

LĀNA'I TODAY

Stopping the spread of rumors and getting the facts about COVID-19

By Nelinia Cabiles

News of the global outbreak of the Coronavirus (COVID-19) and various states' and our federal government's responses are everywhere. We read or hear of the cancellations of large public gatherings, major events, of business closures. We learn that universities have moved their classes online, that there is a Hawai'i state order to shelter at home through the end of April 2020, of the increasing need for testing of COVID-19, of maintaining social distancing to prevent the spread of the virus. Information is swift and constant and unceasing. There has never been a time of such uncertainty and collective anxiety as this. Navigating these uncharted waters is challenging; it requires a calm and steady hand and a commitment to seek out facts through trusted news sources. To be sure, there are more trusted sources than have been gathered below, sources that are available to you online and on the radio or television, but the following information is our own attempt to help you, Lāna'i Today readers, distinguish fact from rumor, and with that discernment, to stay calm and stay the course for the months ahead. Understanding that rumors can run rampant during a crisis, the Federal Emergency Management Agency (FEMA) created a page on its website to help the public distinguish between facts and rumors regarding the response to the Coronavirus (COVID-19) pandemic. Johns Hopkins Medicine also developed a webpage intended to dispel myths and present facts about COVID-19.

To stop the spread of disinformation, FEMA asks that you do these three easy things: "don't believe the rumors, don't pass them along, and go to trusted sources of information to get the facts about the federal (COVID-19) response." Trusted sources of information include: coronavirus.gov; FEMA's coronavirus (COVID-19) response page for updates on the federal response, and state and local government's official websites for instructions and information specific to one's community. (Editor's note: where appropriate, information as it pertains to Hawai'i, also has been included here.)

MYTH: There is a national lockdown and the entire country will be quarantined for two weeks.

FACT: There is no national lockdown. As with all information online or shared via social media, it is important to verify the source of the information. You can find the latest information, as well as links to additional resources, at www.coronavirus.gov.

FACT: Shelter in place order issued for state of Hawai'i, effective March 25, 2020: County of Maui Mayor Mike Victorino, City of Honolulu Mayor Kirk Caldwell, and subsequently, Hawai'i Governor David Ige, issued an order for Hawai'i residents to stay at home, effective March 25, 2020 at 12:01 a.m. through April 30, to contain the spread of COVID-19: "All individuals currently within the County/State are ordered to **stay at their residence** or place of lodging. **Persons may leave their residence or place of lodging only for Essential Activities**, Essential Government Functions, or to operate Essential Businesses, as defined in these Rules."

Essential activities are defined as:

- Tasks essential to maintain health and safety, such as obtaining medicine or seeing a doctor.
- Getting necessary services or supplies such as food, supplies for staying at home.
- Engaging in solitary activity (walking, hiking, running) that is within the guidelines for social distancing.
- Performing work related to operation of an essential business or essential government function.
- Caring for family member in another household.
- Caring for elderly, minors, dependents, person with disabilities or other vulnerable persons.

Essential Businesses are defined as:

Healthcare operations, public transportation, public utilities, grocery stores, shelters, food banks, banks, gas stations, maintenance service workers, refuse collection, pharmacies, hardware stores, laundromats, childcare facilities, media operations, construction and agricultural operations (provided able to do social distancing), pet shelters, mortuaries, educational institutions (both public and private), hotels, to the extent used for lodging, and government agencies that provide for the health, safety and welfare of the public.

Violation of the rules is punishable as a misdemeanor, with fines of up to \$5,000, up to a year in jail, or both.

MYTH: FEMA has deployed military assets.

FACT: No, FEMA does not have military assets. Like all emergencies, response is most successful when it is locally executed, state managed and federally supported. Each state's governor is responsible for response activities in his or her state, to include establishing curfews, deploying the National Guard, if needed, and any other restrictions or safety measures he or she deems necessary for the health and welfare of citizens.

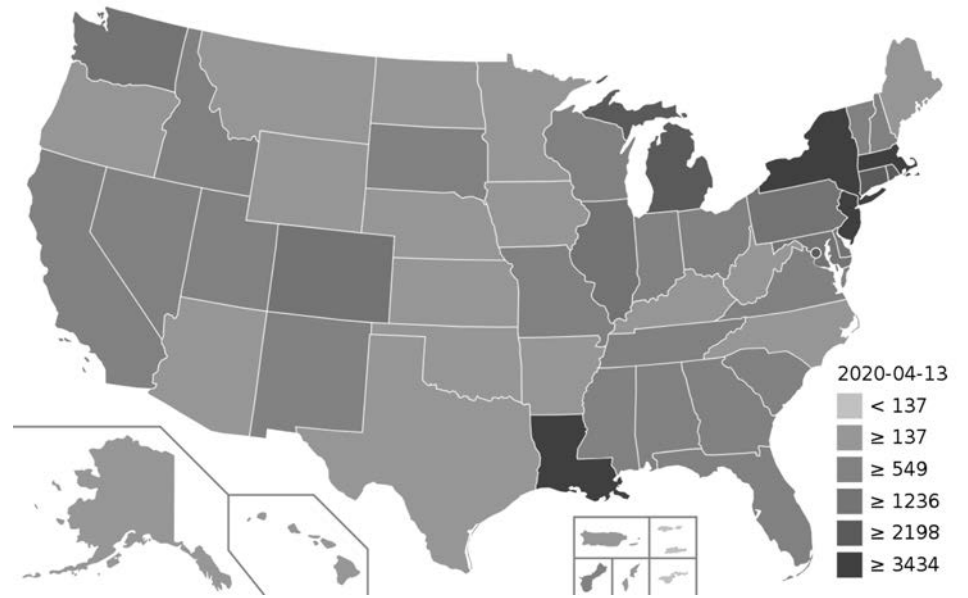


Image credit - USA Today

MYTH: You need to stockpile as many groceries and supplies as you can.

