

Adventure Park: Journey to self-discovery lies outside the comfort zone

By Nelinia Cabiles

I don't know what I'm seeking when I sign up, with friends, for the Challenge Course at Synergo's Adventure Park, set in an old grove of Cook Pine trees on Lāna'i, one Sunday in February. I'm not after thrills, although there is plenty promised on the forty-foot high Junkyard, constructed with heavy netting and wooden bars, and ropes thicker than my arms. Nor am I looking to overcome a fear of heights. A few things give me anxiety – global warming, ingrates, unkindness – but being high in the air is not one of them.

But I *am* looking for *more*, a feeling I cannot articulate. It beats the strongest during mountain ultramarathons or in the first seconds of air on cannonball dives into the ocean when I was young. The feeling does not come to me on the Junkyard. But watching my friends climb, each engrossed in her private journey, is exhilarating enough that I am fine letting the feeling remain elusive and nameless. Some feelings are like the tail ends of dreams: they start to disappear the harder I try to fix them into place. I'm with Nina and Mei Lani and Ayla on a beautiful day in an adventure park designed to bring out, through deep reflection, feelings that are concrete, feelings I *can* describe: boundaries; discomfort; safety; awareness; discovery.

"Any of the challenges force you to be fully present," says Kyle Bruser, chief

operating officer of Synergo, describing the experience as "a moment outside of daily life and set routines, where, because it's a controlled setting, one can take on challenges and risks." And it's clear that trust is at play here – trust in the equipment, trust that your boundaries are honored, trust that your team will not fail you. Trust is the first question we ask as we get harnessed and helmeted and on belay: "Can I trust you?"

Testing equipment and ropes, tying infinity knots in those ropes, are among the AP's many safety measures. Staff each spend an hour and a half a day inspecting cables and lines, harnesses, braking systems. The Challenge Course, Adventure Tower, the Zipline, the Kids' Tower, and e-bikes: Nothing is left unchecked. While safety is paramount at the Adventure Park, which is open to the community – residents are encouraged to walk around its sprawling campus any time – so is the goal for participants to be just outside of the comfort zone, that delicate balance between thrill and fear, the new and familiar, between daring impulse and solemn retreat.

The familiar is where most of us live. We construct and hew to routines so ingrained, they become second nature; we do not give them much thought. We can move through our day on automatic pilot, hardly mindful of what we are doing or where we are going. But it is the unknown and the unfamiliar that holds tremendous power and self-discovery, which is what septuagenarian Jose Racadio, on an outing with fellow seniors, experienced on the Zipline. Swinging high in the air in a harness, he realized there was nothing to fear: "I saw the trees, the sky. It was so beautiful. Wow! I open my arms." Entranced, Racadio decided to ride a second time. Says Eric Hamblen, AP's assistant program manager, "he started the Zipline at 79 and came back up 19 years old."

The journey on a challenge, including the Leap of Faith, the Cat Walk, the High Vee, an apparatus that requires two equal forces of equal commitment, yours and your partner's, pushing against each other to inch along thirty feet of cable that gets progressively wider the farther you go, is inward. "It's a deep connection to your group or partner, a connection to self," Bruser says.

The set-up in the Leap of Faith is simple: a platform, iron rungs on a tree, ropes, and, dangling on a rope thirty-five feet in the air between two trees, a trapeze bar.

"The bar represents a goal in life. You decide the distance between you and the goal. There's the goal you can easily reach and the goal you're likely to reach, but with effort. Then there's the aspirational goal, the one you might spend your whole life trying to reach," says Hamblen, whose background in experiential education, that which believes fusing direct experience with inner reflection helps learners deepen knowledge, clarify values, and sharpen skills, also mirrors the philosophy of the AP, which aims to craft an experience of self-discovery and meaning. "Our goal is to provide a space for people to experience something meaningful," Hamblen says.



The two-storied Adventure Tower.

Ayla goes first. She silently names her goal, counts down, and makes her leap. We are rapt, as she is airborne. We pull the rope taut, and there she is, radiant with happiness, hanging from the bar.

Nina and Mei Lani decline, so I go next. I adjust the ropes and place the bar about twenty-five feet away, a distance far enough across from me, that to grab hold, I will need a running start, an explosive leap into space, the athleticism of a leopard, and crazy, dumb luck.

I do not expect to reach the bar. My goal is aspirational and I've made sure the odds are not in my favor.

The platform is as large as a desk. No running start there. Whatever propulsive force I can generate needs to come from a standing broad jump, the meager height of which I had nailed, in the zenith of my girlhood about a hundred years ago, at just shy of nine feet. That still leaves much daylight between me and the bar.

I decline, when Eric asks, if I want to share my goal, for it came to me like a gift as I stood on the platform, and it feels too new and improbable a dream to say out loud. I contemplate the bar and a stillness comes over me. My entire world narrows to that goal. The bar becomes the rest of my life: hope, longing, joy, truth. Time both slows and expands. It's as if I can hear the trees and grass and birds breathing -- a faint music that is rising around me. I swing my arms and leap into the wild air. Every cell in my body is straining and pushing and reaching for the bar. I can feel *everything*. And in that split second of flight, I feel so awake, so intensely *alive*, that I know I am part of the flow and music that's in the old forest, that's in the world, and I realize that this is the feeling that I have been seeking all of my life.

Adventure Park now offers all Lāna'i residents discounts on its offerings. Please call (808) 563-0096 for more information or visit them on the web: LanaiAdventurePark.com.



"Only those who risk going too far can possibly find out how far one can go." T.S. Eliot



On the platform of the Leap of Faith.



Catching air on the Zipline.

This Month

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In First Person - I want to be a Munso woman.

I awoken with a start, knowing exactly what day it is. It is 4:12 a.m., and what I am is almost late to work. I have exactly eighteen minutes before the second whistle of the morning, eighteen minutes before the pineapple trucks loaded with gangs of pineapple pickers and lunas, off-island summer seasonal workers, too, rumble down Lāna'i Avenue to numbered fields 5513 Baker, 5420 Charlie, 5330 Abel, and scatter to all directions Delta, Epsilon, and beyond, to the vanishing points of the island.

Where are my arm guards, my mesh goggles, my kaukau tin? My heart is a careering horse in my chest, close to skidding off the tracks, as I jump out of my bunk bed and race around the room that I share with my older sister and my three brothers, grabbing from the orderly stacks of clothing on a wide shelf whatever I think I will need for the day and cramming them into my work bag: handkerchiefs; cotton-lined rubber gloves, safety pins. Everyone has already left for work. I have slept through the flurry of their own preparations, their vocal reminders, their vigorous shaking of my shoulder. They have left me to my own devices and I am not prepared.

I am moving faster than I can think, pulling the wide-brimmed straw hat over my head, tying the cords under my chin, slipping the long handle of my work bag over my head. I bang the screen door close, stomp into my rubber boots and I am out of the yard like a flash of light. The labor yard is less than a mile away. I am sprinting in the half-light of morning, flying through the pine trees in Dole Park, and past the post office at the top of the rise, gaining speed as I hurtle down the gentle slope of Lāna'i Avenue, the streetlights illuminating the way. *There is no time to waste. But hurry!* To be late, to be lazy, are terrible failures of character that my family cannot abide.

I do not come from a family of coddlers, praise-seekers, excuse-makers, whiners. There are a few things I know, and these are the rules of my life: Be kind. Tell the truth. Be grateful. Do your work. Don't be lazy. I am not too young to understand that failing to live by them brings a kind of Old Testament pain to my brothers and sisters: Do not bring dishonor to our parents. Do not embarrass them or cause them grief. Do not bring us shame.

Being late to work is a subset of dishonor, a cousin to disrespect, for it shows I have no consideration of other people's time.

My family is no different from any other family on Lāna'i. How are we not? We are all laborers. We stoop and bend to the will of the pineapple. Our arms grow swollen from picking fruit, our backs are bowed. We bear the heat and dust and swarms of pineapple bugs, the rain and mud, for those are her terms, her grounds. Her season is our season, her abundance ours. We are yoked, field and worker. We throw our lot in with hers.

I cut the corner, and am bounding hard across the parking lot and through the opening in the labor yard's wall of corrugated tin, weaving through knots of workers, and there, there is my gang, my friends and my luna – *hurry hurry, do not be late for them!* My luna fixes me with her no-nonsense gaze, and checks my name off on the clipboard, tells me she was close to sending me to an old lady gang, haha. But I have made it in the nick of time.



Nelinia Cabiles

The old lady gangs are the Munso women of the fields. A fearsome lot. You bring your A game, always. You do not waste their time. They are neither old nor ladies, as far as I can tell, if being an old lady means being demure and meek. They can shift into high gear at the drop of a crown. They are long in the season of moving pine through their hands, flipping crowns with a flick of their wrists, and hurling them in the air, shouting Munso! Munso!, the sign for the truck driver to geev'um now, go like hell. They have a field to clear, bonus to make. No time to waste. They have families to feed. Twenty-five, thirty loads in a day. Impossible.

We climb out of the truck and wade into the green and silver sea, swinging our legs over to clear the sharp and tapered leaves of the pineapple plants. We pick our lines and follow the boom, snapping the fruit from its stalk. We pull our own weight. Canvas chaps and arm guards are sodden with dew, but this is our life. These are the terms. "How we spend our days, is, of course, how we spend our lives," as Annie Dillard writes. "What we do with this hour, and that one, is what we are doing."

We are all trying to make bonus: 22 loads for the day. The feeling is unspoken, but I can feel the pace quicken, as the sun creeps higher in the sky, feel the energy between my friends on either side of me. Someone throws a crown, Munso! and it is answered by a volley of crowns. And the push is suddenly on. I find I am again moving faster than I can think, trying to keep up with the boom, but my friends help me and I help them, as we find our own rhythm and timing, our shirts and faces wet from dew and sweat, and joy. Yes, joy. At the end of the summer, we will be best friends. And that is the secret of a plantation town, of pineapple gangs and the Munso women of the fields: it feels good to work that hard. There is honor in that work. Pride. We work for bonus, but that is just a number for the day. Who we work for are our gangs, for our friends in those gangs, for the good name of our families, for our families themselves, and in this way, aren't we all Munso women?

LĀNA'I TODAY

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Maui Health Foundation Raises over \$770,000 for an American Heart Association Certified Chest Pain Center on Maui

Maui Health Foundation's "An Evening at Spago" January 31, 2020, raised over \$770,000 to help fund Hawaii's first American Heart Association (AHA) Certified Chest Pain Center at Maui Memorial Medical Center (MMMC).

"We see about 14 to 18 patients with chest or heart pain per day in Maui Memorial's Emergency Department," said Dr. Lee Weiss, Medical Director and Chairman of MMMC's Emergency Department. "A center like this is critical for saving lives."

