas to life but overall, I enjoyed every moment,” Llamelo says.

Motivated by her passion and the opportunities that education brings, Llamelo decided to continue her studies instead of stopping at an associate degree. She now plans to attend UH West Oʻahu to earn her bachelor’s degree in general creative media, getting closer to her ultimate career goal of owning her own business.

Llamelo also encourages Lānaʻi High & Elementary School students interested in pursuing a similar path to believe in their artistic abilities and not let their doubts hold them back.

“Don’t stop at what you’re doing. If it’s something that you love to do or you’re passionate about then don’t stop,” Llamelo says. “I encourage those who want to pursue art to not think that art is only a hobby. It can be more than that.”

*Photo and artwork courtesy of Arabela Llamelo*



**“I encourage those who want to pursue art to not think that art is only a hobby. It can be more than that.”**

# Scholarships recognize students who plan to return to Lānaʻi after pursuing health or education degrees

Contributed by the Mānele Kōʻele Charitable Fund



Left to right: MKCF president Sally Clemens, 2023 Scholarship recipients Keala Montgomery, Callie Hart, Lovemarie Llamelo, Allyna Teppang, Shirley Samonte accepting for Sabrina Samonte, Christle Morita, and Jim Clemens (MKCF Founder). Each graduate received an MKCF certificate and a lei compliments of Avi Phookan, Resort Manager, Four Seasons Resort Lānaʻi.

The Mānele Kōʻele Charitable Fund (MKCF) was proud to award six scholarships to graduating seniors at a May Lānaʻi High & Elementary School (LHES) assembly. Each scholarship was \$2,500. The students will pursue degrees in education and medicine.

The 2023 scholarship recipients are Callie Hart and Sabrina Samonte (University of Hawaiʻi at Mānoa), and Lovemarie Llamelo and Allyna Teppang (Chaminade University of Honolulu) who will all study nursing. Keala Montgomery will study education (Kenyon University), and Christle Morita (University of Hawaiʻi at Mānoa) will study public administration/healthcare. Talia Agliam and Keala Montgomery were also LHES valedictorians!

“No words can explain how truly grateful I am for being one of the candidates to receive the 2023-2024 MKCF Scholarships. I am deeply appreciative of the support and truly determined to succeed. Tears of joy!” wrote Christle Morita to the MKCF.

The MKCF gives preference to scholarship applicants who indicate they plan to return to Lānaʻi after studying for a health-related degree or in education. Those eligible include LHES graduating seniors, LHES graduates moving from community colleges to four-year universities, and any LHES graduate pursuing a teaching credential or medical studies.

All applicants must be enrolled at an accredited educational institution that provides an education program acceptable for full credit towards a bachelor’s or higher degree or offers a training program to prepare students for gainful employment in a recognized occupation. LHES Foundation president Natalie Ropa was immensely helpful in sharing the scholarship with several organizations and arranging our participation in the LHES assembly for presentation.

Two 2022 scholarship recipients received a second \$2,500 scholarship. Amaya Hoʻopiʻi-Baptista (University of Hawaiʻi, Maui College), majoring in psychology and chemistry, and Olivia Pascual will graduate early as a nurse practitioner. “Thank you again to MKCF and their generosity so that many individuals, like myself, can continue to pursue their dreams and aspirations.”

Photo courtesy of Mānele Kōʻele Charitable Fund

The community pitched in to help paint the Yoshikawa family’s home



# Pine Lasses softball team wins MIL Championship

“We started off kind of rough,” says Robbie Sanches, coach of the girl’s softball team at Lānaʻi High & Elementary School. “A lot of our starters didn’t return. We basically had a new team.”

Things didn’t look any better after the season got underway. The team lost their first two games, both of them against Molokaʻi.

“That’s when I told them ‘It’s not over. We still can win the championship, but we’ve got to win everything.’”

That’s exactly what they did.

A month after their two initial losses, the Lānaʻi team faced Molokaʻi again. This time they won. Twice.

“When we beat Molokaʻi, it kind of opened their eyes,” says Sanches. “Oh yeah, we still can be the champs.”

The team won the rest of the regular season games, bringing home their second straight MIL Championship and heading to the state finals.

“I really have to take my hat off to them,” says Sanches.

“Whatever adversity we had, they fought through it and came out on top.”

The girls’ winning streak eventually came to an end at the state finals, where the team lost both of their games.

“They don’t give up,” says Sanches. “When we were down, they would keep fighting.”



This year’s victories against Molokaʻi must have been especially sweet for the coach, who graduated from LHES in 1981. As a student, he played for the boy’s baseball team. They didn’t win any championships and only played games against one team: Molokaʻi.

“We didn’t win one game.”

