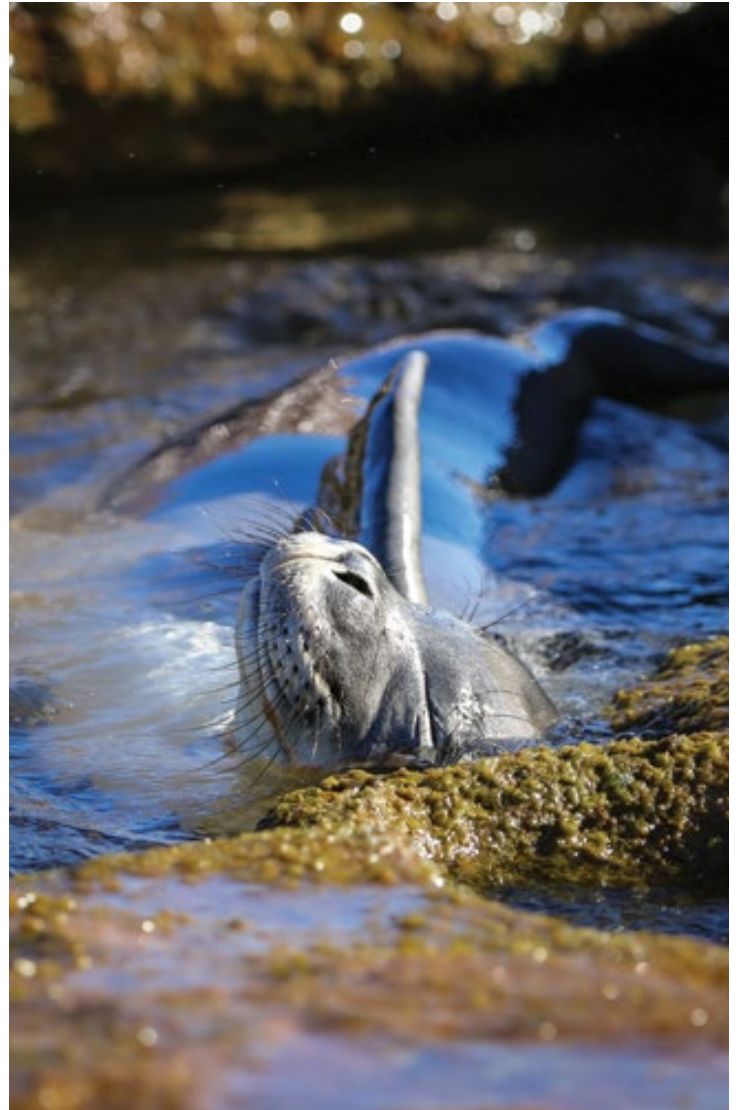
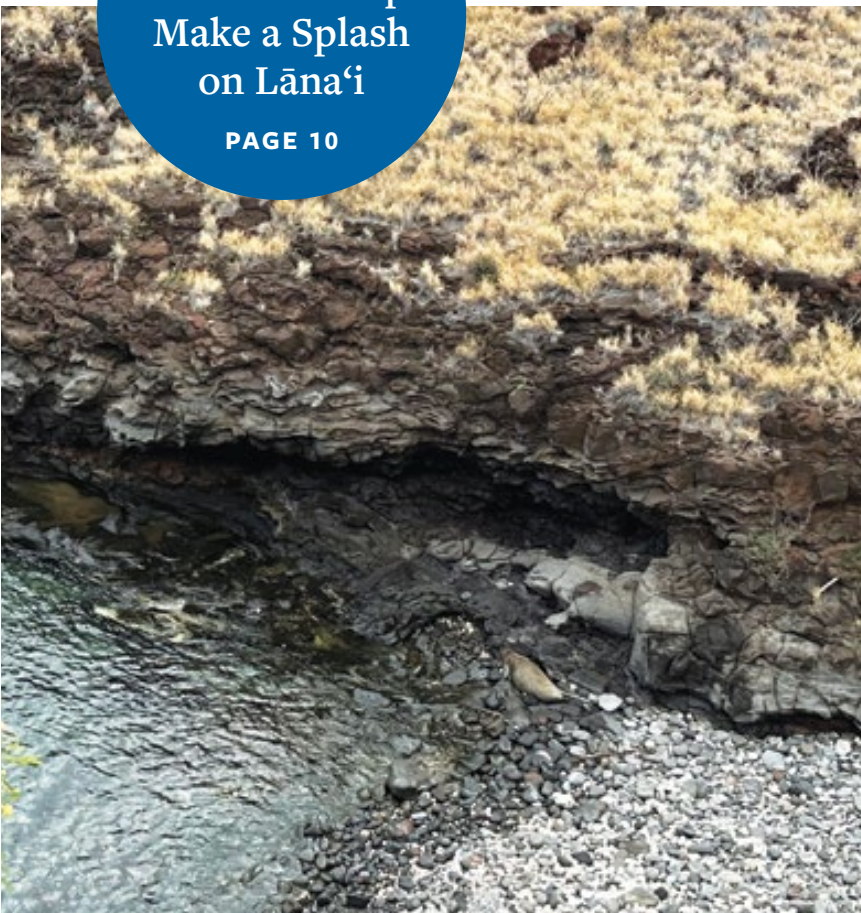


LĀNA'Ī TODAY

AUGUST 2023




Monk Seal Pups
Make a Splash
on Lāna'ī
PAGE 10



So far this year, we've had four Hawaiian monk seal mothers and their pups grace Lāna'ī, all at the same time! Get to know the mothers and pups.

Photos courtesy of Pūlama Lāna'ī Conservation Department

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Cut to the Chase

The **Hulopoʻe Beach Park Council** is accepting applications for one community at large seat on the council. For more information, including the purpose and history of the council, scan the QR code.



There will be a **Junk Car Collection** from August till November 2023. If you have a vehicle you want to dispose of, call the Pūlama Lānaʻi Facilities Department at 808-565-3974. The County will be covering the \$150 fee to dispose of your vehicle (limited quantity). In order to have a vehicle disposed of, a completed Vehicle Disposal Form must be submitted to the Pūlama Lānaʻi Facilities Department Office by October 20, 2023.