The purpose of a Chest Pain Center is to significantly reduce the time it takes for a patient experiencing possible heart attack symptoms to see a physician, who could then more quickly provide necessary treatment during the critical early stages when treatments are most effective. It also provides a specialized observation setting to help ensure patients are not sent home too early, or needlessly admitted to the hospital.

The AHA's Chest Pain Center accreditation is an elite mark of excellence for the care of patients with acute coronary

syndrome (ACS). A hospital with an accredited Chest Pain Center meets or exceeds quality-of-care measures for treating ACS patients across the continuum of care – from the onset of the patient's symptoms to discharge from the hospital. Accredited Chest Pain Centers undergo AHA's rigorous evaluation process, based on their ability to assess, diagnose, and treat patients quickly and effectively.

"With our surgeons, cardiologists, and interventional cardiologists, such as Dr. Colin Lee and his team, we are truly standing on the shoulders of greatness," said Weiss, who has experience in opening and running several AHA Certified Chest Pain Centers in California. "We will be leveraging the talents of our physicians and staff to provide extraordinary care to our community."

The Chest Pain Center is estimated to cost approximately \$1.5 million and will take about 18-24 months to open.

"We're so grateful for our Foundation members, community partners, and team for their dedication to advancing health-care on Maui," said Tamar Goodfellow, Maui Health Foundation Board president.

"Because of their commitment and generosity, we're halfway to our goal of opening the first AHA Chest Pain Center in the entire state of Hawaii."

The highly successful annual fundraiser event, generously underwritten for the ninth consecutive year by Wolfgang Puck and Spago Maui, featured a four-course dinner, live auction, and fund-a-need paddle raise.

For more information about Maui Health Foundation or to make a donation, contact Maui Health Foundation Development Manager Cassie Chavez at Cassie.Chavez@kp.org or 242-2632.

For more information about Maui's Chest Pain Center, contact Maui Health Director of Strategic Communications Lisa Paulson at 442-5086 or Lisa.H.Paulson@kp.org.



Spago Event Committee Members Melinda Sweany, Tamar Goodfellow, Tony Takitani (Event Auctioneer), Karen Williams, Nancy Overton, Karen Christenson, and Chris Kulis. (Maui Health Foundation)



Maui Memorial Medical Center Emergency Room. (Maui Health)

Help available from the Lāna'i Cancer Fund

The Lāna'i Cancer Fund is our community's way of saying, "We Care" to a resident who has been diagnosed with cancer. The requirements are simple. Call Lāna'i Kina'ole, 565-8001, to make an appointment to pick up an application form. You must be a Lāna'i resident for six months. Take the application to your doctor to sign, stating you have been diagnosed with cancer. After your

application is approved, you will receive a monetary gift of \$500 which you may use any way you like. In addition, you may receive up to \$1,000 for expenses relating to your treatment which are not covered by your health insurance. You can submit the receipts for your expenses as they are incurred. Donations to the Lāna'i Cancer Fund are welcome year-round and are sincerely appreciated.

Bourbon, BBQ and Blues



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Join pitmaster Jack Arnold of Snake River Farms and Big Green Egg for good food, cocktails and grilling tips

Live Music featuring Ron Artis II



Council's 3 Minutes - *Your county, your charter, your future*

Contributed by Tasha Kama

Council's 3 Minutes is a column to explain the latest news on county legislative matters.

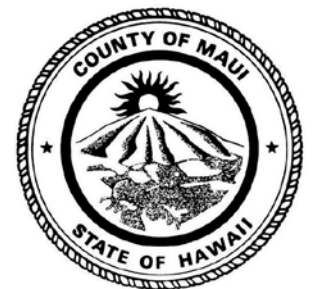
In the general election on November 3, 2020, voters will be able choose whether to revise the Maui County Charter, the county's constitution. The charter establishes the organizational structure of the county's legislative and executive branches, how the county is governed, how legislation is adopted, financial and ethics procedures and how to amend the charter. It is a living document. When conditions warrant change and the voters agree, the charter is amended to reflect those changes. It has been that way since the first charter was adopted by Maui County voters in 1967. Much remains from that first charter in our current charter, which was adopted in 1982 and amended almost every election cycle between 1984 and 2018.

The charter requires a mandatory review every 10 years by an 11-member charter commission appointed by the mayor and approved by the council. We are due for another review starting in 2021.

Charter amendments can be started by council resolution or by petition to the council or the county clerk. The requirements of each method are detailed in Article 14, "Charter Amendment."

Council-initiated amendments require two readings and a super-majority vote by six councilmembers to place the matter on the election ballot. Council-initiated charter amendments that may soon be considered by the council's Governance, Ethics and Transparency Committee include items relating to the following issues:

- Clarifying the mayor's authority to appoint temporary department heads.
- Changing the frequency of required council meetings.
- Extending the Affordable Housing Fund.
- Bifurcating the Department of Housing and Human Concerns into two agencies: the Department of Housing and the Department of Human Concerns.
- Reorganizing of the executive branch to establish the Office of Managing Director.



- Starting terms of office on the first business day in December following general election rather than on January 2.
- Establishing shorter lifetime term limits for councilmembers – two terms of four years.
- Clarifying how to resolve conflicting interpretations of the charter.
- Revising policies on the retention and termination of special counsel.
- Allowing Office of Council Services attorneys to be legal representatives of the council and council members.
- Changing the membership structure of the charter commission.
- Revising standards on the appointment and removal of officers and employees.

It's unlikely all these proposed amendments will be approved by the council for consideration by the voters. Many of these proposals contain substantial changes to the form and function of your county government, and it may be prudent for the council to defer some of the bigger changes to the charter commission.

I believe the council owes you the opportunity to learn about and discuss any proposed charter amendments well in advance of asking you to vote. I will be advocating for council-sponsored informational outreach to you, the voters, on every proposed charter amendment that will be included in the next ballot. You can stay informed by checking the council website, www.mauicounty.us. This is your county, your charter, your future. Please take the time to be informed.

Tasha Kama is chair of the Affordable Housing Committee, and holds the council seat for the Kahului residency area.

What's happening on Lāna'i?



CITATIONS		FEB
Speeding		9
Other Moving		3
Seat Belt		2
Child Seat		0
Vehicle Tax		17
Safety Check		21
Other Regulatory		17
Other Parking		10
Non-Traffic		5
Total		84

ARRESTS		FEB
Males, Adult		5
Females, Adult		1
Males, Juvenile		0
Females, Juvenile		0
Total # of Charges		8

DRIVE SAFE / RIDE SAFE TIP

The school's drive-in drop-off zone for students is located in the parking lot between the school's cafeteria and the County gymnasium. For safety reasons, don't unload passengers on the school zone easements alongside Fraser Avenue.

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Letters to the Editor

Dear Nelinia,
 My husband and I have been long time visitors to beautiful Lāna'i for over 25 years. We are temporarily unable to travel now, but, through Lāna'i Today, we can keep abreast of the events that are happening on the island. We thoroughly enjoy the photos of the children and familiar faces of the islanders that we recognize and miss. We have always loved Lāna'i and the wonderful friends that we have made there.
 We welcome you as the new publisher and editor of Lāna'i Today...a publication that would not have happened without the foresight, skill, courage and dedication of Alberta de Jetley. It was never a money-making enterprise for Alberta but an avenue to share local news with the occupants of and visitors to the island. It was a lot of hard work for Alberta and

her cadre of friends like Greg Cohen, Heidi Vogel and more, who made sure that this monthly publication got to the printers on time.

My husband and I pay tribute to Alberta de Jetley for all that she has done for her community. As a child who grew up in Lāna'i, she has been a fabulous source of historical information about Lāna'i. We have seen her generosity, kindness and boundless energy in helping her community through fund raising events, clean ups, giving a place of shelter to those in need and, much, much more.

We wish you, Nelinia, much success in your new venture and welcome back home to beautiful Lāna'i.
 Sincerely,
Esther and Roy Meshel, Ross, California

Invasive trees on Lāna'i: your days are numbered

There's a new forestry mulcher in town: first name, FECON, last name, FTX 300. With an engine that purrs and rolling hammers in its head, the FECON is a beast; a tree-pulverizing, land-clearing beast.

Hand-built as fine as any Rolls Royce, but with the heart of a dozer, the FECON is designed for only one purpose: to make mulch out of trees and shrubs and bushes. For the island of Lāna'i, beleaguered by tracts of Hale Koa and Lantana, this means *invasive* trees and shrubs and bushes. Seventy hammers in the FECON's oscillating head grind Hale Koa and Lantana trees and pound them a foot or so into the ground as it rolls blithely along. The FECON leaves nothing in its wake but a mulched field of organic stuff, harmless as humus and beneficial to the soil, besides. "Once the machine mulches the trees down, you can go back six months, take soil samples, and see how much the soil is benefitting from this organic material," says Doug Stephenson, director of Fleet Maintenance, Pūlama Lāna'i, who sings the FECON's praises.

To clear land that would typically take a crew a month to complete, the FECON can do in two days, he says. "It's a normal tractor dozer, but its head [an oscillating undercarriage] spins at super-high rpms, and basically hammers or pulverizes whatever it touches. It clears off all that land [of Hale Koa and Lantana] and makes it easier for dozers" in the land-clearing work, Stephenson says. "It cleared nine to 10 acres, in the ag lots and by the piggery in Pālāwai Basin."

To sing about the FECON, is to tout its power and agility and production capability. It can maneuver on slopes at twenty per cent grade and "has a top speed of five to ten miles per hour," says Stephenson. Un-

der its hood rumbles a Cummins 6.7 engine that delivers 300-horsepower strength; its 30" track shoes provide

balanced traction in hard or soft conditions. Its front mount lift height under cutting tools is 44" rotors that feature reversible Samurai knives for fast cutting in all materials.

Training on the FECON takes about three days, and Stephenson is looking to train another three or four staff on it. "The more experience they have in it, the better their production," he explains. Stephenson sees owning the FECON, the biggest forestry mulcher in the state, as a way that will save money on project costs, for it eliminates the cost of hiring a contractor, who will use their own contractor's equipment to clear the land.


Since the \$400,000 FECON was purchased a month ago, it has been clearing land and grinding fields of invasive species into the ground, returning the land back to a non-invasive area. It's repurposing that land for agriculture, Stephenson notes. But all that mulching does add up.

"We ran a hundred hours on it, so it needs to be serviced after a hundred hours. We'll drain the fluids out," Stephenson says. And then, serviced and attended to, Stephenson says the FECON "will be sent to Hōkūāo to clear the land and prepare it for construction."