The same cannot be said for this year’s MIL Championship team players: Arianne Cabico, Myah Doolin, Malia George, Vanessa Kaahanui-Peralta, Kamrynn Kanno, Abigail Manuel, Keala Montgomery (2023 MIL Division II Player of the Year), Denise Nena, Eliasha Romero, Rylee Sanches, Noelani Sigrath and Trinity Simon.

Coach Sanches is assisted by five assistant coaches: Keith Alboro, Charlie Calderon, John Montgomery, Anela Sanches (his daughter-in-law) and Keo Sanches (his son) — plus the players’ parents, sponsors and his wife Tammy Sanches who volunteers to help the team.

Photo courtesy of the Sanches family

## Team Accolades

**Two-time MIL Div II Player of the Year**  
Keala Montgomery

**2023 MIL Coach of the Year**  
Robbie Sanches

**2023 MIL All-Stars First Team**  
Keala Montgomery  
Vanessa Kaahanui-Peralta  
Noelani Sigrath

**2023 MIL All-Stars Second Team**  
Rylee Sanches  
Malia George  
Eliasha Romero  
Arianne Cabico

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# Improving access and removing stigmas to mental health

**M**ental health support is now more accessible with the arrival of Kori Kuaana, an on-island National Board Certified Counselor with the Hawai'i State Department of Health (DOH) Adult Mental Health Division. Through the DOH, Kuaana can help adults on Lāna'i cope with a variety of mental health diagnoses including post-traumatic stress disorder (PTSD), major depressive disorder, bipolar disorder, substance use, schizophrenia and borderline personality disorder. She can also work with clients to develop coping skills to minimize stressful situations and can connect them with additional support services.

"I see myself as a clinical case manager where I see things from a clinical standpoint, but I'm also a linkage to social services like community partners, health care, social security and SNAP resources," says Kuaana. "I'm definitely an advocate for the person I'm working with."

Raised in Juneau, Alaska, Kuaana received her master's degree in clinical mental health counseling from Oregon State University. Most recently, Kuaana was a therapist in the secured mental health unit at Bartlett Regional Hospital in Juneau. There, she also provided emergency room crisis clinical intervention.

With over 20 years of mental health counseling experience and having served in rural and indigenous communities, Kuaana says that it's important for her to understand her client's cultures and backgrounds along with the feelings and situations she's helping them work through.

"I've spent a lot of my time as a clinician understanding the culture in which one comes from and that sometimes it may not be suitable to talk out loud about mental illness," says Kuaana. "Understanding what that looks like from their culture helps me understand how best to help them."

According to the National Alliance on Mental Illness, 187,000 adults in Hawai'i have a mental health condition. These are disorders that can affect a person's mood, thinking and behavior. Some common mental disorders include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. Many people may have mental health concerns from time to time, but a concern becomes a mental health illness when ongoing signs cause frequent stress and affect a person's ability to function.

Getting help for mental illness is important from both a mental and physical standpoint. "We need to recognize that some of our physical health conditions may be increased by symptoms of mental illness or mental health," explains Kuaana. "Depression

or anxiety may stop us from leaving the house, which may stop us from getting the proper exercise or meeting with our care physicians as necessary or should be required."

Seeking out help is also understanding that there shouldn't be stigmas placed around mental health.

"My main thing in my whole life as a clinician has really been to reduce the stigma of mental illness, that we need to talk about it openly and honestly and really recognizing that we're not alone, and we need each other to overcome these negative thoughts," says Kuaana. "Sometimes that may be talking to a clinician, it may be talking to your doctor, it could even be talking to your close friends or family members."

With more emphasis placed on mental health support and the importance of reaching out, Kuaana believes that stronger communities are made. "When we start seeking out help, we not only help ourselves, but we help our community. We're making healthy and informed decisions about our lives and those around us."

But Kuaana realizes that it takes courage for a person to take that first step.

"I'm all about being there for an individual going through a challenging time and just asking for help could be something new for someone, and I understand that can be a challenge" she says. "So just welcoming them with aloha and the understanding that they're not alone, and that we walk side by side, nobody's in front and nobody's behind."

## How to get help

For nonemergency support for a mental health condition, call the Eligibility Determination Line at (808) 643-2643 to reach an assessment specialist who will conduct a brief evaluation over the phone. A psychiatric assessment with a DOH psychiatrist will be scheduled if eligible.

If someone is in an emergency, call the crisis help line at 1-800-753-6879 or 988 (press 1 for veterans for 3 for LGBTQ) and a crisis management team member will conduct an evaluation and make a referral for the appropriate care.

Services may be covered by insurance but the DOH emphasizes that services are available for the underinsured or uninsured and that nobody is turned away from care.

Additionally, services and appointments are confidential which is important as we are a small community. Everyone has a right to their privacy related to mental health and substance use concerns.