The **LHES Foundation** welcomes the Lānaʻi community to the Lānaʻi High & Elementary School gym on Labor Day, September 4, from 9 a.m. to 2 p.m. to celebrate the 1st Annual Lōkahi Day. Community volunteers are needed from 9 a.m. to 12 p.m. to help paint, pressure wash, clean and plant. The Lōkahi Carnival will begin at 12 p.m. with games and a bake sale.

The **White Goods, Metal, E-Waste Collection** will take place on Saturday, October 21 at the Pūlama Lānaʻi Fleet Yard. Enter from the Ilima Avenue and Eleventh Street entrance and be prepared to unload your own items. For questions, call the Abandoned Vehicles and Metals Office at 808-270-6102.

Lānaʻi Kināʻole will host Health Fair 2023 on Saturday, October 28 from 10 a.m. to 2 p.m. at Dole Park. Services will include educational outreach, wellness, health monitoring, fitness, giveaways and more. Halloween Costumes are encouraged for both people and pets.

The **Maui County Police Department – Lānaʻi District** and Pūlama Lānaʻi present Lānaʻi Love Your Pet Day on Saturday, October 28 from 10 a.m. to 2 p.m. at Dole Park. Check out resource booths, pet items for sale, dog training resources and more. Applications for food vendors are available at the Lānaʻi Police Station and are due October 20. For more information, please call (808) 565-8388.

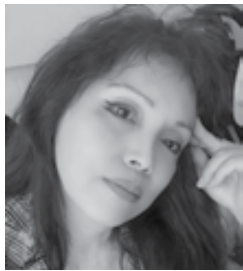
Letter to the Editor

Thanks to Lānaʻi Today for including the article (Lānaʻi-style collaboration for elderly kamaʻāina or kūpuna, June 2023) about efforts to improve life on Lānaʻi for our seniors. This effort has been strongly supported by several key partners, all of whom are committed to making Lānaʻi a better place. Funding from Lānaʻi's own Mānele Kōʻele Charitable Fund (MKCF) has been invaluable. MKCF's mission — to create opportunities for Lānaʻi residents by funding and mentoring community non-profit organizations in the areas of education, healthcare, senior services and the arts — enabled it to be a key supporter. Maui County's Office of Aging was instrumental in helping to fund the University of Hawaiʻi study. Early support from the Lānaʻi Community Benefit Fund (LCBF) helped get this project started. Lānaʻi health care organizations — Lānaʻi Kināʻole, Straub Clinic, and the Lānaʻi Community Health Center (LCHC) — were overwhelmingly cooperative, as was Pūlama Lānaʻi. We would not have made the progress we've achieved to date without the support of all these organizations — and the community champions within them whose collaborative efforts made this work!

- Valerie Janikowski, Lānaʻi Kināʻole; Dr. John Janikowski, Straub Medical Center; Jared Medeiros, Lānaʻi Community Health Center

From corporate to creativity: Darlene Pacheco-Rapp's literary journey

Darlene Pacheco-Rapp is a Lānaʻi resident and children's book author whose popular works include "Ava's Talent Show Jitters," "Muddy Puppy and Me," and "Sleepy Dreams Village and the Mysterious Fog."



When Pacheco-Rapp left her corporate career to spend time with her ailing mother, she began her story-writing journey. She hasn't looked back since.

She is inspired by song, whether that of a bird outside a window, or a tune sung by friends. Song was the inspiration for Ava and her three best friends in the book, "Ava and the Talent Show Jitters: Ava & Friends."

The story, "Sleepy Dreams Village and the Mysterious Fog: Sudsy, the Soap-Suds Boy," is about adventure, courage and friendship in the quest to find the Soap Master and bring back restful sleep to the village kids. Readers are inspired to be brave and face their fears, just as Sudsy does.



With her books, she hopes to promote creativity, imagination and an early love of reading. Her books weave together themes of friendship, love and happiness.

"Give a child a book and they have a friend throughout their lifetime," she says.

Pacheco-Rapp is also a passionate poet, and she is currently working on writing for an adult audience. Her work deals with a range of emotions, everything from love to sadness, loneliness and happiness.

Fans can be on the lookout for two new releases, "A Hawaiian Rainbow Story" and "The Pickings of You." Her books are available on Amazon.

Photos courtesy of Darlene Pacheco-Rapp

"Give a child a book and they have a friend throughout their lifetime..."

New program pairs students with local tourism businesses

Felix Martinez, a senior at Lānaʻi High & Elementary School, was one of the first 12 students who participated in the Hawaiʻi Lodging and Tourism Authority (HLTA) and Council for Native Hawaiian Advancement (CNHA) pilot internship program. The program, which was funded through CNHA and the Hawaiʻi Hotel Industry Foundation, provided public school students across the state with paid internships with local businesses in the hospitality industry.

Martinez interned at Pūlama Lānaʻi, where he rotated between Hotel Lānaʻi, Lānaʻi City Bar & Grill, Lānaʻi Air, Lānaʻi Car Rental, and Pūlama Lānaʻi's Culture and Historic Preservation team. His well-rounded experience included assisting with booking at the hotel, food prep at the restaurant, flying to Oʻahu to visit the Lānaʻi Air terminals and more.

One thing that stood out to Martinez is how all the teams communicated with each other to create a positive experience for visitors.

"Everything flows into everything," Martinez recalls. "There's a lot of communication between a lot of places."

For other students looking for internships, he recommends keeping an open mind.

"Be open-minded and go into it with a positive attitude, because it really is a good experience," Martinez states. "I'm not really an office person myself. However, working with [everyone] and doing what they do kind of made me realize that it's not just sitting at a computer all day. It's more things than that."

Texting while driving

Contributed by the Maui Police Department – Lānaʻi District

Texting and using the phone while driving is against the law and a leading cause of distracted driving. Statistically, approximately 1.6 million car crashes are related to phone use while driving each year in the United States. The Insurance Institute for Highway Safety (IIHS) reports 10% of all drivers are using a cell phone while driving at any moment of the day, so if you are in traffic with 100 other drivers, ten of them are likely to be on their phones. The island of Lānaʻi may not have many vehicles on the roadway; however, at least one driver is likely to be using their phone while driving.

Young adult drivers between 16 to 29 years old are more likely to engage in distracted driving. One survey found that 40% of high school drivers use their phones to text or send an email while driving. More than one in four distracted drivers involved in fatal crashes were young adults.