FACT: Please only buy what your family needs for a week. It is important to remember that many families may be unable to buy a supply of food and water for weeks in advance. Consumer demand has recently been exceptionally high – especially for groceries, household cleaning, and some healthcare products. Freight flows are not disrupted, but stores need time to restock.

Please only buy what your family needs for a week.

MYTH: Only those over 60 years of age and those with existing health problems are at risk from the Coronavirus.

FACT: It is an unfortunate rumor that only people over 60 years of age are at risk of getting this disease. According to the Centers for Disease Control (CDC), those at higher risk include older adults and people with serious chronic medical conditions. However, symptoms can range from mild to severe and may present different complications for each individual. The CDC has a list of COVID-19 symptoms you may experience. Please continue to follow the official information from the CDC.

(Myths and facts below have been adapted from www.hopkinsmedicine.org)

MYTH: There is a vaccine to cure COVID-19.

FACT: There is no vaccine for the new coronavirus right now. Scientists have already begun working on one, but developing a vaccine that is safe and effective in human beings will take many months.

MYTH: You can protect yourself from COVID-19 by swallowing or gargling with bleach, taking acetic acid or steroids, or using essential oils, salt water, ethanol or other substances.

FACT: None of these recommendations protects you from getting COVID-19, and some of these practices may be dangerous. The best ways to protect yourself from this coronavirus (and other viruses) include: Washing your hands frequently and thoroughly, using soap and hot water. Avoiding close contact with people who are sick, sneezing or coughing. Coughing into the crook of your elbow and staying home when you are sick.

MYTH: The new coronavirus was deliberately created or released by people.

FACT: Viruses can change over time. Occasionally, a disease outbreak happens when a virus that is common in an animal such as a pig, bat or bird undergoes changes and passes to humans. This is likely how the new coronavirus came to be.

MYTH: Ordering or buying products shipped from China will make a person sick.

FACT: Researchers are studying the new coronavirus to learn more about how it infects people. As of this writing, scientists note that most viruses like this one do not stay alive for very long on surfaces, so it is not likely you would get COVID-19 from a package that was in transit for days or weeks. The illness is most likely transmitted by droplets from an infected person's sneeze or cough, but more information is emerging daily.

The best ways to protect yourself from this Coronavirus are washing your hands frequently and avoiding close contact with people who are sick.

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In First Person - What I know for certain

I run before first light, when fields of grass are heavy with dew, and the sky, if it is clear, is sequined with stars and constellations. The morning darkness is my favorite time, wherever I have lived in the world, for the day is formless, its contours still hidden. "No one suspects the day to be gods," writes Emerson, and that is what I think about when I'm running at 4 a.m., how there is no end to the possibilities of what the day could be.

The light from my headlamp can illuminate only four feet beyond me, which makes running simple, especially when I am climbing a hill, such as the one to a bench at Hi'i, the back road at Manele. There is nothing to distract me from the effort. There is only the light ahead of me; everything else falls away. Sometimes, I have been lucky in the headlamp's sweep to catch the glitter of spiders on the trail, the light reflecting from their eyes like bright clear jewels. It was startling to see a tiny creature emit such a beam of light.

I bent to pick one up one morning, thinking it was costume jewelry fallen off a child's bracelet, and jerked my hand away when the jewel skittered under the blades of elephant grass.

But I missed my pre-dawn run one morning, and I felt that missing hour all day long, the way one's tongue worries a missing tooth when one is a child, returning again and again to that empty gap. At pauhana, I took off for the dirt trail closest to my house, which on Lāna'i, means any number of trails, but that day I picked Hi'i, for I wanted to make up for that lost run with a fast, strenuous climb to the bench, and for the view at the top: the green sunken caldera that is Pālāwai, and far across the plain, the sea. I wanted to strain my heart, to push it hard up that hill, and catch sunset at Hi'i's bench and finding the clearest line, tear down the hill before nightfall. Half the fun of scaling a steep hill is the break-neck rush down it on the way back. It's one of the purest joys of trail running.

There are many things I do not know about the world – things of astronomy and physics, genomes, the properties of light, of motion, any number of philosophies, the science of catastrophes. This missing knowledge stitched end to end, if it were silken thread, would probably fill the Mariana Trench. I do not bemoan this fact. Because what I do know, I know for certain – a certainty that has taken years of being alive, of love and grief, sorrow and pain, study and awe and work, to know. What matters is not how smart or knowledgeable someone is, after all, it's how that person uses that knowledge, that intelligence, for a life of meaning.

There is a certain light that comes at the end of the day that is clear yet soft, radiant and diffused. The time of day is called the gloaming, which is as beautiful as it sounds. At the top of Hi'i that day, a stream of light poured over Pālāwai, washed up to Panini trail, swept across Miki and on towards Kaunālapa'u. The basin was suffused with light, and watching it, so was I. What I know for certain is the name of this light.