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# Teachers & education staff celebrated at Appreciation Week

Contributed by Natalie Ropa, LHES Foundation

**T**he LHES Foundation hosted Teacher & Staff Appreciation on Lāna'i during the first week in May. We celebrated those in education that work at Lāna'i High & Elementary School, University of Hawai'i Maui College, Keiki O Lāna'i Preschool, King's Chapel School and Hala Kahiki Montessori School. The week was filled with yummy treats and gifts that were put together by Aunty Susu and Uncle Ron Woolsey who always make everything extra special. This year we had an ice cream social, candy buffet, breakfast, celebration cake and lots of gifts. To top off the week, kindergarten teacher Mrs. Susan Chew was our grand prize winner, winning a two-night stay at the Westin Ka'anapali.



## Mahalo to the following donors who celebrate and value education on Lāna'i with us.

BMK Construction; Pacific Aquascapes; Albert C. Koyabashi, INC.; Takano Nakamura Landscaping, Inc.; Goodfellow Bros. LLC; Aqua Engineers; Hawaiian Electric; Pūlama Lāna'i; Lāna'i Community Association; Mānele Kō'ele Charitable Fund; TSquare Engineering and Construction LLC;

Aunui Consulting Group LLC; RM Towill Foundation; Trilogy; Expeditions; Westin Ka'anapali; Four Season Resort Lāna'i

Photos courtesy of LHES Foundation





Chris Franklin and his work.



Stylized makau made from Lānaʻi Koa wood & white pearl shell by Vince Cabanilla.



The pahu is unfinished and is made of Niu wood by Ben Ostrander.

## Crafting beauty from nature: meet the artisans of Lānaʻi

**O**ur island is home to a thriving community of artisans who use a variety of techniques to create beautiful and functional objects from Lānaʻi's natural resources. In this Q&A, we talk to Ben Ostrander, Chris Franklin, Peter Franklin and Vince Cabanilla about the inspiration that drives them, and the techniques they use to create masterpieces from wood.

### How long have you been woodworking?

**Ben Ostrander:** I've always kind of been messing around with wood and stuff. Ever since I was a kid, I've had an interest in making things. I'm in the cultural and historic preservation department with Pūlama Lānaʻi, so my real interest is trying to make things that can be used for cultural purposes, so I've made a couple kua kapa, 'ohe kapala, papa kuʻi 'ai and things like that.

**Vince Cabanilla:** A good 25 years.

**Chris Franklin:** I have been woodworking since I was 15 years old.

**Peter Franklin:** I have been woodworking for the most part of 50 years.



Lānaʻi Koa wood knuckleduster with hand-carved axis deer antler replica tiger shark teeth (to help protect sharks) by Vince Cabanilla.

### What is your specialty?

**Ben:** I wouldn't say specialty, but my greatest interest is stuff that's really utilitarian and that will be put to use. My whole thing is that if you're going to make something, even if it gets beat up or eventually has to be replaced, it's that tool, that function, that makes it beautiful.

**Vince:** I'm a sculptor that works with wood. I use a lot of different materials and wood is one of my main materials. I create sculptures and personal adornment.

**Chris:** I always like to do my custom woodworking and some turning bowls.

**Peter:** Most of my work would be considered custom woodworking versus say production work.

### Do you sell your pieces? If so, where can people purchase them?

**Ben:** I don't. I make stuff for people. The last project I did was for May Day. A teacher wanted to have a couple of spears for the court, so I made a couple for them to use.

**Vince:** Locally would be at the Mike Carroll Gallery or the Lānaʻi Art Center.

**Chris:** Contact me on Lānaʻi to buy my work.

### What kind of wood do you prefer to use? Why?

**Ben:** I try to use invasive species like ironwood, strawberry guava and eucalyptus. Things that are fairly prevalent so there's no loss when you're cutting down stuff.

**Vince:** Moving back to Lānaʻi made things a lot easier on me, because all of my materials are local. The only thing I don't use that's from Hawaiʻi is pearl shell and abalone. So, everything is local wood. I prefer koa but milo would probably be my second favorite.

**Chris:** My favorite wood is wood that has a lot of character.

**Peter:** I prefer using local wood if available, having said that koa wood is my favorite, but I love working with cherry. Both woods are very beautiful and "user friendly."

### What do you enjoy most about what you do?

**Ben:** I think it's enjoyable when you can make something and then use it when you're done.

**Vince:** What I basically do is called subtractive sculpture so you're taking a solid chunk of whatever and a lot of people believe that there's an image hidden inside, and it's your job to reveal it.

**Chris:** Making beautiful things and happy customers.

**Peter:** The best part of woodworking is creating something beautiful and satisfying to my customers.

### What are the most challenging parts about what you do?

**Ben:** I'm busy with different stuff, so it's really just finding time to do it. I wish I had more time that I could dedicate to making stuff. But I think that's what makes it so enjoyable when I do get to do it.