Safe driving requires your full attention. Using a phone to text, make calls or for any other matter while driving is risky for you and others on the road. For your safety and those around you, do not text/call while driving, and if you need to use the phone, pull over when safe to do so.

Under §291C-137 Mobile electronic devices:

(a) No person shall operate a motor vehicle while using a mobile electronic device.

(b) The use of a mobile electronic device for the sole purpose of making a "911" emergency communication shall be an affirmative defense to this law.

(c) No person under eighteen years of age shall operate a motor vehicle while utilizing a hands-free mobile electronic device, except for the sole purpose of making a "911" emergency communication.

(d) The following persons shall be exempt from subsection (a):

(1) Emergency responders using a mobile electronic device while in the performance and scope of their official duties;

(2) Drivers using a two-way radio or a private Land Mobile Radio System, within the meaning of title 47 Code of Federal Regulations part 90, while in the performance and scope of their work-related duties and who are operating fleet vehicles or who possess a commercial vehicle license;

(3) Drivers holding a valid amateur radio operator license issued by the Federal Communications Commission and using a half-duplex two-way radio; or

(4) Drivers of vehicles that are at a complete stop, while the engine is turned off, in a safe location by the side of the road out of the way of traffic.

(e) As used in this section: "Emergency responders" includes firefighters, emergency medical technicians, mobile intensive care technicians, emergency management workers, police officers, and federal and state law enforcement officers.

"Fleet vehicle" means any vehicle validly registered pursuant to section 286-53.5.

"Mobile electronic device" means any handheld or other portable electronic equipment capable of providing wireless or data communication between two or more persons or of providing amusement, including but not limited to a cellular phone, text messaging device, paging device, personal digital assistant, laptop computer, video game, or digital photographic device, but does not include any audio equipment or any equipment installed in a motor vehicle for the purpose of providing navigation, emergency assistance to the operator of the motor vehicle, or video entertainment to the passengers in the rear seats of the motor vehicle.

"Operate" a motor vehicle means to drive or assume actual physical control of the vehicle upon a public way, street, road, or highway, including operation while temporarily stationary because of traffic, a traffic light, or a stop sign.

"Use" or "using" means holding a mobile electronic device while operating a motor vehicle.

Penalties

Any violation as provided in subsections (a) and (c) shall be deemed to be a traffic infraction and any person who violates this section shall be subject to a fine:

- HRS 291C-137(a) Mobile Elec. Device Prohibited \$347.00
- HRS 291C-137(a) Mobile Elec. Device Prohibited - School/Constr. zone \$447.00
- HRS 291C-137(c) Mobile Elec. Device Prohibited (under 18yrs) \$307.00
- HRS 291C-137(c) Mobile Elec. Device Prohibited (under 18yrs) - School/Constr. zone \$407.00

Lānaʻi Homebound Senior Nutrition Program

Contributed by the Mānele Kōʻele Charitable Fund

We all have played the “Knock, Knock” game, guessing who’s there with varying degrees of humor, but for Lānaʻi seniors a knock on their door may be Rachelle Garbin and Puna Villarimo delivering nutritious meals that bring a smile to their faces.

In early 2022, Mānele Kōʻele Charitable Fund (MKCF) found out there was food insecurity in our community, and home-bound seniors were “on their own” for meals on the weekend. The Lānaʻi Senior Center was delivering meals Monday through Friday but noticed that seniors were saving part of their food to carry over on the weekends. MKCF set to work to find out how we could help.

It does take a village, and in collaboration with Kaiser Permanente, Lānaʻi Community Hospital, Meals On Wheels, Pūlama Lānaʻi, and Lānaʻi Community Association, a program was implemented to deliver fruit and veggie packs to home-bound seniors. We started delivering veggie packs in October 2022 and have now added frozen meals to the delivery.

Fully cooked, frozen meals are ready to pop into the microwave at any time for the convenience of the recipient. Nutritious vegetables and fruit packs are included in each Friday delivery. Sensei Farms also donates lettuce weekly, helping to defray costs. Microwaves were provided to assist with the program and a state-of-the-art certified kitchen located at the Lānaʻi Community Hospital prepares all the weekend meals delivered on island.

Thanks to the generosity of MKCF donors, \$25,000 was allocated to this project, and we’ve been able to provide funding for the program for another year. Approximately 30 meals are delivered each week. This allows seniors who cannot shop or prepare meals to be self-sufficient and live at home longer.

Many dedicated volunteers help make this program possible. We’d like to recognize a few of the key individuals who have diligently worked to help our community. David Green, Katherine Knapp and President Sally Clemens, MKCF Board of Directors; Kris Kahihikolo, Lānaʻi Senior Center Director; Kay Okamoto, President, Lānaʻi Community Association Board of Directors; Jody Anderson, Kaiser Permanente Maui Food & Nutrition Services; Leslie Barayuga,



Left to right: Leslie Barayuga, Jody Anderson, Danette Rodriques, Glory Malaqui and Isalina Rendon from Lānaʻi Community Hospital prep veggie packs and frozen meals.

Kaiser Permanente Maui Chef/Manager; Danette Rodriques, Lānaʻi Community Hospital Food Service Supervisor; Isalina Rendon and Glory Malaqui, Lānaʻi Community Hospital Food Service; Rachelle Garbin, Lānaʻi Senior Center; Puna Villarimo, Lānaʻi Senior Center Volunteer; David Culbreth, Kaiser Permanente Administrator.

Kerry Pitcher, formerly of Kaiser Permanente Maui, was instrumental in getting this program started and we will miss her leadership as she has left the organization.

With the help of so many, MKCF will continue to ensure that no kūpuna goes hungry on the weekend!

Photo courtesy of the Mānele Kōʻele Charitable Fund

Approximately 30 meals are delivered each week. This allows seniors who cannot shop or prepare meals to be self-sufficient and live at home longer.

Lānaʻi Cancer Fund Tees Up Its First-Ever Golf Tournament

On Saturday, September 16, the Lānaʻi community will tee off at Lānaʻi Cancer Fund’s first-ever golf tournament at Mānele Golf Course. Established in 2007, the Lānaʻi Cancer Fund (LCF) provides monetary assistance in the form of stipends and treatment-related reimbursements to Lānaʻi residents diagnosed with cancer.