Nelinia Cabiles

In a time of tremendous uncertainty, it is comforting to know there are things one knows for sure, for it is a waste of energy to worry about matters unknown, over which we have no control.

What I know for certain is that there are people in our community, who are finding ways to be useful and kind, especially now, in these difficult times. I have seen them in action: They make facemasks; deliver care packages; run errands for Kupuna. They see a need and act, moved there by kindness. They are ruled by their outsized hearts, their sense of empathy. They do what needs to be done, inconspicuously, quietly, never seeking nor wanting recognition for their time or generosity. Their reward is being able to help, to make a difference in someone's life. I know the word for this. It is called aloha, and it is a light that cuts through any darkness.

What I know for certain is that there are people who are making it work. Life deals them a blow, and they rise, find their footing in the dark, and keep moving. They may not have set out to beat the odds, but, in their rising, they do. They find the courage and strength they may not have known they had, and *keep on truckin'*, to borrow a term from the eighties.

They are like spiders on the trail, the day still ahead, its possibilities unknown, as they carry on their work in the darkness, at dawn or in the gloaming, spinning out their brilliant filaments of light, illuminating our world.

Editor's note: check out two new features in this month's edition of the paper: *Spellbound*, a brainteaser word puzzle to give us something light and fun to play within while stuck inside, and a poem (page 18), in honor of April, National Poetry Month.

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 email at: ncabiles@lanaitoday.com**

COVID-19 Updates and Public Notices

Hawaiian Electric suspends disconnections for 30 days and temporarily closes walk-in payment centers

Hawaiian Electric announced on March 17, 2020 that it will suspend service disconnections for thirty days so customers who are financially challenged by the Coronavirus pandemic do not have to worry about losing electric service. Service disconnections of both residential and commercial customers will be suspended through at least April 17, 2020. Depending on the situation at that time, the special assistance period may be extended.

Customers facing financial hardship are urged to call Customer Service so payment options and schedules can be arranged to help keep payments manageable. While customers will still be responsible for paying their electric bills, payment schedules and other options can help ease the financial challenges for those most affected by the COVID-19 situation.

"With everything that's going on, and the impacts to the Hawaiian economy just starting to be known, we don't want people who are struggling financially to worry about having this essential service interrupted," said Shelee Kimura, senior vice president of customer service, Hawaiian Electric. "We're providing this special assistance by setting up payment plans and making other arrangements for customers who let us know about their situation."

To make payment arrangements or for more information, customers can visit the company's online customer care center at www.hawaiianelectric.com or contact company representatives at:

Moloka'i and Lāna'i 1-877-871-8461

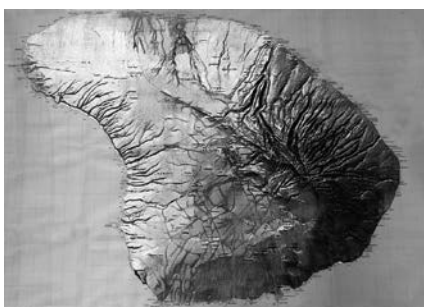
To minimize risks related to the Coronavirus (COVID-19) for both customers and employees, Hawaiian Electric will temporarily close its payment centers starting at noon Wednesday, March 18, 2020. The company will reassess whether the centers should reopen on Monday, March 30. This temporary measure is needed to increase social distancing, as recommended by state and federal health officials. However, customers still have numerous options to make payment. Customers are encouraged to:

- Mail in payment
- Use or sign up for online bill payment
- Use Speedpay®, an authorized payment service provider that allows the option to pay by phone or online (convenience fee will apply)
- Visit Western Union payment locations throughout the five-island service territory if payment must be made in person

Hawaiian Electric understands that COVID-19 has created financial hardship for some customers. These customers are urged to call company representatives at the numbers listed below to discuss options available to keep their accounts current:

Moloka'i and Lāna'i 1-877-871-8461

For more information, visit www.hawaiianelectric.com/customer-service/customer-and-payment-centers.



Shipping companies maintain regular operations during COVID-19 crisis

In respective letters to their customers March 13, 2020, shipping companies Matson, Pasha Hawai'i, and Young Brothers, each issued statements indicating operations would continue uninterrupted and there would be no changes or modifications to scheduled sailings, existing service routes or schedules. Matson stated that "it is committed to taking all appropriate steps to ensure the continuation of services, including the deployment of reserve vessels if necessary to continue meeting the needs of [its] customers."

Each of the shipping companies reported that it "is actively monitoring developments, ensuring compliance with the United States Coast Guard, local, federal and international government and prevention directives for maritime operations" (Matson), "reviewing all relevant information provided by government authorities, as well as staying in close contact with the U.S. Coast Guard and the Hawai'i State Department of Transportation regarding port operations" (Pasha Hawai'i); and "taking additional steps to protect employees and customers when they visit company facilities" (Young Brothers).

Should customers have questions, they can call the shipping company or the respective customer service representatives: Keoni Wagner, Matson, (808) 221-1467; Pasha Hawai'i, (877) 322-9920; Young Brothers' office on Lāna'i, (808) 565-6626.

Maui Humane Society temporarily closes; appointments required

Maui Humane Society (MHS) will be temporarily closing its doors to the public and suspending low-priority functions until further notice, effective March 19, 2020. It will offer limited services by appointment only. These services include: animal surrenders, adoptions and lost/found animals. Appointments can be made from 11 a.m. to 5 p.m., by calling (808) 877-3680, ext. 3.