**Vince:** The most challenging part is to get people to understand what they're looking at sometimes, but that's what art does. I do a lot of makau which is the hook, and some people don't know what they're looking at. People from Hawaiʻi know what they are, but people outside of Hawaiʻi don't understand the true symbolism or history.

**Chris:** The most challenging thing to me is talking on the phone. I like it best when the customer comes to my shop.

### What advice would you give someone who is interested in pursuing this line of work?

**Ben:** Don't think you can't make something. You can do it. People can get to the same end product by using different techniques, different material, different machinery. You can get stuff done without all the fancy stuff.

**Vince:** You've got to maintain consistency. Even if you do it 15 minutes a day at the end of the year that's over 100 hours, so you got to just keep doing it because there's a lot of failures. I've got boxes and boxes of failures over the years, but you won't know how to do it right unless you do it wrong a few times.

**Chris:** If you're happy, just do it with your heart if it makes you feel good.

**Peter:** To someone starting out I would say let your heart guide your hands.



Table by Chris Franklin.

# LHES seniors and alumni recognized at scholarship assembly

The annual senior scholarship assembly was held on May 19. The assembly is a time to celebrate the academic, athletic and service achievements of each graduating class and a time to thank the organizations and individuals who make these scholarships possible. This year, a total of \$131,644 in scholarships were awarded to seniors. Wishing the entire class of 2023 much success in their future endeavors! *Photos courtesy of Natalie Ropa*



**Lānaʻi Community Health Center Scholarship**  
Allyna Teppang (LHES alumna), Souina Seiuli, Talia Agliam, Evelyn Hera, Callie Hart, Olivia Pascual (LHES alumna)



**Mānele Kōʻele Charitable Fund Scholarship**  
Keala Montgomery, Callie Hart, Lovemarie Llamelo (LHES alumna), Allyna Teppang (LHES alumna), Shirley Samonte accepting for Sabrina Samonte (LHES alumna), Christle Morita (LHES alumna)



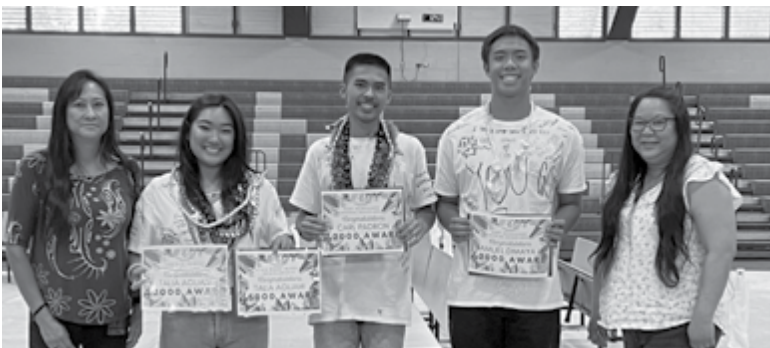
**Hawaiʻi Tourism & Lodging Association Citizen-Scholar Award**  
Keala Montgomery



**Lānaʻi City Lions Club Scholarship**  
Carl Padron, Leisha Figuerres



**Pearl Ah Ho Scholarship**  
Talia Agliam



**Hawaiʻi Community Foundation Scholarships**  
Craig D. Newman & Laura Rose Burdick Scholarships: Talia Agliam  
Kurt W. Schneider Memorial Scholarship: Carl Padron  
Kurt W. Schneider Memorial Scholarship: Samuel Dimaya III



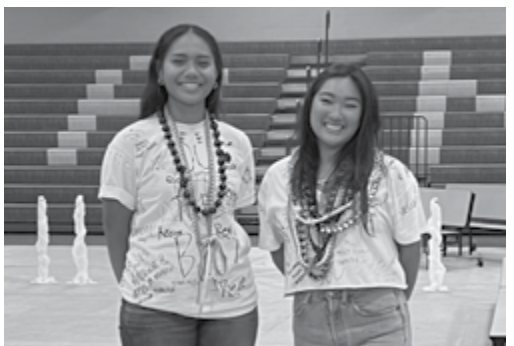
**University of Hawaiʻi Foundation Scholarship**  
Evelyn Hera, Ryan Noble, Jayvie Ballesteros, Talia Agliam



**Katherine Caldwell Post Graduate Study Fund:** Keala Montgomery  
**Katherine Caldwell Post Graduate Study Fund & Thomas Roy Nunotani:** Leisha Figuerres  
**Lānaʻi Alumni Class of 1959:** Callie Hart  
**Suzanne Damien Pascua Scholarship:** Samantha Villa



**Lānaʻi Culture & Heritage Center Scholarship**  
Evelyn Hera  
Also received the Hoʻokuʻi Project Scholarship (University of Hawaiʻi at Mānoa first year tuition)



**Lānaʻi Rotary Scholarship:** Souina Seiuli  
**Hoʻokuʻi Project (University of Hawaiʻi at Mānoa first year tuition):** Talia Agliam