- The purpose of the Lānaʻi Cancer Fund is to provide monetary assistance and support to those Lānaʻi residents who have been diagnosed with cancer.
- The Lānaʻi Cancer Fund does not discriminate because of race, color, religion, gender, age, national origin, ancestry, marital status, disability, sexual orientation or other grounds protected under applicable state and federal laws.
- The cost of transportation, lodging, medications and nourishment in the course of cancer treatment will never be an obstacle for the residents of Lānaʻi.

“There are no specialists for oncology on island, so everyone has to travel off island for diagnosis, treatment, surgery and follow-up,” says Butch Gima, board member of LCF. “Unless you have friends and family that you can stay with, you’ll have to stay at a hotel. Those travel costs, plus medical costs, all add up.”

Through 2022, LCF has distributed over \$171,000 to help 151 Lānaʻi residents. Residents receive up to \$1,000 for treatment-

related expenses such as airfare, boat fare, ground transportation, lodging and meals for the patient and someone to accompany them. On average, the fund supports 10 patients a year.

Funding comes from donations from individuals, penny jars placed at businesses around Lānaʻi City and occasional fundraisers. LCF used to be a beneficiary of the Hawaiʻi Lodging & Tourism Association’s annual Visitor Industry Charity Walk, which brought in up to \$10,000 a year. But that source of funding ended about five to six years ago.

“Since then, our funds have been slowly decreasing, and that’s why we said we need to come up with another revenue source,” says Gima. “The main goal of the tournament is really to raise as much money as we can for the fund.”

Referrals to LCF come from medical staff at Straub Clinic and Lānaʻi Community Health Center. When patients receive an application, they also receive additional information about several other cancer support organizations. Lānaʻi Kināʻole is the fiscal sponsor of LCF and processes applications.

For more information about the golf tournament, including team sign-ups and sponsorships, please call Butch Gima, tournament co-director, at 808-559-9566.

Lānaʻi Cancer Fund Board Members

John Schaumburg	Kris Hera	Giyana Agliam
Kanoe Shimizu	Elsie Morita	Jean Sumagit
Cindy Figuerres	Olivia Pascual	Butch Gima

Ku ka hālelo, ke ʻā o kahawai.

A lot of trash accumulated with the rocks in the streams.

The sign of a storm. Also said of the many useless, hurtful words uttered in anger (Pukui 203).

Basketball camp ignites passion for the game among youth

The sound of sneakers squeaking on the polished hardwood echoed through the Pedro Dela Cruz Gym on the weekend of July 25 and 26 as the University of Hawai'i's Hilo Vulcans coaches, Kaniela Aiona and Jamison Montgomery, hosted the much-anticipated Lāna'i Basketball Camp. This two-day event marked a significant milestone as the first post-COVID youth basketball camp. It was a golden opportunity for young boys and girls to immerse themselves in the world of basketball, learn essential skills, and embrace the camaraderie that comes with team sports.



The Lāna'i Basketball Camp catered to two age groups. The first track, designed for students in grades 5 to 8, provided an introduction to the fundamentals of basketball. For these budding athletes, the camp held a greater purpose than just improving their dribbling techniques and shooting accuracy. It was about fostering the confidence to step onto the court and inspiring them to consider joining a local league. The second track, tailored to high schoolers in grades 9 to 12, focused on honing existing skills to elevate their game to new heights.



An impressive 49 participants, all eager and excited, filled the gymnasium as part of the 5th to 8th-grade track. Additionally, 25 high school students, each determined to refine their basketball prowess, participated in the camp. The numbers not only highlighted the enthusiasm among the youth, but also underscored the tremendous efforts put in by Coach Aiona, Coach Montgomery and their team.

While the basics of dribbling, passing and shooting were central to the camp's teachings, the camp curriculum wasn't just about perfecting jump shots or nailing free throws. It aimed to cultivate well-rounded athletes who understood the significance of teamwork and sportsmanship. These traits not only serve them well on the basketball court, but also become life skills that extend far beyond the gymnasium walls.

Those who wish to continue their basketball journey beyond the camp are encouraged to participate in the Menehune League, a local youth basketball league. Through the league, students may have the chance to compete in tournaments on Maui.

Photos courtesy of MaryLou Kaukeano

LHES graduate becomes an inspiration behind the desk

Ryllah Rodrigues, LHES class of 2021, knew she wanted to be a teacher even before she started high school. Growing up an auntie at a young age, her nieces and nephews shaped her love for teaching early on. "That informal mentorship with my nieces and nephews, they were my biggest inspiration to pursue teaching," says Rodrigues.



Ms. Rodrigues' classroom decorated and set up to welcome her kindergarten and first grade students at Pearl Harbor Elementary School on O'ahu.

While at LHES, Rodrigues participated in the University of Hawai'i Maui College Dual Credit Program, which allowed her to take college-level courses and earn her associate degree in liberal arts. Completing her prerequisite classes before entering college was an invaluable experience. "Even though I was earning college credits virtually, having that skillset of navigating simple things like ordering books really helped ease my transition into college," recounts Rodrigues. "If you don't know how to do those things as soon as you get to college, plus learning to live on your own for the first time, it adds up and could be really stressful."

Upon moving to O'ahu to attend the University of Hawai'i at Mānoa, Rodrigues entered the College of Education's Special Education (SPED) and Elementary Education dual-licensure program. Although she initially intended to pursue a career as a full-time elementary general education teacher, she found herself gravitating toward SPED

during field experience working as a student teacher in a variety of learning experiences. One student in particular stands out who Rodrigues credits for convincing her to pursue SPED education as a career. It was the joy Rodrigues felt when she was able to help this student understand a math concept after much work and persistence. "Even though it was something very small, it was huge in shaping how he progresses in math," says Rodrigues. "To know that I actually helped him get this math concept, it was really mind blowing and eye opening to see that."

This past May, Rodrigues earned her Bachelor of Arts in education in exceptional students and elementary education. Even more exciting, this month she starts her SPED career at Pearl Harbor Elementary School, teaching five kindergarten and first grade students. "I love the school community," she says of Pearl Harbor Elementary. "Right when I stepped on campus, I already could feel that I was going to be supported."

When asked what she is looking forward to most this first school year, she says, "My students' progress. Milestones are really celebrated in special education, so I'm excited for those celebration moments, because it means so much more when students are able to reach their goals."