Report Crime Anonymously
Crime Stoppers

Maui Crime Stoppers offers rewards of up to \$1,000 for information leading to the arrest and indictment in unsolved crimes. All callers are anonymous, you do not have to give your name. If you have information about a crime, call (808)242-6966.



MKCF
Manele Koele Charitable Fund

Making a difference to Lāna'i community organizations

The Manele Koele Charitable Fund (MKCF) is in our fifth year of making a difference to the Lāna'i community. We have made donations in the areas of Education, Health Care, Arts, Senior Services and Sports.

In 2020 there will be two funding cycles, one in the Spring and one in the fall. Completed requests must be submitted by these dates: **Spring deadline: April 24, 2020. Fall deadline - August 14, 2020.** The Spring funding cycle is now open to Lāna'i community organizations in these categories. We welcome your requests for funding. Deadline for completed requests is no later than Friday, April 24, 2020. Funding will be in May 2020.

Our goal is to inspire and empower Lāna'i recipients to learn, participate, improve and thrive. Visit our website at www.manelekoele.org. With our on-line, user-friendly template, you must complete your request and submit via email. Please be sure to answer all the questions and follow instructions on submitting your request. Our dedicated board carefully reviews each request and meets with every applicant personally to discuss the needs of their organization. We look forward to hearing from you and working with you to achieve your goals!

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Count Me In! Kicking off the 2020 Census

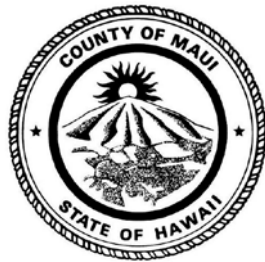
County Mayor Mike Victorino is actively supporting the state's effort to increase participation in the United States Census. He has formed a Complete Count Committee consisting of community and business leaders from the Non Profit Directors Association, the Governor's liaison on Maui, MEO, MEDB, the Chamber of Commerce, MVB, the Native Hawaiian Chamber, OED, UH-MC, and the legal community.

For the first time, people will be able to respond online, as well as by mail, by telephone and in person. Online responses will immediately be encrypted to maximize confidentiality. The federal, state and county governments are especially interested in reaching out to undercounted groups, including Native Hawaiians, Pacific Islanders, Hispanics and Portuguese. Residents of Lāna'i, Moloka'i and Maui need to know that the Census questionnaire they'll be receiving in early April will not include questions on citizenship, finances or banking relationships.

We want to ensure that Maui County receives the most funding that we can from the distribution of federal money. In 2016, Maui received its share of the \$3.7 billion allocated to the state. But for every person over the age of five who is not included in household responses, we lose more than \$1,500 per person per year for ten years until the next Census. That's money left on the table that could have gone toward safety net programs, roads, public transport, Medicaid, and our keiki's schools.

Specifically, in our County, federal money contributes to:

United States
**Census
2020**



- ❖ Head Start, and other educational programs for our keiki
- ❖ HUD Section 8 Housing
- ❖ Community Development Block Grants
- ❖ Maui Economic Opportunity, Inc.
- ❖ Airport improvements
- ❖ Multiple road and bridge projects

Census data also determines each state's political representation in the House of Representatives, and assists officials in setting boundaries for congressional, legislative and school districts.

The earlier you respond to the questionnaire, the fewer reminders you'll receive from the U.S. Census Bureau. And, again, this year it's easier than ever, taking only 15 minutes.

So, please join the Mayor in saying: "Count Me In" For more information, please contact, Darlene Endrina, Lāna'i & Community Liaison, Office of the Mayor, (808) 270-7855, DarleneEndrina@co.maui.hi.us



Trim Your Trees Safely

- For your safety, please call us at 871-7777 before conducting any work on trees on your property that are near overhead lines.
- Homeowners are responsible to check and, if necessary, hire certified tree trimmers to maintain trees on your property that are in contact with or in close proximity to the service line that powers your home.
- Only professionally trained and certified individuals should trim trees that are touching or in close proximity to power lines.
- When working on trees that are near power lines, keep a 10-foot minimum clearance from the lines when setting up ladders and other equipment. Secure everything.



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2. RD INCOME LIMITS:
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TWO PERSONS - \$39,050

**MUST BE CAPABLE OF
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Part II of a series - Strikers prevail, bringing forth sweeping changes on Lāna'i

By Nelinia Cabiles, Photographs courtesy of Lāna'i Culture & Heritage Center

There were men who always came to Lāna'i's Bamboo Dining Hall hungry – young, lean, earnest men who were the first in line to grab a tray, and after sliding onto the wooden bench under long plyboard planks that served as a makeshift table, tucked in without a word, and ate their meals with gusto, holding off on conversation until after they'd mopped up the last of their beef stew with bread and forkfuls of rice. There were others who arrived with their families, who kept their appetites in check, letting their wives or children line up before them.

But regardless of the time of day, everyone who came, came to talk about the pineapple strike, now entering its seventh month in September. The dining hall, also known as the community soup kitchen, was not only where residents got their “three squares”, it was also their place of daily renewal and connection. There, the strikers felt a solidarity and kinship, felt a unity with their ILWU brothers that brought them a different, but essential, kind of nourishment. For these workers, the community soup kitchen had replaced lunch in the fields, when they had sat in a circle on the ground with their fellow workers, talking story and sharing, kumpan-style, home-cooked meals from their food tins, and enjoyed for twenty minutes in that second kaukau of the day, a sweet respite from the back-breaking work of bending, picking, planting the crowns of pineapple in the stifling heat.

Now, roughly 4,000 acres of pineapples were decomposing, unpicked and laid to waste, a casualty of the strike.

The pineapple laborers had been doing work that was different from what they'd known: organizing and picketing; running committees; stocking the soup kitchen's shelves with food donations from supporters from across the state and the country; building discipline and resolve month after month as they stood their ground for their demands: a wage increase of twelve cents an hour, better healthcare, and the right to own a home, a notion that had seemed so audacious, so radical, and yet so fundamental a right, that it quickened the hearts and ignited the imagination of the union workers on Lāna'i, sweeping through them like a brush fire, and became their crusade. It was a fire of the bluest flames, that which burns the hottest, even as opinions and doubts of their victory swirled around them. Although the strike has been going on for more than six months, “there is no evidence that strikers can win”, wrote an editorial columnist in the *Honolulu Star Bulletin* September 3, 1951, and even as theirs had become a lonely crusade. They watched as six other ILWU unions across the state, from Kauai to Maui, O'ahu to Moloka'i, acquiesce, falling one by one to settle contracts with their pineapple companies. These small cadres of workers were no match for the multi-headed pineapple industry Goliath and its year-long campaign devised to “break up industry-wide bargaining and to negotiate company by company” (*The Honolulu Record*, October 4, 1951).

Lāna'i's eight hundred workers were the only ones left standing. They were a valiant David, unlikely paladins, whose fight for dignity had been years in the making, as they endured “systematic discrimination . . . demonstrated by dual wages, unequal housing, and poor treatment by bosses, all reflecting



1951 striker in pineapple field 5421.

class divisions sharply reinforced by race” (Valdes, Dionicio Nodin, *Organized Agriculture and the Labor Movement before the UFW: Puerto Rico, Hawaii, California*, University of Texas-Austin Press, 2011).

But if the workers were resolute and strong, it was because they knew their strike leader, Pedro dela Cruz, would never back down; he was with them all the way. His articulation of what was at stake cut through the noise of the battle. Home ownership was one thing, for it is the largest driver of wealth from any economic perspective, then and now, but wage equality and respect from the Hapco pineapple bosses were as equally compelling arguments, if not more so, for inequality and disrespect were day-to-day realities that the pineapple workers had suffered and could no longer abide.

The workers found in dela Cruz as principled and inspirational an organizer as they could have ever hoped for, a strategist whose brilliance was matched only by his compassion. Says George Ohashi, a loader of pine boxes: “The people were working hard and not earning enough. . . He wanted to raise the price; the company didn't. That's why he quit the company when the union came. Then the company wanted to hire him back, to stop him from getting into the union. They would pay him better wages, but he didn't accept. He was really a good man who was with the working people” (*ILWU Oral History Project, Part VIII*, June 22, 1995).

On September 14, 1951, the energy in the air had turned electric. People could feel that the end of the strike was at hand. Their intuitions were right. Later that evening, workers would learn that Hapco and six unions settled with seven pineapple companies to reach an industry-wide agreement with the ILWU. The 200-day strike was over.

The Lāna'i workers, who had been criticized and condemned for prolonging the strike, were hailed as heroes. Their tenacity and courage earned them not only a “15-cent increase for themselves (three cents more than they had asked for), but also a seven-cent raise for workers in the other six companies” (*Honolulu Record*, September 20, 1951).

It was a victory that returned everyone to industry-wide bargaining, one that had been lost in the 1947 strike (Valdes 158). Said then-President of the ILWU, Takeo Furuike, [employers] “have learned they can no longer isolate plantations. . . paying different wages and setting up different conditions. . . in the industry” (*Honolulu Record*, September 20, 1951).

Other settlement points included: recognition of Local 142 as a consolidated union (with the sugar union); improved seniority provisions, “a first step in protecting workers from the erosion of mechanization . . . comprehensive medical coverage for family members (Valdes 158), and the right that started and defined one of the major prongs of the strike: the right to own a home.

An entry in a ledger listing sales of Lāna'i's plantation homes on July 14, 1954 (the earliest data in the Lāna'i Culture and Heritage Center's archives), cites six homes sold.

By March 1955, the fires from that history-making strike continue to light the way for the island's families, as another three hundred and five homes are sold on Lāna'i.



Pineapple field 5515, overgrown with weeds and vines.



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Mario Diesta's racing pigeon earns first place in 2019 state championships

Six years ago, Mario Diesta saw a white-feathered pigeon wandering around the Young Brother containers at Kaunalapau Harbor, located on the western coast of Lāna'i. It wasn't love at first flight. There was definitely something wrong with the bird. "The pigeon looked weak, maybe hungry," says Diesta, who works for Maui Disposal. Diesta approached the bird, picked it up, and noticed a band imprinted with numbers on its leg. Diesta deduced it was a racing pigeon, and so he called racing clubs around the state. One call led to another and Diesta eventually made contact with the owner of the bird.

But this is not a story of a bird being returned to her owner after months of her being lost. That is a postscript of an anecdote. The arc of some stories starts with "Once upon a time". That is the story's ground. But a story isn't a story until a character experiences, "Then, one day. . ."

Diesta's "one day" was meeting the ailing pigeon, who Diesta would name Angel, for her white plumage, for Angel introduced him to the world of pigeon racing, and that is where Diesta's story begins.