For a complete list of all programs and services affected by this closure, please visit the Maui Humane society website at www.mauihumanesociety.org.

MHS enforcement officers will continue to provide 24-hour service to answer high priority and emergency calls regarding injured, sick or stray animals, complaints of cruelty and neglect, animal bites, and dangerous and aggressive dogs. MHS asks that the public suspend calls to report low priority or non-emergency activity, such as non-aggressive stray animal pick-up, trapping and transport of community cats, and complaints of barking, nuisance, leash law and licensing.

MHS will be also temporarily suspending all spay/neuter services for owned animals, effective March 23, 2020. All scheduled appointments between March 23 and mid-April will be cancelled and waitlisted for future appointments. Owners will be notified and given priority when the spay/neuter clinic is open again for business. Please note that all Trap/Neuter/Release (TNR) surgeries for community (feral) cats scheduled from now through Friday, March 20, will not be affected, and all previously scheduled appointments will be honored.

Please visit the MHS website to make a donation or for a listing of event postponements or program cancellations, and for the most up-to-date information, as services or programs may change without notice: www.mauihumanesociety.org, or call (808) 877-3680.

HEI Charitable Foundation donates \$125,000 to Hawaii Foodbank and United Way for COVID-19 aid

The HEI Charitable Foundation (HEICF) contributed \$50,000 to the Hawaii Foodbank and pledged another \$75,000 to United Way agencies March 19, 2020 in support of the organizations' efforts to assist Hawai'i families in need during the COVID-19 pandemic. HEI is the parent company of Hawaiian Electric, American Savings Bank and Pacific Current.

"Our community is experiencing tremendous and increasing hardship as social distancing has required extended closures and school breaks, reduced work hours, and even led to loss of jobs and benefits," said Connie Lau, HEI president and chief executive officer. "That's why we want to help the Hawaii Foodbank and United Way, organizations that provide critical services to our community, during these trying times. We hope our donation will inspire others to give if they are able."

"Hawaii Foodbank is extremely grateful for the generosity and support of the HEI Charitable Foundation," said Ron Mizutani, president and chief executive officer of Hawaii Foodbank. "We are seeing an extreme rise in demand for food and we are adjusting our food distribution efforts to meet the complex realities of social distancing. It's times like these that our work together becomes even more visible to our community and even more important to those in need. Financial contributions go much further than food donations in moments like these and HEI Charitable Foundation's support will help distribution in hard-hit communities across Hawai'i."

HEICF pledged \$50,000 to Aloha United Way, \$10,000 to Hawai'i Island United Way, \$10,000 to Maui United Way and \$5,000 to Kaua'i United Way.

"Aloha United Way is on the front lines, actively working to protect the health, safety and well-being of our community," said Norm Baker, Aloha United Way interim president and chief executive officer. "We are experiencing an immediate increased demand for services and support, along with a record number of calls to our 2-1-1 helpline. We expect the need to continue to soar and are counting on community support to meet the growing need. Together, with community partners like HEI, we will persevere and help our island 'ohana return to a stronger, healthy and safe place."

Hawaii Foodbank is currently preparing for increased hunger-relief aid it provides to vulnerable community members. The nonprofit 501(c)(3) agency serves O'ahu and Kaua'i directly, and partners with The Food Basket to serve Hawai'i County and Maui Food Bank to serve Maui County. To learn more about their efforts or to donate, please visit www.hawaiiifoodbank.org.

Since early March 2020, Aloha United Way's 2-1-1 call center has been open daily from 7 a.m. to 10 p.m. for information or questions about COVID-19. The information and referral line provides assistance to more than 94,000 people and directs callers to resources provided by its 300-plus partner agencies. To learn more about their efforts or to donate, visit www.auw.org.



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Lāna'i Community Health Center's Response to COVID-19

LCHC wants you to remain healthy and free of COVID-19. Towards that end, we have implemented new policies and procedures, in effect since March 18, 2020. Please call 565-6919 if you have any questions.

LCHC is providing drive-thru evaluations for COVID-19. To access this service:

Patient **MUST** first call LCHC. **WALK-INS ARE NOT POSSIBLE FOR THIS SERVICE. ALSO NOTE:** HMO patients (if not assigned to LCHC providers) will need to obtain a referral from their provider.

Patient will be asked several screening questions. If patient qualifies for a test, the patient will be instructed to wait for a call-back from LCHC.

LCHC and staff will prepare for the patient. If patient receives a call from the LCHC, he or she will be instructed to come to the LCHC parking lot, where the evaluation will be performed.

Due to the infectious nature of COVID-19, LCHC's front door will be secured during business hours and **ALL** patients arriving at LCHC will be screened by one of the staff prior to admittance, until further notice.

For patients with cold and flu-like symptoms (fever, coughing, runny nose, body aches, chills, shortness of breath, sore throat, etc): **Please stay at home, away from others, and call us: 565-6919. Please do not walk-in.** Our providers will review your symptoms with you and provide direction and assistance.

Nationwide hospitals are being overwhelmed during the COVID-19 pandemic and we want to prevent that from happening to Lāna'i Community Hospital:

Towards that end, LCHC and Lāna'i Community Hospital advise using the Emergency Room only if you need emergency/critical care.

The Hospital ER must be reserved for critical patients needing emergency care.