**Pūlama Lānaʻi LHES Scholarship**  
Carl Padron, Jacob Janikowski, Souina Seiuli, Keala Montgomery, Leisha Figuerres



**Lānaʻi Community Association Scholarship**  
Jacob Janikowski, Samantha Villa, Callie Hart, Evelyn Hera, Leisha Figuerres, Carl Padron, Talia Agliam



# Lānaʻi-style collaboration for elderly kamaʻāina or kūpuna

It's often been said that it's "hard to be born on Lānaʻi and hard to die on Lānaʻi." While both may not be totally true, it's a fact that almost every delivery of our newest residents occurs on either Oʻahu or Maui because of the lack of specialty services for newborns and pregnant women with complications. As for dying on Lānaʻi, well, there's no place designed for our elderly kamaʻāina or kūpuna to live out the last chapters of their lives if they cannot be cared for in their home(s) (clearly most folks' first preference) or can't afford the long-term care (LTC) beds at our hospital.

Our communities' elderly members (nearly 30% of the overall population) and their families often have no choice but to place their tūtū, aged mother or grandfather in a care home on another island, forcing an emotional and expensive relocation for both individuals and families. This may be for extended periods of time when care is needed that can no longer be safely achieved in the home and/or there are not enough care providers to achieve the 24-hour care that may be required — and doesn't include the imminent end of life. End-of-life care and hospice are available in homes as long as there are adequate care providers available, and is typically for shorter periods of time. This too, however, requires 24-hour care which is usually done by family members supported by clinical staff.

But in a unique collaboration, three of Lānaʻi's health care organizations (Straub Clinic, Lānaʻi Community Health Center (LCHC), and Lānaʻi Kīnāʻole (LK)) have come together to establish a two-part kūpuna services and facility response. It's been an exceptional collaboration between our three organizations and a number of community residents, with many meetings, lots of planning, innumerable discussions, successful fundraising, professional studies — and we're getting closer to having two new facilities on Lānaʻi for those in need.

We began more than a year ago by commissioning a study of Lānaʻi's kūpuna needs. A team of faculty and graduate students from the University of Hawaiʻi's Department of Urban and Regional Planning, the UH Community Design Center and the Social Science Research Institute at UH undertook interviews and group meetings with over fifty Lānaʻi residents. Among their findings were these three recommendations:

- An adult day health care facility would be invaluable for Lānaʻi
- Some type of long-term care facility would prove useful for our island
- Enriching the capacities of in-home care should be a priority

The three independent organizations started working more closely together during the COVID-19 pandemic out of necessity. The push for adult daycare and assisted living is a continuation of the collaboration these organizations have been successfully making to advance health care on this island. Finding solutions for our kūpuna care deficiencies has brought us into an amazingly rich collaboration.

So, what's it all about? For starters, we're looking to create Lānaʻi's first adult day health service/care facility. Hawaiʻi's State Department of Health defines that this way:

*Adult day health care means an organized day program of therapeutic, social, and health services provided to adults with physical or mental impairments, or both, which require nursing oversight or care, for the purpose of restoring or maintaining, to the fullest extent possible, their capacity for remaining in the community.*

With funding from Maui County and a potential lease from Pūlama Lānaʻi, we're exploring building a state-of-the-art adult day health care facility adjacent to Lānaʻi Kīnāʻole's offices — just across the lawn from the LCHC. This will be altogether different from our great Maui County Senior Center, offering a range of health care services for our elderly residents

At the same time, we are working to build Lānaʻi's first Adult Residential Care Home (ARCH). Again, a definition: *Adult residential care homes provide 24-hour accommodations to adults who require at least minimal assistance in activities of daily living (e.g., bathing, dressing, eating, toileting, and walking) in a residential home setting.*

We've already found a potential space for our ARCH. The Lānaʻi Hongwanji has a residential facility attached to its temple, and with their cooperation and encouragement, we've begun the process of exploring the requirements of renovation. We've drafted building plans and have a conceptual drawing for an ADA-compliant space that would house up to four residents. Four may not seem like a lot but compared to our current availability of zero we think it will be a great start.



Representatives from Straub Clinic, Lānaʻi Community Health Center and Lānaʻi Kīnāʻole, along with Lānaʻi residents, discuss plans for the island's first Adult Residential Care Home.

So, you may ask, "How can I help?" First, thinking long term, would you consider using your home for an ARCH? If you're wondering what will happen to your home as you age, consider converting it to a residential facility for yourself and other aging Lānaʻi residents.

Are you interested in learning new skills and becoming an ARCH administrator or a nursing assistant or volunteer for in-home care or adult day health services? Or, if you are experienced in these specialty areas or just want to participate in the planning of these projects, let us know by writing to [lanaielderlycare@gmail.com](mailto:lanaielderlycare@gmail.com).