"I was bitten, big time," says Diesta says, referring to pigeon racing. "The more I got into it, the more I was intrigued." Diesta became a breeder, found a trainer or handler on O'ahu by the name of Troy Kamaka, who started training Diesta's birds. Diesta discovered he had a knack for breeding, raising fast birds with a strong homing instinct, for in September 28, 2019, Super Nelly, the bird of Mario Diesta, band number AU 19 PBM 375 out of Troy Kamaka's Kahiwa Loft, flew 237 miles to win first place in the O'ahu Invitational Flyers 2019 Race, clocking in the winning time of 4:38:42.

"Birds were released at 8 a.m. from [Kaimu Beach] on the Big Island, so it's about four and a half hours on their wings," Diesta says,

A month later, blue-checked Super Nelly, named after Diesta's mother, came in first in the 50th State Championship (FSC)/Pono Race. Super Nelly flew over



Mario Diesta with top bird, blue-checked Super Nelly.

a thousand miles in the Peter Buck Back to Back Memorial Race, winning two first place spots and clinching the second overall prize. Not too shabby for someone who did not know a thing about pigeon racing six years ago. Diesta says veterans in the state's pigeon racing circles are asking "who is this Mario guy from Lāna'i?" Of such winnings, Diesta takes no credit. "Genes and training. Pretty much a factor in winning races."

Diesta says that he often releases his birds at Mānele, "and they beat me home every time. They have an amazing GPS in their brains. They take in the smells, the surroundings."

Diesta says the sport of pigeon racing is lucrative, with a million-dollar prize purse of all races combined for the year, including a \$400,000 first-place prize in a race in South Africa.

Diesta, who now has more than one hundred racing pigeons and makes a home for them at his plot at the Pūlama Lāna'i community gardens, is hoping to take his birds to the Hoosier Classic race in October in Indiana this year, which has a first-place prize of \$250,000.

Sally Bandalan retires from First Hawaiian Bank after 30 years

When Sally Bandalan started work at First Hawaiian Bank at the Lāna'i branch January 8, 1990, George H.W. Bush was president, Hawai'i Regional Cuisine had just been born, and the grunge look of rumpled flannel shirts was all the rage. No one had yet invented Kindle and we were still tethered to our landline phones. Oh, what a difference thirty years makes!

On March 31, 2020, Bandalan will retire, ending three decades of work, of personal and attentive service at the bank. "I've seen many changes over the years in banking, especially in technology. We have online banking now."

But what Bandalan will miss are the connections she has made at FHB. "I will really miss people coming in just to say hello and talk story. It's been great getting to know each person who comes in. I'll miss the personal interactions that I've had here," says Bandalan.



Anthony and Sally Bandalan - Photograph by Alberta de Jetley

Bandalan says she has no hobbies, but knows there is plenty to keep her days full. She'll be joining her husband, Anthony, who is retired. "I'm really looking forward to spending time with my mom and taking care of my family."

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Changing a habit requires understanding how the habit loop operates

One day you wake up and you realize, I really need to stop smoking. I feel lousy all the time. I used to be able to go for a jog and now I can't even go an hour without having a smoke. This smoking has become a bad habit.

To change a habit, one needs to understand a framework for how habits work, writes Charles Duhigg, author of *The Power of Habit*. "The process within our brains is a three-step loop" Duhigg writes. The cue, the routine, the reward.

"First, there is a cue, a trigger that tells your brain to go into automatic mode and which habit to use." For example, it is 6:45 a.m. This means you have time for a five-minute smoke before get in your car to drive to work. Any later than 6:45 a.m. to have your smoke, and you risk being late. The cue is the time: 6:45 a.m., in this case, but the cue can be anything. "All habitual cues fit into one of these five categories: location; time; emotional state; other people; immediately preceding action," writes Duhigg. As long as the right cues are present, the brain will follow a script, or the routine.

The routine. Routines can range from the incredibly complex to ridiculously simple. You develop a routine for eating a cookie at 2:30 p.m. or eating a bowl of ice cream after dinner. As with most habits, Duhigg writes, "identifying the routine is the most obvious aspect: It's the behavior you want to change." The routine for the smoker might be: she's dressed, she's stowed her coffee flask in her bag, she has her phone in her bag. She's ready for work. And so she lights a cigarette and has a smoke.

The reward. For the smoker, it's that hit of nicotine. For donut lover, that rush

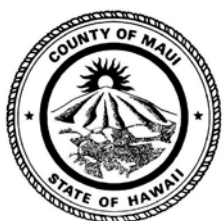
**THE POWER OF HABIT:
4 STEPS TO
CREATING
GOOD HABITS**



of sugar. Rewards are powerful, Duhigg writes, "because they satisfy cravings. But we're often not conscious of the cravings that drive our behaviors."

Cues and rewards create habits, so to change your behavior, you need a framework to understand your habits:

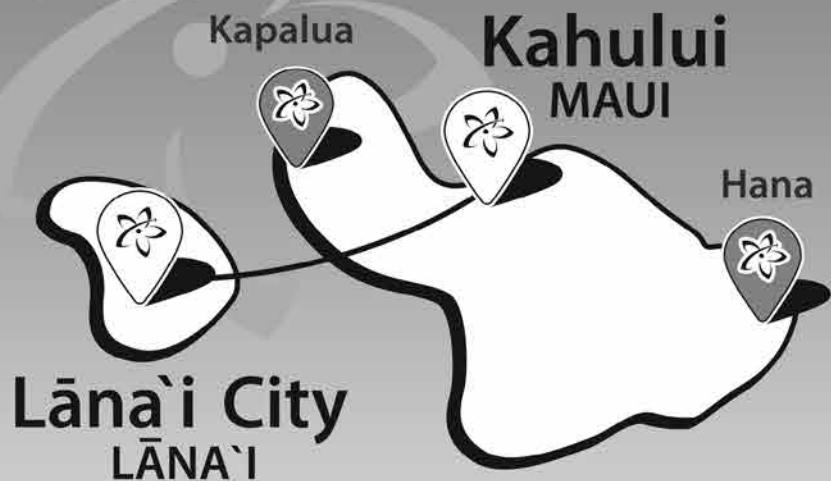
1. Identify the routine. What is a routine of a habit you wish to change? Pay careful attention to the cues (the triggers) that lead to the routine.
2. Experiment with rewards. Experiment with rewards: "To figure out which cravings are driving particular habits, it's useful to experiment with different rewards," Duhigg writes. This might take some time to do. "What you choose to do instead . . . isn't important. The point is to test different hypotheses to determine which craving is driving your routine." Are you craving the nicotine or are you craving some peace, five minutes to yourself?
3. Isolate the cue. To identify a cue, determine categories of behavior in order to see a pattern.
4. Have a plan. A habit is a formula our brain automatically follows, Duhigg writes. "When I see CUE, I will do ROUTINE in order to get a REWARD." To rewire that formula, begin making choices again. To do this, you must have a plan. For the smoker, it might mean setting an alarm at 6:40 and texting a friend instead of having that cigarette.



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NOTICE OF PUBLIC HEARING

APPLICATION OF LANAI WATER COMPANY, INC.
FOR REVIEW AND APPROVAL OF RATE INCREASES;
REVISED RATE SCHEDULES; AND CHANGES TO ITS TARIFF
Docket No. 2019-0386

The PUBLIC UTILITIES COMMISSION of the STATE OF HAWAII (“Commission”), pursuant to Hawaii Revised Statutes (“HRS”) §§ 269-12 and 269-16, HEREBY GIVES NOTICE that it will hold a public hearing relating to the Application of LANAI WATER COMPANY, INC. (“LWC”), filed on December 30, 2019, for review and approval of rate increases, revisions of rate schedules, and changes to its tariff. The public hearing will be held as follows:

Monday, March 16, 2020, at 4:30 p.m.
ILWU Local Hall
840 Ilima Avenue
Lanaʻi City, Hawaii 96763

LWC is a public utility authorized to provide potable water distribution service to the following areas on the island of Lanai: Lanai City, Koele, Kaunalapau, Manele-Hulopoe, and Lanai Airport. LWC is also authorized to provide non-potable (aka brackish) water distribution service to the Manele-Hulopoe area on the island of Lanai. In addition, LWC “currently provides potable water distribution services to Miki Basin and Palawai Basin, Kaupili Road and Upper Kaunalapau Highway, and Upper Manele on the island of Lanai.” As of the date of the Application, LWC provides potable water distribution service to approximately 1,500 residential, commercial, and other customers within its authorized potable water service area, as well as non-potable water distribution service to approximately 50 customers within its authorized non-potable service area.

LWC requests commission approval of an overall net revenue increase of \$1,717,970 for its potable water distribution service and an increase of \$206,372 for its nonpotable water distribution service, based on a 2020 calendar test year. For LWC’s potable water distribution service, this proposal represents an increase of approximately 364% over the pro forma revenue amount of \$471,460 at present rates for the 2020 test year. For LWC’s non-potable water distribution service, this proposal represents an increase of approximately 66% over the pro forma revenue amount of \$313,207 at present rates for the 2020 test year.

In addition to its proposed rate increase, LWC seeks approval to modify the existing rate designs for its potable and non-potable water distribution services based on its cost of service and rate design studies. Specifically, LWC proposes amending its “LWC Water Tariff No. 1 (Potable)” by creating two classes of potable water distribution services, “Non-Agricultural” and “Agricultural,” each with its separate monthly flat rate service charge and monthly volumetric water charge. For its “LWC Water Tariff No. 2 (Non-Potable),” LWC proposes to change the criteria for determining customer classification for its volumetric charges from gallons of water used to meter size, in addition to adding a monthly flat rate service charge.

If approved, LWC proposes a 4-step phase-in of its proposed rate increases for both its potable and non-potable water distribution services to mitigate or reduce any potential “rate shock” to its customers.

A copy of LWC’s Application is available for public review through the Commission’s electronic Document Management System, accessible at <http://dms.puc.hawaii.gov/dms/>, Docket Quick Link 2019-0386. LWC’s Application contains its present and proposed charges for its potable and non-potable water distribution services, as set forth in Exhibits LWC-P 12 and LWC-B12 to its Application.

In addition, copies of LWC’s Application are also available for review by contacting the Commission’s Maui office, (808) 984-8182, or the Department of Commerce and Consumer Affairs, Division of Consumer Advocacy, (808) 586-2800.

The Commission will investigate whether the proposals in LWC’s Application, including revisions to its rates/charges and rate design, are just and reasonable. The total revenue requirement for the 2020 calendar test year will not exceed the \$1,717,970 amount over revenues at present rates for potable water distribution services or the \$206,372 amount over revenues at present rates for non-potable water distribution services that LWC requests. However, the increase in rates and charges to be finally approved by the Commission, if any, may be higher or lower than LWC’s proposed rates and charges noted herein.