Flu and COVID-19 exposure must be avoided to protect the residents of the long-term care unit.

The COVID-19 emergency also has prompted the following changes:

Starting March 19, 2020, LCHC Dental operations, at the discretion of the LCHC dentists, will only perform emergency and selected procedures that are currently in intermediate stages.

LCHC Optometry providers are not able to travel to Lāna'i and have suspended Optical services until further notice.

As per the State of Hawai'i's direction, LCHC WIC clinic will not provide direct face-to-face services until further notice. Services will be provided via telephone and checks will be available for drive-by pick up or can be mailed to your P.O. Box.

LCHC ultrasound services will also be postponed for the next four weeks. Please contact your LCHC medical provider if you have any questions.

LCHC has been using tele-medicine consistently for the past five years and we are ready to continue your medical/behavioral services.

LCHC Behavioral Health Services will be conducted via tele-medicine starting March 23, 2020 until further notice.

LCHC's Medical Director, Dr. Joseph Humphry, will be providing medical services via tele-medicine starting March 23, 2020.

What's happening on Lāna'i?



CITATIONS	MAR
Speeding	6
No Insurance	3
Vehicle Tax	7
Safety Check	13
Other Regulatory	10
Other Parking	7
Non-Traffic	7
Total	53

ARRESTS	MAR
Males, Adult	3
Females, Adult	2
Males, Juvenile	0
Females, Juvenile	0
Total # of Charges	15

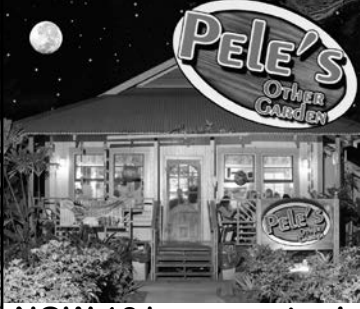
DRIVE SAFE / RIDE SAFE TIP

While governmental stay-at-home regulations are in effect, refrain from riding around for leisure and use your vehicle only for getting to and from work or for travel that is necessary to maintain your and your family's health and safety needs.

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COVID-19 Updates and Public Notices - cont.

Maui Memorial Medical Center will now receive emergency air medical transports 24 hours a day

Maui Health announced that beginning April 1, 2020, air ambulance helicopters can now land at Maui Memorial Medical Center's helipad at night. Previously, flights were only able to land during daylight hours, requiring any nighttime emergency air transports to land at the airport, moving a patient into an ambulance, and driving to the emergency room. Direct access after dark to Maui Memorial Medical Center's helipad substantially reduces the time it takes to get patients to the hospital via air ambulance, providing expedited acute and emergency care to patients in need. Maui County's air ambulance service operates 24 hours, seven days a week, and provides life-saving transport and in-flight medical care for patients in rural areas, such as Hana, Moloka'i, Lāna'i and West Maui, or for those who are either far away and/or hard to reach via accessible roadways.

"Solving the problem of nighttime helicopter landings at Maui Memorial Medical Center is a real game changer," said Dr. Lee Weiss, medical director and chairman of MMMC's Emergency department. "As MMMC becomes a more sophisticated tertiary care center, we increasingly will rely on helicopter transfers from Lāna'i and other parts of Maui 24/7, 365 days a year. This is our mission. Our patients are depending on us and we cannot fail."

"The opening of the Maui Memorial helipad for night Medevac missions is great news for the Maui County patients we serve," said Speedy Bailey, Global Medical Response's regional director in Hawai'i. "It also benefits critical patient transfers from the Big Island via GMR Air Medical Services based in Kona. Both GMR helicopters use night vision goggles, NVGs, that add to night flight safety."

Maui Memorial Medical Center's Emergency Department is a Hawai'i Designated Level III Trauma Center and the second busiest in Hawai'i with approximately 55,000 visits each year. Air

ambulance helicopters can travel faster and operate in a wider coverage area than a land ambulance, making them particularly useful with Maui's limited roadway access and traffic congestion. Maui's air medevac helicopters are equipped with new technologies, as well as pilots and EMT crews who are specially trained for air medical transport to provide a high level of care at the scene of a trauma or other medical emergency.

Maui Health is taking extra steps to communicate the extended hours of air ambulance flights to the neighboring businesses and homes. For concerns or questions, please call Lisa Paulson, Director of Strategic Communications, at (808) 442-5086.

Maui Health expanding assessment procedures and visitation policies at all three hospitals

Maui Health issued a media advisory March 16, 2020 to announce new procedures now in place at the health system's three hospitals:

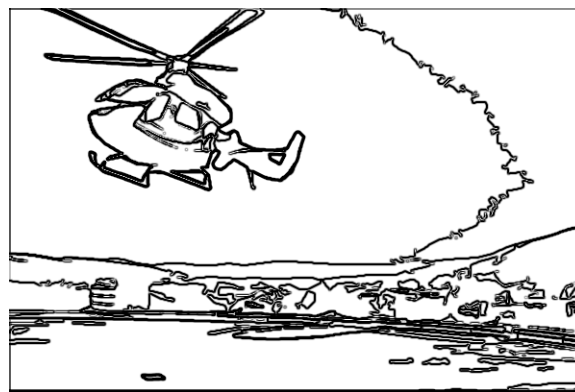
Maui Memorial Medical Center: A "rapid assessment" area has been set up at the Emergency Department (ED) entrance as an extension of the current triage tent area and to help with patient flow. Hospital visitation is now limited to one (1) visitor per patient and no children under the age of 14 are allowed.