## Contributors

**Valerie Janikowski**  
Program Administrator  
Lānaʻi Kīnāʻole

**Dr. John Janikowski**  
Straub Medical Center

**Jared Medeiros**  
Associate Medical Director  
Lānaʻi Community Health Center

## LIGHT SIDE UP

By  
*Nina Amby*





# *Congratulations* to the Lāna‘i High & Elementary School class of 2023!



Shawn Abraham



Jeff Agcaoili



Talia Agliam



Makaiah Alboro



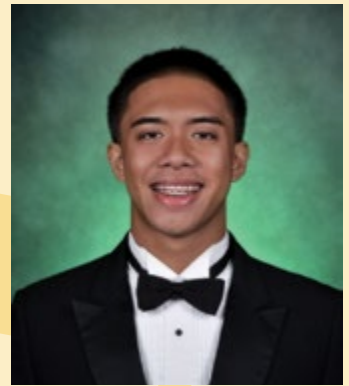
Nathaniel Amby



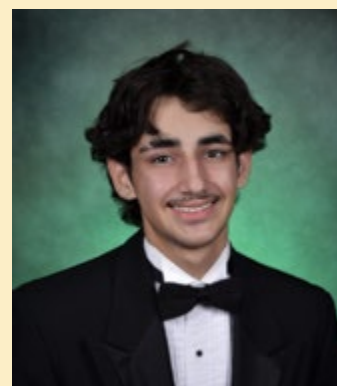
Andrei Badillo



Jayvie Ballesteros



Samuel Dimaya



Luis Dorian Shenk



Merylle Dulay



MJ Etrata



Reece Etrata



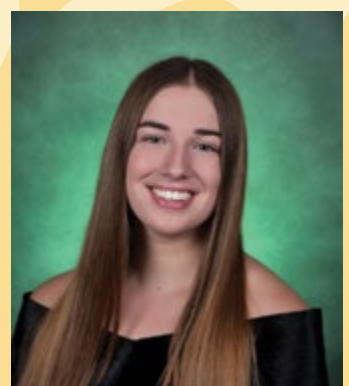
Anela Fernandez



Kawehi Fernandez-  
Lastimosa



Leisha Figuerres



Callie Hart





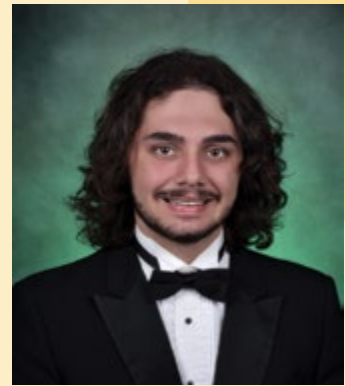
**Evelyn Hera**



**Aiden Hough**



**Jacob Janikowski**



**Kristian Kravtchev**



**Makenzie Lamay-Aki**



**Jaymon Magaoay**



**Queences Manuel**



**Steven Martinez**



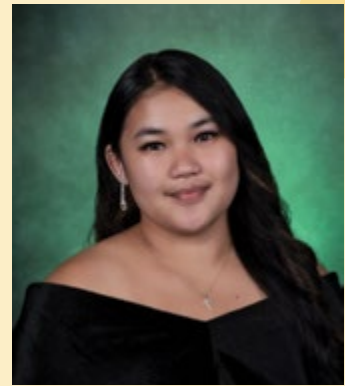
**Keala Montgomery**



**Lander Nisperos**



**Ryan Noble**



**Hieden Joy Ocharona**



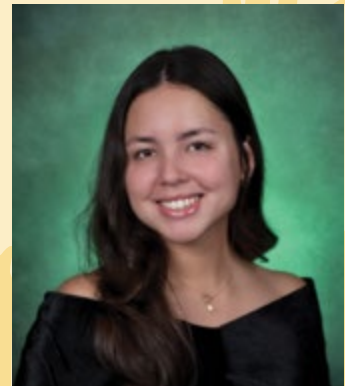
**Johndel Olbinado**



**Kristian Oliva**



**Haley Ostrander**



**Annika Padilla**



**Carl Padron**



**Rheyνο Jiro Quindiagan**



**Dylan Reymundo**



**Ivan Reymundo**





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**Empowering Families, Rebuilding Lives**

**If you or someone you know is  
experiencing abuse, violence,  
or neglect, we are here to help.**

We offer Lanai residents and families the best chance for safe and promising futures to get through difficult times by providing a variety of services, including:

- Comprehensive counseling and support services
- Family strengthening services
- Survivor resources and group support services
- Post permanency services
- Parenting resources and classes
- Community outreach including COVID-19 resources

Everyone deserves a life free from harm.  
Together, we can break the cycle of abuse and  
build safe and nurturing homes.