Photo courtesy of Ryllah Rodrigues

"Milestones are really celebrated in special education, so I'm excited for those celebration moments, because it means so much more when students are able to reach their goals."

Propagating plants and trading is a fun and inexpensive way to increase your garden's diversity

Contributed by Erick Lux

There are three main ways to propagate plants: seeds, cuttings and root divisions.

Seeds:

Most vegetable seeds' flowering annuals are quite easy to start and are fast growing. Many types, like squash, peppers and eggplant sprout in days and provide the first crop in 100 days or less. A general rule is to plant seeds at a depth equal to two or three times their width. Usually, it's better to plant seeds too shallow than too deep. A few seeds, such as lettuce, need light to germinate and should not be covered at all.

Large seeds like squash and beans should be seeded directly where they are to be grown. Small seeds can be sown in small pots with potting soil, then transplanted into the garden when they are a few inches tall. Watch for rodents that love to eat seeds and snails that will devour young seedlings.

Perennial ornamentals, including many natives, might be more challenging to start from seeds. However, for hard to find varieties, it can absolutely be worth the effort. The best way to germinate various seeds can depend on species. Seed starting workshops and the web can be a great resource for germination guidelines.

Cuttings:

Many flowering perennials are best propagated by cuttings. Cuttings can be faster than seeds and produce plants that are copies of the parent plants. One generally makes cuttings with four nodes (the point where a leaf connects to the stem). Dip the bottom two nodes in rooting hormone and place in good potting soil to just below that level (see picture). Keep the planted cuttings in a cool, semi-shaded area with high humidity. Misting them or putting them under a humidity dome can help the success rate. Plants with herbaceous stems (soft and green, as opposed to woody and hard) are typically easier and quicker to root. Pentas, Coleus, many succulents and angel's trumpets are great plants to try to root for beginners.

Divisions:

Plants that spread by rhizomes, like ginger and heliconia, are easy to grow by divisions. You can simply take a root chunk and plant it. Get a good size piece that will have several good points where new growth can start. Trim the tops to minimize stress and moisture loss. This also keeps the new plants from falling over, while they're getting re-established.

Note that plant species ordered from off-island sources should be checked for potential to become invasive (plantpono.org) and seeds imported from foreign vendors require an import permit from the USDA. Don't import a pest!

Experiment with trying different methods, different soil mixes and different plants. Don't be afraid to fail. Often, one can learn more from mistakes than success. Most importantly, keep Lāna'i beautiful and well fed by gardening at home!



Plant to be propagated: *Achetaria azurea*



Unprepped cutting



Cutting dressed with bottom leaves and flowers removed. Dipped in rooting hormone to the second nodes.



Potted cutting with two nodes below the soil mix and two nodes above.



In a few weeks, roots begin to grow. It will soon be ready to be transplanted out into the garden.

Photos courtesy of Erick Lux

Football fever hits Lāna'i: promising season lineup revealed

Contributed by Natalie Ropa, Lāna'i High & Elementary School Foundation

The Lāna'i High & Elementary School 8-man football season has begun its fall season, and it's looking very optimistic with a full team of about 31 young men. Practices started on July 23 with the usual first two weeks, also known as "conditioning week," where the players condition by doing two hours of running, rolling tires, passing, throwing, catching and drills. After the two weeks are over, they are officially given their helmets and then their pads the following week.

Head coach Sid Alejado is excited for this season. Seniors Diesel Del Rosario, Ervin Badillo, Alex Hawkins and Makamae Kadooka lead the team, and newcomer senior Johnny Baltero adds size to the squad. This year, Reese Noble replaces his brother Ryan as head quarterback. "Our players have been working out all summer, attending camps on O'ahu, Maui and Moloka'i, and playing flag football to stay conditioned for this season," says Alejado. "Our first game this year is a home game on September 12 against Moloka'i. We ask the community to support us by coming out to watch and cheer for our boys; it will be a very exciting game!"



More information to come about the schedule of upcoming games.

Photos courtesy of Natalie Ropa

New faces at LHES

This year, Lānaʻi High & Elementary School welcomed 13 new teachers to its campus. From first grade to high school to technical studies, the new teachers bring a range of expertise to the youth on Lānaʻi. Before classes started on August 7, we asked the teachers what they looked forward to most this school year.



Daniel Forsythe

Hawaiian Immersion, 1st Grade

I am most looking forward to finding new ways to strengthen HĀ, and to see how my students progress toward their goals.



Ivy Macawili

Elementary Special Education

Mostly, I'm looking forward to creating opportunities for my students to find success in their education. I'm very excited to work with my colleagues, parents and students to achieve a better outcome for the benefit of all.



Nena Hart

Career & Technical Education,
Health Pathway

I'm looking forward to sharing the excitement of many new opportunities with the future health care leaders on Lānaʻi.



Shiela Galvez

Middle School Special Education



Annie Baltazar

2nd Grade



Sherry Uy

7th and 8th Grade Math

I am anticipating an accepting and supportive community. I also hope that the students will feel inspired and intentional about achieving their goals this school year. Additionally, I am looking forward to working cooperatively with parents to foster growth in their children.



Reyhan Agnete

7th and 8th Grade English

I am looking forward to meeting new students and working with the high-caliber faculty and staff of Lānaʻi High and Elementary School.



Roselyn Dela Cruz

4th Grade

Having the opportunity to interact with children every day and get the chance to be a part of their lives will be such a rewarding experience that I am looking forward to this school year. I cannot wait to make a difference in the lives of numerous students!



Jerico Jaramillo

High School English



Glysa Cadano

1st Grade



Fermaine Antonio

3rd Grade



Simon Tajiri

Hawaiian Immersion, 2nd and 3rd Grade

I'm looking forward to growing with our students as a community.



Giovanna Apostol

5th Grade

Pineapple Festival returned to Lānaʻi

On Saturday, July 1, the community was treated to about 60 booths with food, crafts, clothing, games and exhibits; entertainment by Piʻilani Arias and Dance International Production; a keiki zipline; and a spectacular fireworks show that lit up the skies above Dole Park.



Photos courtesy of Kay Okamoto, Lānaʻi Community Association

What's summer without a trip to the Maui Ocean Center?