Kula Hospital and Lāna'i Community Hospital: No visitors are allowed except for compassionate care cases. The ED at the Kula Hospital and Lāna'i Community Hospital each has a triage area to assess patients prior to entry.

Additionally, all community classes and support groups have been cancelled until further notice.

"With the quickly evolving situation, we are working closely with federal, state, and local health officials to stay informed and respond appropriately to COVID-19 and influenza scenarios. We have all necessary precautions in place and our employees and physicians are ready and equipped to safely care for suspected or confirmed COVID-19 and influenza cases," said Mike Rembis, chief executive officer, Maui Health.

For more information and updates, please visit the Maui Health website at mauihealth.org.




MAUI HEALTH SYSTEM
Community hospitals affiliated with KAISER PERMANENTE.



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.



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Kuahiwi a Kai: Lāna'i Watershed Conservation Program awards over \$450,000 in conservation grants in Hawai'i

On March 16, 2020, the National Fish and Wildlife Foundation (NFWF) and Pūlama Lāna'i announced more than \$450,000 in grants for six projects that will collectively protect and enhance Lāna'i's coral reefs, native plants and animals, habitats for endangered Hawaiian petrels, and sensitive coastal cultural sites. The grants will also help to foster connections between Lāna'i's community and the land.

As the largest "ridge to reef" program in the Hawai'i, unencumbered by multiple landowners or development, this program's unique characteristics allow for evaluation, restoration and recovery of entire watershed functions on a landscape scale. Today's conservation grants are the first to be awarded under the Kuahiwi a Kai: Lāna'i Watershed Conservation Program (LWCP). In Hawaiian, "Kuahiwi a Kai" means "from the mountain to the ocean." The six projects will unfold on 20,000 acres on northeast Lāna'i. The grants will leverage more than \$450,000 in matching contributions, generating a total conservation impact of more than \$910,000.

"The first round of grants from the Lāna'i Watershed Conservation Program will coordinate a comprehensive effort to protect native ecosystems and provide improved ecosystem services such as clean water, resource gathering and recreation to the people who call Lāna'i home," said Jeff Trandahl, executive director and chief executive officer of NFWF. "Working closely with our partner, Pūlama Lāna'i, we look forward to creating a lasting impact for the future of this beautiful island."

The LWCP provides funding to grantees taking a landscape-level approach to conservation, which involves balancing competing land use demands to serve the needs of the environment and human

well-being, delivering multiple benefits for species and habitats. The selected projects address environmental stressors including erosion, flooding, sedimentation, invasive plants, uncontrolled ungulate populations and non-native mammalian predators. Additionally, grantees will restore native habitats and address reef management issues. These activities will create a positive impact for priority reefs in the Maui Nui complex and for Hawaiian petrels at Lāna'i Hale.

"Pūlama Lāna'i" means "to cherish Lāna'i." Our partnership with the National Fish and Wildlife Foundation allows us to live our values by supporting organizations seeking to protect and preserve our land and natural resources," said Kurt Matsumoto, chief operating officer for Pūlama Lāna'i. "We're grateful for the opportunity to work closely with the grantees on conservation efforts that stretch from mauka to makai; from the highest point of Lāna'i Hale to the ocean."

Lāna'i's windward Keōmoku coast is home to remarkable natural and cultural resources. Seabird nesting habitats stretch along the ridgelines and support one of the largest remaining colonies of endangered Hawaiian petrels. Lāna'i's nearshore coral reefs have been identified as one of the seed stocks for the rest of Maui County.

"Partnerships are critical to any landscape-level initiative," said Katie Erbak, watershed planner for Hawai'i Department of Land and Natural Resources, Division of Forestry and Wildlife. "The partnership between Pūlama Lāna'i and NFWF is a great example of a private landowner working collaboratively with an agency to leverage resources and address challenges on a watershed scale."

Work supported by the LWCP presents a significant opportunity to demonstrate

the benefits of a watershed approach to sustainable land management and community stewardship in Hawai'i. LWCP grants will help provide baseline and monitoring information, as well as implement on-the-ground restoration and conservation projects that achieve the goals of the program.

Over the course of the next several years, LWCP is expected to expand and further facilitate restoration and conservation efforts on Lāna'i in order to:

- Restore native vegetative cover to increase watershed health.
- Reduce sedimentation run-off to nearshore reefs.
- Bolster populations of endangered and endemic species like the Hawaiian petrel.
- Increase quality of the landscape for local community and visitors through the preservation of nearshore resources, beaches and cultural sites.

For more information about the Kuahiwi a Kai: Lāna'i Watershed Conservation Program or to download the program's 2020 Grant Slate, please visit <https://www.nfwf.org/programs/hawaii-conservation-program/kuahiwi-kai-lanai-watershed-conservation-program>.



Pūlama Lāna'i

SENSEI Retreats Lāna'i

We're hiring!

Sensei Retreats Lāna'i is hiring for our new retreat, which will be located at the (former) Lodge at Kō'ele. We're looking for passionate candidates with proven knowledge and skills to execute an enriching wellness experience. You'll be part of a collaborative and hardworking team dedicated to supporting guests on their journey to wellbeing.