At the public hearing, the Commission will receive in-person testimony from the general public regarding LWC’s Application and proposed general rate increase and revised rate schedules and tariff changes, pursuant to HRS §§ 269-12(c) and 269-16(f). All interested persons are invited to attend the public hearing to state their views on LWC’s Application verbally, in writing, or both. So that all in attendance will have the opportunity to speak at the public hearing, the Commission may impose time limits for each person’s testimony. Special accommodations for persons with disabilities can be made if requested reasonably in advance by contacting the Commission’s Honolulu Office.

In addition, written statements may be mailed to the Commission at 465 South King Street, Room 103, Honolulu, Hawaii, 96813, or sent by electronic mail to puc.comments@hawaii.gov. Written statements should reference Docket No. 2019-0386 and include the author’s name and the entity or organization that the author represents, if any.

Any motions to intervene or participate in this proceeding must comply with the applicable provisions of the Commission’s *Rules of Practice and Procedure Before the Public Utilities Commission*, Hawaii Administrative Rules, Title 16, Chapter 601. A motion to intervene or participate in this proceeding shall be filed with the Commission’s Honolulu Office by March 26, 2020.

James P. Griffin
Chair

Aging well? It's all about your attitude

The secret to aging well? It is not something you can buy or consume. It does not involve cosmetic surgery. But it is a daily practice that if you cultivate, will improve your mental sharpness and extend your life: gratitude; forgiveness; and humor.

According to Authors Michael J. Gelb and Kelly Howell in their book, *Brain Power, Improve Your Mind as You Age*, practicing GFH will lead to better health and improve your brain.

Gratitude: "Those who count their blessings rather than their burdens are more adaptive... more optimistic, and report a significantly greater experience of well-being," Gelb and Howell write. Developing a routine of being grateful is straightforward. Start with a gratitude journal. Take a few minutes every morning and write down three things for which you are grateful. After you've composed your list, spend a few seconds "focusing on the feeling of gratitude for each thing you've written down." Come up with three things for which you are grateful each day. This daily practice will help you discover more grace in your life

Forgiveness: Playwright Hannah Moore referred to forgiveness as "the economy of the heart. It saves the expense of anger, the cost of hatred, the waste of spirits."

"The practice of forgiveness boosts the immune system, lowers high blood pressure, reduces anxiety and depression and improves sleep patterns," says Fred

Luskin, PhD, director of the Forgiveness Project, as he is quoted in *Brain Power*. While forgiveness is a more challenging attitude to take on than gratitude and humor, it is a skill that can be learned if you remember these points, Lukins writes:

Forgiveness is for you. It's a powerful form of self-healing. "Forgiveness releases you from the punishment of a self-made prison in which you're both the inmate and the jailor," says Doc Childre with Howard Martin in *The HeartMath Solution*.

Forgiveness strengthens your character.
Forgiveness isn't condoning.
Forgiveness takes patience.
Forgiveness is easier with empathy.

Humor: "We don't laugh because we are happy. We are happy because we laugh," writes William James. Humor strengthens our well-being as we get older, writes Gelb. Keeping a humor diary, surrounding yourself with family and friends who make you chuckle, punning and delighting in nonsense, are some of the ways to add humor to your life.

Your attitude toward aging "serves as a self-fulfilling prophecy, for better or worse," Gelb writes.

So, "Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits, watch your habits, they become your character; watch your character, they become your destiny," writes Lao Tzu, Chinese philosopher.

Melanie Manuel, who has worked at Pine Isle Market for the past eleven years, sees herself as a kind of pinch-hitter: she works wherever she is needed at the moment. She checks out produce and store merchandise; stocks shelves; displays fruits and vegetables. She loves the flexible hours at Pine Isle and the loyal customers who make it a point to support small local businesses by shopping at Pine Isle.

She says the ahi, which is shipped from Honolulu, is definitely the top draw at the store. "It's a little expensive, but it's worth it, because it's so fresh." Fresh ahi is available Mondays and Thursdays.



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COMMUNITY GARDENS BLESSING • FEBRUARY 28, 2020

Photographs by Dan Popov



The fenced plots at Pūlama Lāna'i's Community Gardens.



Kahu Freitas and Kurt Matsumoto



Charlie Palumbo



Kepā Maly



Al Norley Manuel



Blessing Ceremony attendees.



May the gardens give nourishment and life.



Dina Marshal and Kahu Freitas



Larry Plunkett, Oi and Rodney Ito



Shelly Preza, Willie Kaiakomalie and Ben Ostrander



Elviro Cabanting and Rusty Alcantara



Mackenzie Ajimura and Diane Preza



Chickens raised for a family's table.

LAPA PRESENTS



The cast of Disney's Frozen, Jr.



Photographs by Dan Popov



Music Director Matt Glickstein



Elsa and friends



Graziella Reese



Phoenix Dupree



Malia Cabiles



Makayla DuBose as Elsa.



Heavenly Tabucbuc, Zana Bolo, Anissia Ramirez, Lyric Kipi-Diesta



Graziella Reese, Linford Olter, Lucie Reese



Frozen, Jr. performers



A dramatic turn.



Kamiko Shimokawa and Alekah Pascua



Elsa and Bishop

Center photo spread proudly sponsored by Pūlama Lāna'i

Resource Caregivers are needed on Lanai to keep keiki and teens in foster care connected to family and to our community!
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SUPPORT SERVICES INCLUDE: room/ board reimbursement, medical/dental coverage for each child. In addition, an array of other services is available including resource family training, support groups, & on-going case work support.
Funding for Hui Ho'omalua is provided by the State of Hawaii Department of Human Services.

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lanaiwatercompany.com



In Their Own Words - The stories that connect us run deep: memories of a bygone era

Cookie Hashimoto:

I was born on April 24, 1926 and raised here [on Lāna'i]. Kids started working in the fields in 1942 when they turned 15. [The Hawai'i Pineapple Company, Hapco] was short of labor, so we worked two hours after school from 2 p.m. to 4 p.m. We would cut out the round part of the crown, the knob, and plant the knob in the ground.

I was the oldest in the family, so I helped my mother do laundry. My mother worked as a housekeeper at Hotel Lāna'i. We did laundry for other people. Later, from 1943 to 1944, I worked in the storeroom department as a plain clerk. The Dole Administration building – that used to be the storeroom for the company. We sold supplies for the workers, for mechanics.

There were camps here: the Korean camp, Chinese, Japanese. The Chinese camp was above Third Street. Every group had one big house; the big house was for the lunas. There were lean-tos, banos, running toilets.

There used to be a stable camp, where the gas and service station is now. There were wagons and horses that took people out to the pineapple fields. I remember that juniors and seniors could work for teachers; they would cook for them. On Saturdays, we would clean the teachers' houses. There were all kinds of community tournaments back then, too. We played softball, tennis, volleyball, rin tin tin, marbles.

In the summer, the seasonal workers would come to work in the pineapple fields. I remember during World War II, each camp had a public washroom, a wash house, public toilets. In 1943-44, they dug the shelter in the school.

During wartime, there were individual bunkers. The company whistle would blow at 4 a.m., 4:30 p.m. After the war, there was the 8 p.m. whistle.

I was a part-time clerk at International.

Then, Mr. Chung hired me to work in the school cafeteria. I knew his wife; we were both den mothers for the Cub Scouts.

Hideko Saruwatari:

I was born June 29, 1927. I was a hospital baby. Sickly. For four years I was in the hospital in Lahaina. They didn't have hope. I died once, but [was] revived.

In 1947-49, I went to a sewing school in Lahaina. A Mrs. Ah Sing was the teacher. I learned a trade. I sewed my school clothes. You know, it was cheaper to sew clothes. I made my husband's shirts.

On Olapa and Twelfth Street, there was a boarding house for the summer workers [seasonals] who worked in the fields. I cooked for them. During the [1951] strike, the union in Kona sent us supplies. They supplied us food. At the store, we could charge our necessities. It was altogether different then. We ate what we had. After we finished using a bag of rice, we used them as dishtowels.

The whole community would come out for things. Santa Claus came for Christmas, and everyone had a stocking filled with apples, oranges. It was very rare to get apples and fruits, but we got them [for Christmas]. Every Thanksgiving, everybody would come together, too. It was a big deal. We had turkey and sweet drinks. There was root beer, ice cream.

The E.K. Fernandez circus used to come to Lāna'i. For twenty-five cents you could ride all the rides. Everyone would come for celebrations that the churches would have. There were Bon Dances, sumo wrestling. Mike Shimasaki was a good wrestler. The winner got a roll of nickels.

Sally Takahama:

During the 1951 pineapple strike, I was nineteen. I was an office clerk at Dr.

Wilkinson's office. I was [considered] an essential worker. I went to work and I saw the picket line. They told me I couldn't go past. Dr. Wilkinson called me, "Sally, are you sick?" And I explained about the picket line. He called the union office, and Pedro dela Cruz told the workers at the picket line, you cannot stop her. He apologized to me about the picket line. My dad paid union dues. But he couldn't get food for the family.

There were stables that were right behind where the Lāna'i Hardware store is now. Every Saturday, we would go to feed and pet the horses and we'd ride them bareback. There were banyan trees there, and we would swing from branch to branch. My friends and I would hike up the hill to harvest lilikoi and hike to Manele. We never heard of crime.

After school, I went to Japanese school when the war came. On Saturdays, I would take a sewing class. I was learning how to sew kimonos. Mrs. Takeshita was very strict. I learned a lot from her. There was a big Japanese community here. The company would furnish trucks to [take us] to Hulopo'e twice a year. I remember that Helen Keller came to our school. Annie Sullivan [Keller's teacher] was with her.

Every summer there was work [in the pineapple fields]. This happened to all the kids. My husband and I bought this house (on Caldwell Avenue) for \$5,000 in 1957 from someone who worked for IBM; IBM had an office here. I've lived in this house since. I miss my friends. But I love the people here; I love socializing. It's a vibrant community.

Geraldine Hokama Zagata:

I didn't realize as a child growing up that the house we lived in was not ours. I was too young to understand. When the

strike ended, my dad [Shiro Hokama] came home so happy. I was seven. I remember that we celebrated with a box of Snicker bars. I was in seventh heaven.

My parents were laborers. *Leave the island*, that was the goal. I remember there were mothers working in the fields. I thought to myself, is that my future? I think you have to leave [the island] to appreciate how special this place is.

I have a pineapple collection; pineapple memorabilia. I started collecting the first year after my dad died. The company used to give workers anniversary gifts, and my dad received a pineapple ring. They used to give out pineapple pins; they gave them to tourists.

I think about all the things my dad had gone through in that strike, the sacrifices the workers made. It was a tough time. It wasn't until I was much older that I understood why the [1951] strike was so important, why the strikers holding out was so important.