44 keiki & chaperones are provided this opportunity every year

Contributed by Victoria Larsen and Sally Clemens, Royal Lānaʻi Yacht Club

Kula Kaiapuni o Kauwela (Hawaiian Summer School) has been the only consistent Department of Education summer program on Lānaʻi for the past 13 years that is open to any student. Two teachers (Lānaʻi alumni) who reside on Maui, Chris Garcia and Kauʻi Spitalsky, spend their summers teaching a cultural-based curriculum over the course of four weeks. Students learn about science, marine science, biology, language and literacy — all subjects through a Native Hawaiian lens. They take field trips all over Lānaʻi to learn about the different places and their significance. Every year they also travel to Maui to visit the Maui Ocean Center and see many of the marine life that they learn about, like monk seals, turtles and lots of fish. They are also able to learn from marine biologists about their conservation efforts through the guides and the programs that are run throughout the center. This field trip is very exciting for the students, and they look forward to it every year. For more information contact info@lhesfoundation.org.

This year's program was sponsored by the Royal Lānaʻi Yacht Club. Founded in 1998 and organized as a social club to support water related activities and foster goodwill in the community of Lānaʻi.



Photos courtesy of Chris Garcia and Kauʻi Spitalsky

Clearing the air: how Lānaʻi is combating the youth vaping epidemic

With concerns rising about youth vaping, local organizations and authorities are working with Lānaʻi High and Elementary School (LHES) to address the problem on all fronts.

According to the Centers for Disease Control and Prevention (CDC), e-cigarettes have been the most used tobacco product among middle and high school students in the U.S. since 2014. In Hawaiʻi, more than 30% of high school students and nearly 13% of middle school students have tried vaping or e-cigarettes, according to the latest data from the CDC's Youth Risk Behavior Surveillance System.

These statistics are reflected on Lānaʻi, where LHES Principal Douglas Boyer says the school has recovered vapes not only from the high school, but also from the middle and elementary school.

Former LHES School Resource Officer Sgt. Carl Eguia said in an email, "One of the trends I have noticed is that children are starting to smoke vapes at an earlier age, with some parents being more accepting of kids smoking vapes and even sometimes buying them for the kids. I have also noticed that kids start with nicotine vapes, then move on to the marijuana vapes, known as dab pens."

According to Cori Takesue, a licensed clinical psychologist and certified tobacco treatment specialist at the Lānaʻi Community Health Center (LCHC), youth vaping has gotten worse in recent years.

"It's the marketing from the tobacco industry towards youth in terms of flavors and a lot of the ads make it look like fun," says Takesue. "On the outer islands it becomes more of a challenge because you don't have as many activities or things to keep kids interested and busy, so they start engaging in other high-risk behaviors."

She also says that new devices have made it easier and more enjoyable for youth to experiment with vaping. The discreet nature of vapes, which can resemble everyday items like USB drives, also makes it easier for students to hide their habit from parents and school authorities.

"Now you've got these new devices with the salt-based nicotine and there isn't that throat hit so it's much easier to use, smells great, the flavors and then the key ingredient, nicotine, which becomes highly addictive," says Takesue.

"It's the marketing from the tobacco industry towards youth in terms of flavors and a lot of the ads make it look like fun..."

Vaping and Nicotine Addiction

Health experts say nicotine is as addictive as heroin and cocaine with those who start smoking before age 21 having the hardest time breaking the habit.

"One of the first signs I noticed when students are vaping is that students were missing a lot of class time, so they could go somewhere to smoke their vapes," says Eguia. "This is due to the addictive properties of nicotine in vapes."

Nicotine use during adolescence and young adulthood can also damage the brain and lead to irritability, depression and anxiety. This is something Jaunette DeMello, clinical director of the Kalihi YMCA, encounters directly in her line of work.

"There are kids who continuously take hits off of this thing where it's like it's addicting and when they don't have it, you can see that behavior," says DeMello. "It's not even just irritable, it's downright mean and angry. Meltdowns."

Collaborative Efforts to Address Vaping

The Kalihi YMCA's Adolescent School Based Substance Abuse Treatment Program has been providing substance abuse treatment to youth on Lānaʻi since 2017. The program is funded by the Hawaiʻi State Department of Health's Alcohol and Drug Abuse Division (ADAD), and offers outpatient treatment, intensive outpatient treatment and individual and group counseling.

"We believe that all kids are at risk. If they're not using, they know someone who's using whether it be vaping, alcohol or drugs," says DeMello. "We provide them with the education, coping skills, learning how to say no to peer pressure, whatever it is that they may need to set them up in order to work on being a better version of themselves."

LCHC reinforces these efforts by making visits to LHES where community health workers teach students about the dangers of tobacco and nicotine.



The Kalihi YMCA's substance abuse treatment program, "You, Me Together Vape-Free," incorporates local themes to educate about the dangers of vaping. Photo courtesy of Kalihi YMCA.

The Kalihi YMCA's substance abuse treatment program and LCHC both follow a curriculum called "You, Me Together Vape-Free," which was developed by Stanford Medicine. The curriculum was recently modified to better align with the needs of Hawaiʻi's youth and includes activities, online quiz games and other materials aimed at addressing the key factors associated with youth vaping.

"The first rollout had more of a mainland feel to it and the kids were kind of getting it, but it wasn't relatable," says Denise Ropa, a community health worker at LCHC. "But when they changed it to the Hawaiʻi version, they could see themselves and their atmosphere."

The health center also holds community outreach events to provide educational services and materials to parents and has partnered with the Lānaʻi Academy of Performing Arts to create social media videos.

"Our hope is that other youth will see their friends and watch the video," Takesue says. "We try to put familiar faces in these videos so that we can draw in more people to actually watch the videos to get information."

Certified in the Law Enforcement Against Drugs program, school resource officers are also heavily involved in the fight against vaping. According to Eguia, they not only provide education, but take a tougher stance on students by confiscating their vapes, documenting cases and issuing citations for tobacco violations.

"Documenting these cases is important because then, I can talk to the students and parents, educating them on the consequences of using vapes," says Eguia.

According to Boyer, LHES is also exploring starting a community committee to address at-risk behaviors like vaping to see what can be done to tackle the issue.

New Law Cracks Down on Youth Vaping

Recognizing the increasing issue of vaping among young people across the state, Governor Josh Green, M.D. recently signed a new law to tackle the problem.