We are currently hiring for the following positions:

- | | |
|----------------------|-------------------------------------|
| — Sensei Guide | — Massage Therapist |
| — Fitness Instructor | — Hair Stylist |
| — Salon Technician | — Yoga and Meditation
Instructor |
| — Nail Technician | |

If you're interested in being part of a diverse team with a commitment to excellence, you can find more information at: www.sensei.com/careers or contact Scott Pisani, Lāna'i Human Resources Manager, at scott@sensei.com

Bart D. Baldwin RS #75316 - 808-649-0644

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110 Kapihaa Pl. Exceptional chance to purchase this unique vacant luxury lot on Kapihaa Place in the Island of Lāna'i's Manele District! The Manele District, located on the southern portion of the island, is the premier luxury planned community on Lanai. This nearly one acre lot features panoramic ocean views cradling the inspiring island landmarks Puu Pehe (Sweetheart Rock) and Hulopoe Beach Park. Ready-to-build including paved street improvements, utilities to the site, and two roadway entrances. This extraordinary opportunity is located on the 9th hole at the Jack Nicklaus-designed Challenge at Manele golf course.

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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Scam calls to Hawaiian Electric customers surge during Coronavirus pandemic

Scammers, capitalizing on coronavirus fears, have been calling Hawaiian Electric customers and threatening to disconnect electric service unless "overdue" bills are paid.

Don't be scammed, exhorts a March 25, 2020 company press release, citing at least twenty-three fraud reports the company received by 1 p.m. that day on O'ahu. Hawaiian Electric has received dozens of fraud reports from across its five-island service territory, with many more likely going unreported.

Customers have also reported receiving threatening texts supposedly from Hawaiian Electric asking for payment. Hawaiian Electric **does not** text customers to request payment.

According to the press release, on March 25, 2020, an O'ahu customer lost more than \$300 after a scammer called and threatened to cut off electric service to the customer's home. The scammer requested and received funds via Cash App, a mobile app that allows peer-to-peer payment. Hawaiian Electric does not accept Cash App payments, bitcoin, gift cards or prepaid debit cards.

Visit <https://www.hawaiianelectric.com/customer-service/customer-and-payment-centers> to check out acceptable forms of payment.

Hawaiian Electric has suspended disconnections through at least April 17, so that customers facing financial hardship because of the Coronavirus pandemic are able to contact customer service and arrange payment options and schedules.

While its customers will still be responsible for paying their electric bills, payment arrangements can help ease the financial challenges for those most affected by the COVID-19 situation.

To make payment arrangements or for more information, customers can visit its online customer care center at www.hawaiianelectric.com or contact company representatives at the following numbers:

- Maui (808) 871-9777
- Moloka'i and Lāna'i 1-877-871-8461

Volunteers needed for Lāna'i Aloha Face Mask project

It is a message heard around the world during this coronavirus pandemic. It is on social media, on television and radio and in print: don't buy face masks. Health care workers need them.

So, what do you do to protect yourself, knowing, as studies have shown, that wearing a face mask, when used in tandem with such measures as hand-washing, social-distancing, and self-isolating, mitigates the pandemic? You make your own face mask.

This do-it-yourself solution came to Caroline Gold, a Kupuna on Lāna'i, who is calling for volunteers on the island to cut, sew, and deliver face masks so that every resident on the island has one. Gold has hit the ground running on what she's named the Lāna'i Aloha Face Mask Project, possessing already enough fabric at the project's start to make about 500 masks.

"The project is intended to convey the message: Live aloha, be healthy, stay safe. My approach is a production line of volunteers. There'll be some who'll cut the fabric, those who'll sew the fabric pieces together, and then those who'll make deliveries to people's doors, all without having to interface with anyone," Gold says. She uses a pattern called the Olson face mask, which was designed for nurses and hospital staff by the Nursing Research Department at Unity Point Hospital in Cedar Rapids, Iowa.

"These masks are comfortable, light weight and washable; they have a filter pocket, and a flexible piece, which can help with a tight fit over the nose. They aren't N-95 masks and don't replace current guidelines for social distancing, washing hands. They were designed to fit snugly to the face and provide extra protection. [The face mask] offers substantially more protection than going without one," she says.



A stitch in time to mitigate the spread of COVID-19: Caroline Gold and volunteers hope to provide all Lanaians with a face mask.

Linda Mau, public health nurse, and Judith Teves, director of nursing – critical access, Lāna'i Community Hospital, are part of Gold's core team of advisors: they provide logistical, practical, and distribution counsel, the latter being Gold's greatest need.

Four Seasons Resorts Lāna'i has donated king-size quality sheets to the project, but Gold is looking for more donations of 100 per cent cotton fabric, in order to reach the project's goal of a face mask for every Lānaian.

To volunteer your time as a cutter or tailor/seamstress or deliverer, or to make a small donation, or to donate cotton fabric, contact Caroline Gold, (808) 214-7523 or alohagold@gmail.com.

ROMAN CATHOLIC DIOCESE OF HONOLULU
E Hā'awi I Ke Ola, E Ho'ihō'i... To Offer Healing, To Restore Trust

The Diocese of Honolulu, which encompasses the Roman Catholic Church in the State of Hawai'i, wishes to acknowledge the pain, anger and confusion caused by the sexual abuse of minors by clergy, religious or church workers. The Diocese of Honolulu remains committed to the promotion of safety, healing, reconciliation and the maintenance of safe environments for our children and young people.