I hope the young generation understands how life is so much better because of these workers, what they did. The strike changed everything, not just for us on Lāna'i, but for workers on other islands. After the strike, my dad was able to purchase two lots, our lot, and a lot behind ours. They were small lots. When I was older, he told me, this is all going to be yours. I told him, but I'm not coming back home to live.

I made a promise that I would never sell this house. It would've been easy to sell it. But I cannot in good conscience do that. My son and daughter, my grandkids, everyone knows this is grandma's house. My husband understands the culture [of Lāna'i]. He comes from a farming background, and he understands that I can't sell it. My goal is to keep it in the family.

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Enjoy life at the Blue Ginger Cafe

Merlita Saraos listens to Ilocano songs on YouTube, while she mixes flour, yeast and water to let it rise. She has a deft touch with dough. When the dough has risen, she kneads it with the heels of her hand and rolls it, dimpling its sides, pulling and pushing it around the pastry table, until it is pliant and silky and smooth. She has been part of the dawn patrol at Blue Ginger since 1989, turning out pans of hamburger buns and pigs-in-a-blanket, loaves of cinnamon bread, pastry dough for blueberry and apple turnovers, ensamadas, for early risers, such as herself, who are drawn to the café in search of coffee, and the comforting aroma of freshly-baked bread.



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We're hiring!

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

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

We're looking for candidates interested in:

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

We are currently looking to fill the following positions:

- Logistics Associate
- Ops Associate

Please apply at www.sensei.com/careers if you're interested in joining the team. For direct inquiries please contact: Scott Pisani at scott@sensei.com

Something special is happening at the Lāna'i Community Health Center

These are just some of the many services we provide. Visit our website for a complete list!

- Nutrition Counseling
 - OB/Pregnancy & Prenatal Care
 - Optometry – Maui Optic
 - Patient Transportation
 - Physicals (Pediatric/Adult)
 - Primary Medical Care
 - Referral & Care Coordination
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 - Tele-Pediatrics
 - Tele-Psychiatry
 - Tele-OB/GYN
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 - WIC Nutrition Program
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- Workforce Development

We are open Mon. - Sat. with evening hours available!

Lāna'i Community Health Center
333 6th Street

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

Lāna'i Community Health Center



The Lāna'i Community Health Center (LCHC), aims to support its residents who have academic goals in pursuing higher education in health sciences or an administration/finance career in the health service industry. We are seeking individuals who have excelled in academics, leadership, extra-curricular activities, and community service. It is hoped that scholarship recipients return to Lāna'i as positive and influential members of the community in the health service industry.

Scholarships in the amount of \$1,000 will be awarded to full-time students and \$500 for part-time students. The scholarship must be used towards tuition, books, and other college expenses (receipts will be required).

Eligibility Requirements - Applicants must:

- Be a Lāna'i resident graduating from Lāna'i High and Elementary School or attending a university or college (preference will be given to LHES 2020 graduating seniors).
- Be accepted to an accredited, post-secondary US community college or university (attach proof of acceptance or transcripts) for the academic year 2020-2021.
- Major in the medical & health science related field.
- Must have a cumulative GPA of 3.5 or higher.

Application Process:

To apply, students may submit their application starting March 1, 2020 and NO LATER than April 24, 2020.

A completed scholarship application form applications are available to be picked up at the front desk or downloadable at our website: <https://lanaihealth.org/wp-content/uploads/LCHC-Scholarship-Ap-plication-2020.pdf>.

Lāna'i Community Health Center
333 Sixth Street or mail to P.O. Box 630142, Lāna'i City, HI 96763
(808) 565-6919 - Fax: (808) 565-9111
Email: cfiguerres@lanaihealth.org

PERINATAL SUPPORT

The Perinatal Support Services Program (PSSP) provides support services and resources for high risk pregnant women. The goal is to promote health education, best practices, and increase the likelihood of positive birth outcomes. The objectives of the program include increasing early prenatal care; decreasing incidence of preterm, low, and very low birth infants; and improving participants health. PSSP provides services for pregnant women before, during, and after pregnancy (up to 6 months after birth).

What you can expect:

- A holistic approach by a multidisciplinary team of health care practitioners, including initial assessment, trimester reassessments, postpartum assessment, interventions, and follow-up services in: OB/Tele-OB, nutrition counseling, health education and psycho-social services.
- Prenatal Care including expected delivery date, nutrition, physical activity, common pregnancy concerns, monitor your health as well as your baby's health.
- Screenings and support for depression and/or to reduce the use of alcohol, tobacco, and other substances during pregnancy.



**Join us! Next Family Fitness Night
March 24, 5:30 p.m. - LHES Cafeteria.
Strong by Zumba**

A Good Nutrition Recipe

Contributed by Mindy Bolo, LCHC Wellness Coach

Most of us here on Lāna'i have probably been asked "Eh! You like some deer meat?" from a hunter down the street who doesn't have freezer space left or a friend or family member proud to share their victory catch. Venison has become a protein source to us here on Lāna'i, and it's typically given free with that aloha hospitality. Here is a simple recipe for Venison Chili for the next time you find yourself with local Lāna'i venison in your freezer. This recipe is shared by two of our fitness participants, Wendell and Jonie Sarma:

SARME VENISON CHILI

- | | |
|----------------------------------|--|
| Thawed, 1 lb ground venison | 1 small onion, quartered |
| 2 cans tomato sauce (8 oz. each) | 1 package chili seasoning mix |
| 1 can kidney beans (16 oz.) | 2 TBSP olive oil |
| 1 bell pepper, diced | Serve with shredded cheese if desired. |

(You can substitute kidney beans with your bean of choice, as well as add other vegetables into the mix. Keep the ratio similar to what is shared in the recipe. Optional: shredded cheese to top off the dish once served.)

Directions: In a large skillet, add olive oil and brown meat on medium heat. Drain excess fat. Stir in chili seasoning mix, bell pepper, onion, tomato sauce, and kidney beans. Bring to boil. Reduce heat and simmer for 10 minutes, stirring occasionally.

Free Oral Screening & Fluoride Treatment for LHES & Keiki O Lāna'i students



Prevention is Painless!

April 21, 2020 - Keiki O Lāna'i

April 27- May 1, 2020 - LHES

Turn in consent forms to your child's teacher.

Deadlines - KOL April 14th. LHES - April 20th.

What is Fluoride?

Fluoride is painted on your teeth by a health professional to prevent decay, remineralize, and treat hypersensitivity.

565-6919 - www.lanaihealth.org - @Lanai Health

Lāna'i chosen to host Imagination Library pilot project

Ohana Readers recently selected the Lāna'i Public & School Library to host the Imagination Library Pilot Project. Children ages birth to four who reside on Lāna'i may register to receive free, high-quality, age-appropriate books every month from Dolly Parton's Dollywood Foundation. Interested parents and caregivers may register their children at the library, located at 555 Fraser Avenue. Lāna'i Public & School Library's business hours are 9 a.m. to 5 p.m., Monday through Wednesday, and Friday, and 1 p.m. to 5 p.m., Thursday.

'Ohana Readers is designated as an Affiliate of the Dolly Parton Imagination Library. It is through the 'Ohana Readers collaborative partnership with the Dollywood Foundation, the Office of the Governor, the State Department of Human Services, the Ha-



wai'i State Public Library System, State Representative Lynn DeCoite, Friends of the Library of Hawai'i and nonprofit partners, that the Imagination Library is available to Lāna'i children, ages birth through four. Expansion to other islands will depend on the success of this pilot project and available funding.

For more information, contact the Lāna'i Public & School Library at (808) 565-7920.

'Uku infestation? Dehydrate lousy head lice

Head lice professionals have a revolutionary tool to kill 'uku: heated air that dehydrates the lice and eggs (nits), which, according to Jewel Romero, Lāna'i High School's school health assistant, is clinically proven to kill lice, super lice, and 99.2 per cent of eggs.

Romero, who sees about twenty infestations a year among elementary students, just started the program. She uses an applicator tip, which is attached to the device, and runs it over the head and scalp, moving it every thirty seconds. The heated air treatment takes about one hour. In contrast, traditional chemical treatments can last up to two weeks, which includes combing and looking through hair. "[You're] using a fine-toothed comb to remove crawling head lice, which can take up to two hours. But that doesn't always remove all the nits." Romero and Public Health Nurse Linda Mau received training on the One Cure device in January 2020.

Romero reminds parents that since "lice get transmitted from head to head, there is no need to bomb the home. They're called head lice because they thrive on the head and cannot reproduce on household items." If a home is really infested, wash beddings, brushes, etc.



Linda Mau, Public Health nurse; Barrie Desmond, Lice Clinic owner of Maui & Honolulu; Keturah Schmidt, lead head lice technician, U'ilani Romero, LHES school health assistant.

"Prevention is key: *once a week, take a peek* is our motto," Romero advises. "Once a child gets head lice, it's important to check (comb) the hair of everyone in the household to make sure no one else needs treatment." Though having 'uku still carries some stigma, it's important to "inform close contacts and whomever the child is hanging around with so that family/friends can "check/comb" through their hair."

Four Seasons Resort Lāna'i turns up heat with special March event

Four Seasons Resort Lāna'i is teaming up with Pitmaster Jack Arnold of Snake River Farms and Big Green Egg for a tasty BBQ event this spring. "Bourbon, BBQ and Blues" takes place Friday, March 27, 2020 as the sun sets over Hulopoe Bay.

From 6 p.m. to 9 p.m., guests can enjoy a variety of Bulleit cocktails; blues will be provided as part of the Resort's Sunset Sessions, a series of complimentary musical events by the Bay. The a la carte BBQ menu features smoked Kobe brisket and sliders, Kobe grilled skirt steak and chimichurri, Kurobuta pork BLTs and porchetta sandwiches, as well as delicious sides, such as barbecue beans, potato salad and a selection of desserts.

The evening will feature music by Ron Artis II, whose influences include deep Delta Blues and Gospel, Northern Soul and R&B.

As a young musician in Hawai'i, he played in the Artis Family Band, mastering piano, guitar and numerous other instruments before joining top musicians, such as Mick Fleetwood and Jack Johnson, at venues in Hawai'i, before heading on tour with his own band.

Jack Arnold, who exclusively cooks on four Big Green Egg grills, will share tips and grilling techniques, as well as his passion for grilling that he learned from his dad, a south Texan, and his main inspiration for charcoal-grilled and slow-smoked beef. Arnold represents Snake River Farms, which is a family-owned company with over 50 years of experience in the beef industry, producing some of the highest quality American Wagyu beef from ranch to table, and on the menu at the Resort.