Senate Bill 975, now Act 62, targets the unlawful shipment of tobacco products, which now includes e-cigarettes and e-liquids — commonly used in vaping. These products have been placed under the umbrella of "tobacco products," which means they will now be subject to the same regulations and taxes as traditional tobacco items, like cigarettes.



A display of various vaping products is used to educate parents and teachers on what to look out for. Photo courtesy of Lānaʻi Community Health Center.

Takesue sees this as a significant victory for the state in the battle against youth vaping and says that addressing the issue on a larger scale through legislative measures can stop things from becoming a problem.

For additional information about LCHC's initiatives and programs, please call (808) 565-6919. For those interested in learning more about the Kalihi YMCA's Adolescent School Based Substance Abuse Treatment Program, they can reach out to Jaunette DeMello at jdemello@ymcahonolulu.org.

Monk Seal Pups Make a Splash on Lānaʻi

Since 2018, four monk seals have given birth on Lānaʻi. The births happened in 2018, 2019, 2021 and 2022. So far in 2023, we've had four moms and pups grace Lānaʻi, all at the same time!

Monk seal pups are first given alphanumeric identifiers allowing them to be tracked and studied by scientists. The pups typically spend their first five to seven weeks with their mothers before weaning and living independently. Read on to learn more about the new pups.



Pup PL1, born around June 21 at Stone Shack

PL1 (male) was born to R6AJ, who has frequented Lānaʻi for more than a decade. PL1 has two siblings who were also born on Lānaʻi back in 2019 and 2021. PL1 is now RSo6, with red tags So6 and So7.



Pup PL2, born on July 1 at Pōhakuloa Point Lighthouse/ Honowae Cove

PL2's mother, RA10 usually pups on Molokaʻi, but has been spotted visiting Lānaʻi in the last few years. PL2 (female) is now RS40, with red tags S40 and S41.



Pup PL3, born on July 3 at Awalua Camp

PL3 (male) comes from a storied Hawaiian monk seal lineage. His mother, RBoo, was Lānaʻi's first known mom when she gave birth to pup Rook in 2018. RBoo's mother is Rocky, the famous Hawaiian monk seal who pups at Kaimana Beach on Oʻahu.



Pup PL4, born on July 10 near Kaumālapaʻu

PL4 and PL3 are related. PL4's mother is Rook, or 'Imikai, who was born on Lānaʻi in 2018 to RBoo, PL3's mother, and successfully raised her pup on Lānaʻi last year. Unfortunately, PL4 passed away from natural causes about a week after being born. Mother 'Imikai is in good shape and because she is still relatively young, there is hope that she will pup successfully in the coming years.



Hi'i restoration area on Lāna'i Hale: eradicating rodents to protect native species

Contributed by Rachel Sprague, Director of Conservation, Pūlama Lāna'i and John Deslippe, Sr. Conservation Program Manager, Pūlama Lāna'i

Hey, what's that shining up on the Hale above Hi'i bench? The Pūlama Lāna'i Conservation Department is excited to announce that the Hi'i predator-proof fence is officially complete! This will be a focus area for restoration and conservation into the future, to protect endangered 'ua'u (Hawaiian petrels), tree snails, and plants such as 'iliahi (sandalwood) and Lāna'i hala pepe. The fence is designed to effectively stop deer and sheep from trampling sensitive habitat, and keeps rats and cats outside the fence, away from birds and plants.

Most folks on Lāna'i know that our monitoring of 'ua'u shows that Lāna'i Hale supports one of the most dense nesting concentrations in the Hawaiian Islands, and active protection of this population is critically important to the survival of the species. Rats and cats are among the greatest threats to 'ua'u here. If action isn't taken to control these predators, we know that significantly more eggs, chicks and adults will be killed each breeding season.

This spring, all cats within the fenced area were trapped and are now happily residing at the Lāna'i Cat Sanctuary. The last few deer are being removed by the end of this summer. With all the cats and deer out of the restoration area, the next step is to remove rats from the entire 80-acre enclosure.

To accomplish this important conservation goal, the U.S. Fish and Wildlife Service (USFWS) is supporting the project by proposing to eradicate rats within the area using a targeted application of a common rodenticide. A USFWS biologist with appropriate certifications and permits will be leading the rodenticide application and will be supported by the USDA National Wildlife Research Center, which will be performing monitoring and analysis. As the organization conducting the action, the USFWS has published a draft Environmental Assessment (EA) as part of their compliance requirements. The EA is currently available for public review and comment (see below).

The rodenticide product being used at Hi'i is the same formula as Ramik, which is sold at hardware stores and on Amazon. The active ingredient is diphacinone-50 (D-50), which is an anticoagulant. The D-50 product that USFWS will use is approved for conservation use in forest areas and has much less potential for negative effects on unintended animals than other similar products.

Because this is a focused and limited effort only inside a fenced area rather than ongoing use, any potential short-term negative effects are expected to be minimal and are far outweighed by the expected positive effects for native species in the restoration area. The steep terrain and sensitive vegetation of Hi'i mean that it is not possible to place and maintain bait boxes for rodenticide in the density necessary to achieve eradication. Aerial application from a helicopter is considered the most efficient and effective method to achieve rat eradication within the project area.

The USFWS has considered potential effects to wildlife and the watershed and does not expect significant negative impacts. As just a few examples, 'ua'u only eat fish at sea and do not eat food off the ground. Pueo (Hawaiian short-eared owl) would have to ingest over 80 lbs of rats that died from rodenticide within a 5-10 day period. This is not likely to be physically or practically possible. The rodenticide does not affect invertebrates like native tree snails because they do not have hemoglobin in their blood.

Considering possible effects to water, it is important to know that there is none flowing on the surface inside the fence where the rodenticide will be applied. This particular product does not dissolve well in water and binds tightly to organic matter in soil, where it is degraded quickly by exposure to oxygen and sunlight. Furthermore, rain takes several decades to reach the large underground aquifers and make it to one of the wells. Because of these facts, any bait left uneaten by rodents in this small area is expected to remain briefly in the topsoil layers before breaking down and will not impact groundwater quality.