---

**Lanai Integrated  
Support Services**

730 Lanai Avenue – #112

**PHONE**  
(808) 565-9191

**24/7 CRISIS LINE**  
(808) 563-9972

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Children Together**  
BUILDING THE RELATIONSHIPS THAT MATTER MOST

ParentsAndChildrenTogether.org

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## AWARD-WINNING

care for our communities  
on Maui and Lānaʻi.

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*“On a flight to Maui I became ill and was taken by ambulance to Maui Hospital. I was scared. I was frightened. What a way to start our vacation. However, I could not have been in better hands. Your emergency room staff was caring and efficient. The nurse assigned to me was Marissa. She could not have been any nicer. The staff also took care of my bewildered husband. We are both in our 70’s, so we are not as agile as the young folks. When my husband wanted a cup of coffee, your staff found him one. So the team not only took good care of me, but took good care of my husband. If I had to have this medical emergency, I was glad to have been taken to your hospital. Thank you.” - Patient Testimonial, April 2023*



Maui Health is committed to providing exceptional care for every person, every time. Our team of caregivers continue to receive national recognition for their dedication to quality and safety. To read more testimonials, visit our website:

[mauihealth.org/mahalo](http://mauihealth.org/mahalo)

Maui Memorial Medical Center  
Maui Memorial Outpatient Clinic  
Maui Wound Care and Hyperbaric Therapy  
Kula Hospital and Clinic  
Lānaʻi Community Hospital





**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 - \$45,650  
Must be capable of achieving an independent living status.

**Call office for more information  
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**Farm Associates  
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Apply at [sensei.ag/careers](https://sensei.ag/careers) if you're interested in joining the team.

For direct inquiries please contact:  
Kanoë Shimizu at  
[kanoë.shimizu@sensei.ag](mailto:kanoë.shimizu@sensei.ag)



**LĀNA'I OBSERVATORY**



**The Kilo Hōkū Experience**

Join our cultural advisors as they share 'ike kūpuna (ancestral knowledge) of the celestial sphere and guide guests on a tour of the night sky. Ages 6 +

Reservations are open for evening group presentations - up to 20 people per tour night. Bookings accepted up to 30 days in advance.

**July 15**

Contact the Love Lānaʻi Desk at 808-565-2822 11:00 AM - 4:00 PM for time, information and bookings.\*

\*Available to Lānaʻi residents and Island Club members.




**Follow Lānaʻi Today on Facebook!**

Get updates on news and happenings in the community.



## Lāna‘i Hardware & Lumber

We have the tools and supplies you need to spruce up your home and garden. We also offer color-matching with Pittsburgh Paints, key-making services, bagged goods for gardening projects, and materials for plumbing and electrical work. We also feature an array of birthday and greeting cards. Come check us out!

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*Thursday and Friday afternoon returns to Lāna‘i*

*Plus Multiple daily Cessna Grand Caravan flights  
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# LĀNA'I CITY

BAR & GRILL

## One Year Anniversary



Lanai City Bar & Grill will be hosting a Special Anniversary Five Course Tasting Menu from 5:30-8pm. Reserve before seats fill up! All the hits from the regular menu will be available.



Scan to Reserve

From 8-10pm the Grill will be hosting a Cocktail Party with drink specials and free passed hors d'oeuvres with special musical appearances!

JULY 1ST  
\$69 PP

## Wines of The World

On this night we will be featuring 4 wines. Each more apropos for sipping during the warm months, each from different regional & cultural perspectives. Charcuterie, cheeses, olives, breads and spreads will be provided.



Scan to Reserve

JULY 19TH  
\$45 PP

## Hanging Out On The Patio

July reminds us of the middle of the summer...BBQ time. Our thoughts for July are to feature an off dry, remarkably light & ethereal rosé wine Elvio Tintero Rosato.



Scan to Reserve

JULY 20TH  
\$68 PP



# Lāna'i Community Health Center



Congratulations and best wishes  
to the Graduating Class of 2023  
from all of us at LCHC!

*"The best way to predict the future  
is to create it." - Abraham Lincoln*



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

## Family Planning



is for everyone!

## Family Planning Services

LCHC's Family Planning Services are confidential,  
compassionate and inclusive, to meet all your  
Reproductive Health care needs!



SCAN ME

### What is Family Planning?

It is the consideration of the number of children a person wishes to have, including the choice to have no children, and the age at which they wish to have them.

### Family Planning services provided by LCHC:

- General Reproductive Health
- Birth control methods
- STI screening/testing
- Telehealth
- Preconception health counseling
- Pregnancy testing & counseling
- Fertility awareness & counseling
- Reproductive health access referrals
- Free condoms (Grab and go at LCHC restrooms)

Call to schedule your appointment today!