See advertisement on page 3



Jack Arnold



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Enjoy the benefits of Island Club Membership available to owners in this amazing destination resort providing resident members use of the Challenge at Manele Golf Course, Tennis Club, Fitness Facility, the uncrowded beach and excellent swimming facilities at the Four Seasons Resort Lanai. This is the perfect time to purchase and build your island dream home. \$1,095,000. **See this property on the web! <http://huslanai.com/>**

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Get Paid to Earn a Nurse Aide Certification and New Career at Kula Hospital



Kula Hospital is currently accepting applications for its next paid Nurse Aid Training Program. The “earn while you learn” opportunity allows accepted students to get paid for the duration of the six-week training, and after they’ve successfully completed the course and final exam, offered full-time employment at Kula Hospital as a Certified Nurse Aide.

The program is open to anyone with a high school diploma or GED certificate. The next training cohort starts on April 20, 2020 and will take place at Kula Hospital over six weeks on Fridays, Saturdays and/ or Sundays (two days per week).

In addition to education (high school diploma or GED), other program requirements include excellent oral and written communication, interpersonal relations and customer service, as well as a demonstrated ability to provide culturally sensitive and age-appropriate care.

Applicants must also be at least 18 years old.

Only eight slots are open for the training program and the application process will close by March 27, or earlier if all spots are filled.

To apply, visit <http://jobs.kp.org> and search “Hospital Aide SNF Training Program” and fill out an online application (job number 834320). You can also email Talent Acquisition Consultant Jenel King at Jenel.R.King@kp.org. For questions, please call Kula Hospital at 876-4307.

To view other job opportunities at Maui Health (including Maui Memorial Medical Center and Outpatient Clinic, Kula Hospital and Clinic, and Lanai Community Hospital) visit mauihealth.org/careers.

The CNA training program started in June 2019 and is part of Maui Health’s “grow

your own” initiative which includes a partnership with UH Maui’s College of Nursing as well as a number of advanced medical training programs offered to current Maui Memorial Medical Center employees. Most recently, Maui Memorial Medical Center graduated a group of current employees from its surgical tech training program, helping to advance their careers by providing this specialized training.

“We’re excited to continue this program and hope that this helps encourage people to explore a new career in healthcare so we can continue to build a sustainable workforce with talented members of our own community,” said Kerry Pitcher, Sr. Director of Long-Term Care & Critical Access at Kula Hospital and Lanai Community Hospital. “If you have a passion for serving and caring for others and want to make a difference in many lives, we encourage you to apply.”

Kula Hospital is a critical access hospital and emergency room serving the growing Upcountry Maui population. The Kula Hospital Emergency Department is staffed with a physician 24 hours a day, 7 days a week, and is equipped to provide care and services for non-life-threatening emergencies including x-ray and laboratory, splinting, suturing, and wound care, as well as the administering of IV fluids and medications. On most weekdays, patients can be seen immediately, with little to no wait, making it a more convenient ER option for Upcountry residents. Kula Hospital provides compassionate long-term care to about 85 residents, most who have lived there for more than 5 years. Daily care includes occupational and recreational therapy, nutritional services, activities, and excursions.

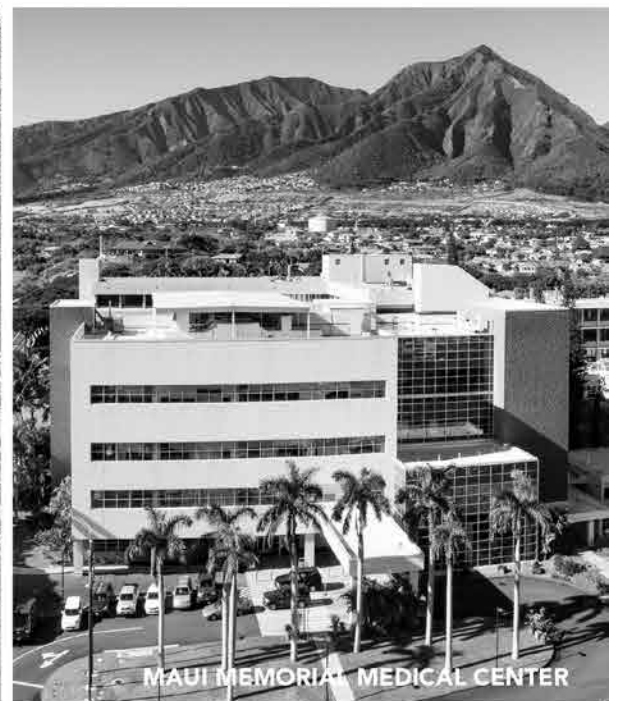
Photo: Kula Hospital’s CNA Training Program’s first graduating class (June 2019).



KULA HOSPITAL



LĀNA'I COMMUNITY HOSPITAL



MAUI MEMORIAL MEDICAL CENTER

Lanai Community Hospital, along with Maui Memorial Medical Center and Kula Hospital on Maui, are community hospitals managed by Maui Health. We are committed to providing high-quality, affordable health care to our patients and to improving the health of the communities of Maui and Lanai. Maui Memorial Medical Center was recently awarded the highest and most honors in the state by American Heart Association and featured in U.S. News & World Report “Best Hospitals 2020” for Gold Plus Quality Achievement and Honor Roll awards for stroke and heart failure care.

<p>MAUI HEALTH MAUI MEMORIAL MEDICAL CENTER MAUI MEMORIAL OUTPATIENT CLINIC KULA HOSPITAL AND KULA CLINIC</p>	<p>CONTACT US (808) 565-8450 mauihealth.org</p>	 <p>Lāna'i Community Hospital MAUI HEALTH</p>
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Bunny Hop 2020 announcement

Photographs by Christian Yumol



More than one hundred twenty runners registered for the 2019 race at Cavendish Golf Course.

The Lāna'i Ballers, a community group that supports Lāna'i High School's girls and youth basketball programs, and other sports teams on the island, presents the 2nd annual 5K Bunny Hop at 10 a.m., April 25, 2020 with the Keiki Hop starting at 9:30 a.m.

The entry fee before April 5, 2020 is \$25 for adults; \$15 for children. After April 5, the entry fee is \$30 for adults; \$20 for children. Most of the proceeds of the race go toward banners, shirts, goods and supplies for kids, says MaryLou Kaukeano, Recreation Center Manager, Pūlama Lāna'i. She anticipates an equally impressive flurry of fun runners for the 2020 event, as they had in 2019, pictured here.

"Hopefully, we get 120 runners," she says, adding that her greatest pleasure is seeing the race "...increase every year. Families come out with their kids and have fun."

Kaukeano says the 5K Bunny Hop offers prizes for age-group category winners and although the race is



More runners than hoppers or skippers at the 2019 race start.

timed, though there is no record of top speeds in the race. "It's a fun run," she quips. "It's a good family event, so come out!"

For an entry form or more information, contact MaryLou Kaukeano at (808) 563-2703 or email at mlkaukeano@gmail.com.



Sharing the road.



Malakai Medeiros and mom, Nina



Jon Montgomery and son, Kai



David Emig



Cooper Pagay gets a ride from dad, Daniel.



Ash Dustow



Katy and Brad Russell with Emmaline (foreground)



Taye Mercado



Kyle Kageno



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Amber Lukin has an associate's degree in dental hygiene from the University of Alaska, Anchorage. She hails from Utqiagvik (formerly Barrow), Alaska, and grew up in a rural community like Lāna'i. She enjoys surfing and fishing. She and husband Matt just bought a new fishing boat and are excited about exploring Hawai'i's waters.



Amber Lukin, new dental hygienist - Photo by Nelinia Cabiles

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holo holo: v. to explore, to go exploring, as in "We go holo holo mauka", to go explore the mountain (the opposite direction of the sea). Holo holo is often mistaken for the word, "fishing", a confusion that fishermen in Hawai'i are not likely to clear up any time soon. One says one is going holo holo mauka, as a ruse, to make sure the gods do not hear of one's true plan, which is *actually* to go fishing, and if one is lucky, to catch fish. Saying one is going holo holo wards off any bad luck.

Virtues in Paradise - *Let your light so shine*

Contributed by Linda Kavelin-Popov, Co-founder, The Virtues Project



Linda Kavelin-Popov

Have you heard the joke about the islander with two baskets of crabs? A neighbor came along and asked, "What do you have there?" When told it was crabs, she asked, "Why does one basket have a lid and the other not?" "Oh, the basket with the lid contains Maui crabs. They like to climb up and could get out. The other one holds Lāna'i crabs. No lid needed because whenever one climbs up, the others immediately pull him back down." This joke fits any small town or island where it's customary to put down someone who shines with excellence. Who do they think they are, to excel the rest of us? Are they getting too big for their britches?

Yet, scripture says that we were created to shine our light as brightly as possible. Our potential for virtues and talents is God's gift to us. Our gift to God is what we do with them in this short span of life. Mathew 5:16 says, "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." We mustn't be afraid to shine too brightly. It's all too easy to succumb to feelings of unworthiness if those who reared us had either overly high or very low expectations of us. If we received labels, such as "stupid", "dummy", or "worthless", it isn't easy to climb to the excellence of which we are capable, but to glorify God, we need to give it our best shot. Don't put a lid on your own value, or ignore the dreams that call to your soul out of fear that you're not up to it.

Psychologist and author, Bill Plotkin wrote, "Remember that self-doubt is as self-centered as self-inflation. Your obligation is to reach as deeply as you can, and offer your unique and authentic gifts as bravely and beautifully as you're able."

It is perfectly possible to have great gifts and be thankful for them, rather than be boastful. So often, people being honored for their lifetime contribution say that they feel "humbled" by the recognition.

The great scientist, Albert Einstein, said, "For the most part, I do the thing which my own nature prompts me to do. It is embar-

assing to earn so much respect and love for it." There is a precious secret in his words. The key to true success is to notice what one's heart is drawn to, and to follow that path, particularly if it leads to service. Finding the natural flow of our own talents takes both confidence and humility. Those who strive merely for fame or celebrity are misguided, and often suffer needlessly. Our purpose is not to become famous, it is to discover our joy. To act on what comes naturally to us, as a talent or ability, is to let our light shine; whether being good with our hands, being a compassionate listener, having a way with plants or animals or machines, or music. The goal is a life well lived. Knock on the door of your own talent, and it's bound to open.

Marianne Williamson, in her book, *Return to Love*, wrote: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world . . . We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same." If you have children in your life, shine a light on their gifts. Encourage them to grow their virtues and talents. This world needs all the light we can give it.

www.lindakavelinpopov.com

Share your family's photographic treasures with us!

We'd love to see your family's photos of life on Lāna'i, or famous/notable local people, from 20 years ago or more. Email a .jpg file to ncabiles@lanaitoday.com, in high-resolution (1 MB min), with caption describing who's in the photo, location, date, and historical significance.