The Hi'i predator-proof fence and the planned rodent eradication will result in a restoration area that will serve as a safe refuge for our native 'ua'u, as well as other imperiled species. Lāna'i currently has just 45 acres of ungulate-free fenced areas for habitat restoration and rare plant protection, and approximately 0.25 acres of small predator-proof fences that are free of ungulates and rats for protection of our native kāhuli (Hawaiian tree snails) and rare plants. The Hi'i Restoration Area will be one of the largest fully predator-free fenced areas outside of New Zealand, and nearly double the fully protected habitat on Lāna'i. The bright future of conservation in the restoration area will see the addition of rare and endangered plants, and potential establishment of populations of endangered kāhuli and other seabird species to maintain Lāna'i's precious biodiversity.

If community members have questions or would like to talk further, please contact Dr. Rachel Sprague, Director of Conservation, at rsprague@pulamalanai.com or 808-565-3702.

Photos courtesy of Pūlama Lāna'i Conservation Department

How to provide comments to the USFWS on their draft Environmental Assessment:

Scan the QR code to review the document.

Comments can be submitted in multiple ways:

- Via email to pifwo_admin@fws.gov with Subject: "Draft EA Hi'i Predator-Proof Fence on Lāna'i" by September 3
- Via mail, postmarked by September 3, 2023, to: U.S. Fish and Wildlife Service, Pacific Islands Fish and Wildlife Office, 300 Ala Moana Blvd., Room 3-122, Honolulu, HI 96850



Creativity knows no age: seniors shine in 'Kūpuna Sunsets' exhibit



By Winnie Ramos

The Lānaʻi Art Gallery and Senior Center came together last month to host a unique exhibit titled “Kūpuna Sunsets,” showcasing the original artwork of seven local seniors. Artists Juanita Bala, Gina Dugay, Michio Morimoto, Midori Oshima, Winnie Ramos, Marilyn Rivera and Natividad Whipple each painted their own interpretation of the theme, blending sunsets with a silhouette of pine trees.

“What is amazing to me is they all had the same subject, but every picture is unique in its own style,” says Kim Dupree, vice president of the Board of Directors for Lānaʻi Art Gallery. “It’s really amazing.”

The collaborative exhibit was made possible thanks to a grant from the Mānele Kōʻele Charitable Fund, which funded the program and supplies. This not only provided the artists with an opportunity to display their talent, but also offered an occasion for generations of families to come together. The exhibit sparked interest across age groups, with guests purchasing paint and canvases.

According to Dupree, witnessing their grandparents’ artwork on display filled their grandchildren with pride.

“Our island is so great. People band together for everything,” says Dupree. “I think that this is something great to bring kūpuna and their children together.”

“What is amazing to me is they all had the same subject, but every picture is unique in its own style.”



Photos courtesy of Kim Dupree

E ‘Ike Hou iā Lānaʻi 2023

Contributed by Lānaʻi Culture & Heritage Center

The Lānaʻi Culture & Heritage Center (Lānaʻi CHC) offered its annual E ‘Ike Hou iā Lānaʻi summer cultural literacy program in July. This marked 11 years since the program’s inception and represents the longest running educational program Lānaʻi CHC offers for Lānaʻi youth.



The program’s title translates to: “To Know Lānaʻi Once Again,” and Lānaʻi CHC seeks to connect students back to the island’s rich history, culture and values, and hopes to inspire a generation of culturally grounded stewards of Lānaʻi.

Over 50 community youth participated in this year’s program. Many joined for a week of keiki activities hosted at the Lānaʻi Culture & Heritage Center, which focused on educating students about culture and the bio-cultural landscape through interactive crafts.

One day focused on learning the innovation behind traditional loko iʻa (fishponds) and then working in groups to build model fishponds. Another day featured learning about the difference between invasive and native plants and then participating in a lei-making activity with both native and introduced plants.

A small group of middle and high school students also participated in a more in-depth exploration of this year’s theme: Aloha ‘Āina, ‘Āina Aloha, which focused on the places we cherish and ways that we can care for these places so that they are taken care of for future generations. The group went on a short huakaʻi (trip) to Molokaʻi and were able to visit some of the island’s storied places and speak with community members about how they practice aloha ‘āina. A culminating video showcasing their reflections can be found by scanning the QR code.

Overall, the 11th annual E ‘Ike Hou iā Lānaʻi program was a great success! To learn more about Lānaʻi Culture & Heritage Center and its programs, visit lanaichc.org, sign up for their e-newsletter, or follow them on Instagram (@lanaichc) or Facebook.



Photos courtesy of Lānaʻi Culture & Heritage Center



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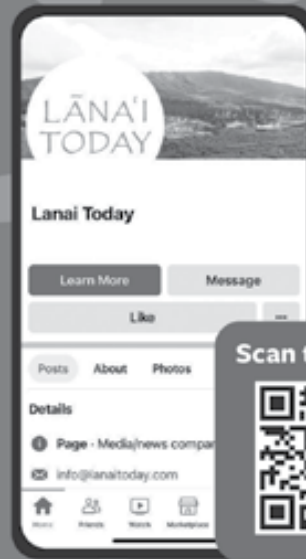
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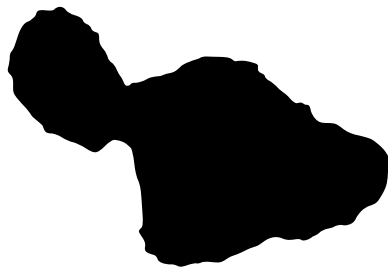


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their assistance to our
Maui 'ohana and those
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Weekend flavor: The return of Lāna‘i’s Saturday Market

After a COVID-19 hiatus, the Saturday Market made its return with the support of the Lāna‘i Community Association (LCA).

Showcasing Filipino cuisine, local foods and fresh produce, the event ran from 7 a.m. to 11 a.m. on Saturday, August 12. With a lineup of five vendors, flavors spanned from pork adobo to breakfast burritos and Korean corn dogs.

“It’s nice to see things like this available again,” reflects Zach Holsomback. The market wasn’t just about food; it celebrated culture and community. As Kay Okamoto, LCA president, noted, “People got together. They visited people you don’t see all the time.”

Future Saturday Markets will be held once a month on the second Saturday of each month. Vendors considering participation can reach out to LCA at lanaicommunityassociation@gmail.com.

Photos courtesy of Anthony Kaauamo