### Birth control options

- The Implant (Nexplanon)- works hassle-free up to 3 years.
- The Pill- works best when taken every single day.
- The Patch- works best when used every week.
- The Ring- works best when uses every month.
- The Shot - works best when used every 3 months.
- Condoms- works best when you or your partner use it every single time you have sex.
- The 100% effective way of preventing unwanted pregnancy and sexually transmitted infections is to stay abstinent (not having any kind of sex with a partner)

## These are just some of the many services LCHC has available!

1. **After Hours Provider Line:** In the event you need to talk with one of our medical providers for non-emergency needs after the clinic is closed, you may call our after-hours provider line: **808-563-9630**.
2. **Telehealth Services:** Talk to your medical provider on video or phone from the comfort of your home. Visits are private and secure via Zoom platform which meets HIPPA compliance requirements. Call to schedule a Telehealth appointment!
3. **Healow Patient Portal:** Make payments, request medication refills, message your care team, view medical & lab records. Download the Healow App today and enter practice code **GEBABA**.
4. **Tobacco Cessation Program:** LCHC's E Hanu Lāna'i team is committed to helping individuals in our community improve their health by quitting all forms of tobacco. If you are interested in meeting with one of our tobacco treatment specialists or learning more about our tobacco cessation program please call us to schedule an appointment. #EHanuLanai (Breathe Lāna'i)
5. **Women, Infant, and Children (WIC) Program:** WIC is a supplemental nutrition program for pregnant women, breastfeeding women, women who had a baby within the last six months, infants, and children under the age of five. One must meet income requirements and have a nutritional risk that proper nutrition could help to improve. Apply today!

*"We are looking for someone great to join our team! Maybe it's you or someone you know? Ask us about our employee referral program!"*

- FRONT DESK REP.
- MEDICAL ASSISTANT
- PATIENT ACCOUNT REP.

Apply online at <https://lanaihealth.org/career-opportunities/> or drop off at Lāna'i Community Health Center at 333 6th St.

**Open Monday - Saturday with evening hours available!**

**(808) 565-6919 - [www.lanaihealth.org](http://www.lanaihealth.org) - @LanaiHealth**



Lānai Community Association (LCA) was created in the 1940s to support Lānai community activities with special emphasis on the youth and the elderly in our community. Our 2023 Fund Drive began last month and the donations we receive from supporters like you will determine what programs we are able to fund this coming year.

Many of you have already donated and we want to thank all of you. If you are new to the community, you may have questions about what we do. Ask any of our Board members. We are all happy to help you understand our mission and our programs.



You may drop your donations at First Hawaiian Bank, at Okamoto Realty or use the Venmo code here:

**venmo**

**LCA Officers and Board Members:**

<b>President</b> Linda Kay Okamoto	Jarrold Barfield Jim Clemens	Keala Kadooka Christian Page
<b>Vice President</b> Rod Sumagit	Coop De Renne David Emig	Scott Pisani Curtis Reese
<b>Secretary</b> Tammy Sanches	Cindy Figuerres Pua Manuel	Ashley Richardson Queenie Simon
<b>Treasurer</b> Ella Yumol	Lt Kimberly Masse	Jean Sumagit

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

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- Ground Service Attendants (Lānai Air)
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- Lead Landscape Worker
- Nursery Manager
- Plant Conservation Manager
- Rare Plant Specialist
- Recreation Center Assistant
- Tire Technician
- Wildlife Control Ranger

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Lānai Culture & Heritage Center  
presents



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Visit [lanaichc.org/hunting](http://lanaichc.org/hunting) for more information

**Ungulate Removal - May 2023**

<b>184</b>	<b>54</b>	<b>27</b>
Hunts	Deer	Mouflon



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- ▼ Business Marketing
- ▼ Understanding business financials
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David Daly Director  
808 243-4318  
Email: [david.daly@meoinc.org](mailto:david.daly@meoinc.org)



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- Wash your clothes in cold water

For more money-saving tips, go to [hawaiianelectric.com/energysaver](http://hawaiianelectric.com/energysaver).

### Prepare your home survival kit for hurricane season

- 14-day supply of food and water for each person
- Portable radio, flashlight, first aid kit and more

For our Emergency Preparedness Handbook, go to [hawaiianelectric.com/safety](http://hawaiianelectric.com/safety).



Hawaiian  
Electric



Local  
Knowledge

Global  
Reach



Greg Sturm  
R(S) 65206

LUXURY  
PROPERTIES  
AND  
PLANTATION  
HOMES

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about  
Lānaʻi!

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MAUI, MOLOKAʻI AND LĀNAʻI

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*FULL / PART TIME AND PER DIEM*

APPLY ONLINE :

[hospicemaui.org/careers](http://hospicemaui.org/careers)

808.244.5555 HOSPICEMAUI.ORG



# Lāna‘i High & Elementary School class of 2023 continued



Ryan Reymundo



Kealohi Lani Rios Kipilii



Nathan Sabino



Tahryn Sarme



Souina Seiuli



Lola Thomas



Kelly Thomson



Jayah Vila



Miyah Vila



Samantha Villa