Meatless Monday

Contributed by Linda Mau, Public Health Nurse

Meatless Monday is a worldwide health initiative that encourages people to eat a meat-free diet one day a week to improve health and reduce impact on the environment.

Meatless Mondays provide two important benefits. First, there are many health advantages associated with eating less meat, including reducing the risk of chronic diseases, like heart disease, cancer, obesity and diabetes. Replacing meat with beans and whole grains can increase fiber, and lower fat in your diet. Also, fruits and vegetables are packed with disease-fighting nutrients. Second, shifting away from meat-focused meal-planning is good for planet Earth. Negative effects of the meat industry can include an increase in greenhouse gases, deforestation, and drought.

Try the following for Meatless Mondays:

- Eat four to six servings of vegetables a day.
- Eat more beans.
- Eat a handful of nuts each day.
- Dress up your vegetables with herbs and spices.
- Stir-fry vegetables with tofu and beans, instead of meat.
- Toss mushrooms in main dishes for umami flavor.



Lāna'i's fruits get starring roles on Lāna'i City Bar and Grille's menu

August Rodin had Camille Claudel as his goddess muse. For Frida Kahlo, it was Diego Rivera. Marie-Thérèse Walter excited the genius of Pablo Picasso. The muse that recently has been the source of some of Chris Graham and Travis Sparkss' most celebrated creations is sweet, juicy, fragrant, with a bitter peel: the tangerine. The arc of this muse's inspiration is short; Graham and Sparkss are already on to their next muse for next season, which might be the jackfruit. Graham and Sparks are chefs at the Lāna'i City Bar & Grille and they whipped up, for the restaurant's menu in February, a tangerine sorbet that was so divine, one imagines that diners who had the sorbet wished the tangerine season would go on just a little longer.

"We're so lucky here. People give us baskets of fruit," says Sparks, who was hired in October 2019 to work Festive, but whose work arrangement has clearly taken him beyond those three months. Graham has been at LCBG since 2018 during its remodel. But tangerines and avocado aren't the only fruits that have come their way on the island.

"We noticed there was this guy who was growing vanilla. And then he came in to the restaurant to eat!" says Sparks. (They were then invited to the diner's house to see his vanilla and get cuttings of the plant.) Both marvel at the serendipitous and uncanny timing of the meeting for Graham had just ordered vanilla from Amazon, but this diner had a different variety than the one Graham had ordered.

Classmates in culinary school in Nashville, Graham and Sparks have a love of cooking and a joy of using the island's produce, its citrus and avocados, tamarind, wild ginger and vegetables, as well as fish and other offerings from the sea to expand and inform LCBG's repertoire of dishes. A background in botany keeps Graham mindful to manipulate a plant or vegetable in a way that does not degrade its integrity. "Most of the pickles I make are like the Japanese tsukemono method because it respects the integrity of the plant." So vegetables stay crunchy, he says. But this way of treating vegetables is not just respectful of a plant's cellular structure, it yields the best, most flavorful qualities of the plant.

Both chefs are curious about the island's produce and excited about the opportunities to meet residents and establish relationships with residents of the community, not just at the restaurant, but in other venues. "We were involved recently with



From tree to table: Chris Graham (in the tree) and Travis Sparks work in tandem to cut a jackfruit, for what might be LCBG's next dessert sensation.

Wellness Wednesday that the nurses at Lāna'i Community Hospital put on once a month at the Senior center. There's a cooking demonstration, we pass out recipe cards, and answer questions. It's a great program: it's plant-based, promotes health, and gives us a chance to connect with this group in the community. We want to keep doing this," Sparks says. They also want to revive a long-ago tradition of serving pop-sicles to kids, using the island's tangerines.

Both chefs see food as not just a way to nourish the body, but as a primal means to connect with people, a way to share one's culture. "Food is better served when it's shared," Sparks says. Graham agrees. "Food is the international, unspoken language. Teresa's mom (Teresa is a server at LCBG), who doesn't speak English, came in and taught me how to make pierogi."

"And so we served pierogi on Polish night last night [Traveler Thursday] to locals who probably never had Polish food in their life, and we sold out!" Sparkss exclaims, delighted to have introduced something new, a food from a culture that people might not have otherwise sampled.

Traveler Thursday is a new offering at LCBG that will feature cuisines from different corners of the world, a new country every week. The dishes from Germany and Turkey are up next.

With their enthusiasm for learning about a culture's foods, and the curiosity to explore the island's bounty, Graham and Sparks may never run out of muses, fruit or vegetable, herb or animal or fish, to inspire them.

Aunty Deb's Chickenless a la King

Makes 10 servings

Melt in large pan ½ C butter or margarine.

Add and saute until transparent:

1 C diced onion

1 C diced celery

Add and stir until well blended:

1½ tsp. salt

1 C unbleached flour

Add, blend and bring to a boil:

1 10.5 oz. can mushroom soup

1 ½ C heavy cream

2 C vegetable stock

Add:

2 C extra firm tofu cubes

1 lb. frozen mixed vegetables

Serve hot over biscuits or noodles.

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Four Seasons' Employee of the month

Heart of House Winner: Darlino Nabor

Among his peers, Darlino, an evening shift lead engineer, is well-respected. New members of his team seek his thoughts and guidance. He is regarded as a rising star in the engineering department who gets the job done. A supervisor reports feeling at ease whenever Darlino is on duty at night.

Front of House Winner: Tyler Kahikina

A Server Assistant/Busperson at Malibu Farm, Tyler has been an extraordinary team player over the last month, adjusting to all schedule changes. He regularly goes out of his way to help a colleague or even a member from a different department. He creates a genuine connection with guests, giving them suggestions about the island and community. Tyler is not afraid to get his hands dirty and jump into any new opportunity that comes his way. We are so lucky to have someone like Tyler on our Malibu Team!



Patrick Van Pee, Rodney Ribucan, Bradley Russell, Randy Fernandez, Darlino Nabor, Ewan Knowles, Merlito Ganir, David Emig, Lauren Snow



Lauren Snow, Patrick Van Pee, Tyler Kahikina, David Emig, Bradley Russell, Sean Fonte, Sasha Kuchinskaya, Ewan Knowles

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6 p.m.-7 p.m.: Tuesday, Narcotics Anonymous;
6 p.m.-7 p.m.: Wednesday, Alcoholics Anonymous
For more information, call Rita (760) 419-0785

Obituary - Fred Guillermo Camero Sr.

Fred Guillermo Camero Sr. died peacefully in the 'Ano'ano Care home on February 21, 2020 in Kapaau, Hawai'i at the age of 92.

Fred is survived by his wife, Rosita Magaoay Camero, his children, Philip Vance Camero, Joan Camero Parris, Carmela Magaoay Camero, Fred Guillermo Camero Jr., Amalia ArcieRose Camero Kettering, and Cameron Patrick Camero, his grand-children, Micah Camero, Danielle Camero, Calla Camero, Mitchell Parris, Mikela Parris, Ryan Rice, Jasmine Rice, Ian Rice, Kalan Camero, Colby Camero, Malia Camero, Kalena Kettering, Kainoa Kettering, Chanelle Camero, and Aidan Camero.

Fred was born on January 6 in Solsona, Philippines, to his mother, Maria Guillermo Camero and his father, Santiago Camero. He is the youngest male and second youngest of six children. Fred finished school in eighth grade to take care of his family who had little means. He spent most of his time as a child, fishing to feed his mother and five siblings, before immigrating to Hawai'i to make a better living for himself and his family in the Philippines. After moving to Lāna'i to pick pineapple on the Dole plantation fields, he met the love of his life Rosita Agony Magaoay and they married on April 5, 1953.

Fred's children remember him as a *kind, gentle, patient, and driven* father who encouraged them to live a more meaningful life through education, having them work on the plantation at an early age to show them the challenges of physical labor that he experienced.

Fred was accomplished at musical entertaining, and would often perform and sing at parties or gatherings. He was a dedicated individual who, above all talents and accomplishments, was most proud of his family, which includes his beautiful wife, six children, and fourteen grand-children. Fred was an active and dedicated member of the Lāna'i Filipino Community, and in 2003 Fred and Rosita were recognized as "Parents of the Year" by the State Philippine Cultural Foundation.

The family would like to thank Marc Melton, the 'Ano'ano and Hospice Support staff for all of their care and dedication to their beloved Fred Camero.



Fred Guillermo Camero Sr.

Lāna'i Art Center Profile - Gail Vierra

Contributed by Kim Dupree

The Lāna'i Art Center offers many classes and open studios available to both the community and visitors. These classes inspire our local artists to deepen their knowledge and skills, allowing them to create art pieces, and make them available for purchase at the Gallery, which is designed to showcase Lāna'i's artists.

The Art Center is highlighting the work of Gail Vierra, a ceramics artist, who also creates knitted and crocheted pieces, as well as beaded necklaces and bracelets.

A resident of Lāna'i since 2001, Gail took her first ceramics class in 2002 at the Art Center, at the encouragement of Nat Fujimoto, a ceramics artist. An introduction to Shari Liden and Phyllis McOmber led to Gail's work with beads.

A California girl, Gail has always been interested in art. While in high school, she learned knitting, crocheting, sewing, and needlework. Over time, Gail's pieces have taken on a personality of their own. From her knitted and crocheted toys, her "Fwish"



Gail Vierra



A superb example of Gail's beaded necklaces.

ornaments to her beautifully beaded necklaces, collars and bracelets, her art is a testimony to her passion in her work. She creates pieces that bring joy to those who purchase them.

If you're interested in learning a new skill or art or want to enhance and perfect your craft, come to the Art Center or call us at 563-7503. Or you can go online to lanaiart.org to see what is happening, inquire about current or special classes, or set up a private class. See you at the Lāna'i Art Center!



Around Town - An island at work and at play

Photography by Nelinia Cablies

Lāna‘i: We are a town of early risers. We run. We walk our dogs. We meditate. We brew our coffee, steep our tea. And just after first light, we go to work, for there is always work to do. There is bread to make, pastry dough to roll, shelves to stock, floors to sweep. And then the day swings open and the sweet world spins. When there is still daylight in the sky, we are let loose from school, and we run for the grassy fields, the jungle gym, the diamond and the court, for we are also a town of batters and shortstops, skateboarders and swimmers, pitchers and runners. We drink in the cool air. We are loud and young and free on an island that loves us and we love her back.



The windup.



Jalin Bolo and dad Phillip



Swimming laps.



Nicole Galdones



Balbina Collo



Destiny Dupree and Sophia Pascual



Kekoa Amor



Makua Ranis, Payton Kaopuiki, Storm and Sayge Schilling



Becky Huerta



Florence Llamelo



Ruby Quindiagan



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