Support and Services for Adults

The Victim Assistance Coordinator provides support and services for adult survivors of child sexual abuse by clergy, religious or church workers of the Diocese of Honolulu. The Victim Assistance Coordinator will provide:

- An immediate and confidential meeting with the victim of abuse to assess personal needs and preferences for treatment;
- Assistance in obtaining the services of mental health professionals trained in the area of sexual abuse victimization by qualified providers;
- Assistance in providing or presenting your report to the Diocese of Honolulu, and arranging visits or meetings with officials of the diocese so that they can act upon your report;
- The coordination of any support services, resources or other services which directly enhance your ability to maintain a level of emotional well-being, while maintaining contact with you throughout the counseling and healing process.

Victim Assistance Coordinator

Elizabeth Lyons, MFT
elizabeth.lyons@catholiccharitieshawaii.org
(808) 527-4604
1822 Keeaumoku Street
Honolulu, HI 96822

2020 Census Kicks Off April 1

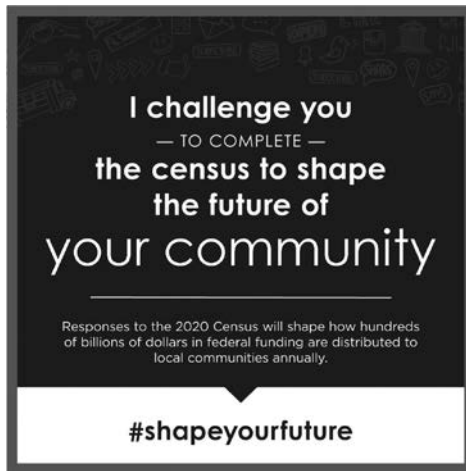
County of Maui Mayor Michael Victorino and his Complete Count Committee released a second video April 1, 2020, to kick off the 2020 Census and encourage all Maui County residents to help Maui County get the maximum federal dollars possible by responding to the Census.

The Complete Count Committee reminds residents that everyone counts – including keiki born on or before April 1, 2020. To get counted, visit <https://2020census.gov/>.

“While we stay at home to limit the spread of COVID-19 in our community, it’s important for everyone to be counted in the 2020 Census,” says Mayor Victorino. “Responding to the Census is easy and can be done online, by phone or by mail. Your participation results in real dollars for the people of Maui County.”

Each response brings more than \$1,500 back to Maui, Lāna‘i and Moloka‘i. There is no information required on citizenship or finances.

Despite unavoidable and understandable delays because of the current health crisis in the country, the early rate of self-responses has been encouraging. Over 38 per cent of U.S. residents have sent in their responses, mostly online, since the website opened in mid-March. Responses can also be given by telephone. In mid-April, paper questionnaires will be mailed to households who haven’t yet responded. Federal funds will be distributed



over the next 10 years, based on census data. The funds will help strengthen Maui County’s Head Start program, schools, Maui Economic Opportunity, Inc., Medicaid, roads and other infrastructure; and public housing.

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.

NEW HOURS of OPERATION for Richard’s Market, Pine Isle Market and MEO, Lāna‘i

PINE ISLE MARKET

OPEN: 8 a.m. to 7 p.m., Monday, Wednesday, Friday, Saturday
8 a.m. – 9 a.m.: Kupuna-only

CLOSED: Sunday, Tuesday, Thursday

RICHARD’S MARKET

OPEN: 8 a.m. to 7 p.m., Sunday, Tuesday, Thursday, Friday
8 a.m. – 9 a.m.: Kupuna-only

CLOSED: Monday, Wednesday, Saturday

MEO TRANSPORTATION

Rural shopping of essential and medical (stores, banks, pharmacy), and dialysis schedule ONLY: 7:45 a.m. - 10:45 a.m. Monday, Wednesday, Friday

Everyone, please wear face masks. If you are feeling ill, please stay at home.

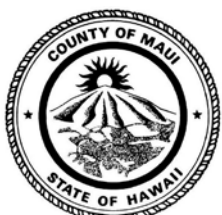
Kala mai i‘au

Kala mai i‘au means “pardon me” in Hawaiian, and I wish to beg your pardon, *Lāna‘i Today* readers, for errors in the February and March 2020 editions of *Lāna‘i Today*. While we try to make sure every issue of *Lāna‘i Today* is free of typographical errors or misspelled names or any other blunders, we acknowledge there are a few that somehow slip past us during proofreading. Please accept my apologies for the following errors:

February 2020: it’s Loko I‘a Waia‘ōpae, not Loko I‘o Waia‘ōpae (page 11).

March 2020: Travis Sparks, not Sparkss (page 18); Nelinia Cabiles, not Cablies (page 20); and the most egregious of blunders, for not only did I misspell a name, I misidentified a person in a photo: it’s Spencer Kaiakomalie, not Willie Kaiakomalie (page 10); Willie Kaiakomalie is Spencer’s father.

Please call me at (808) 563-3127 or email me, ncabiles@lanaitoday.com, if you spot any mistakes or errors of fact in *Lāna‘i Today*. I always welcome feedback and corrections. Thank you!



Where do you go when when you need County of Maui information?
Access the Maui County Resource Guide at:
co.maui.hi.us

Save the Date

Lāna‘i Pineapple Festival

July 4, 2020 noon to 9 p.m.

(A final decision on the event will be made in May)

Great entertainment, food, and fun.
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Our Lāna'i Ohana is incredibly special.

We will overcome this situation and come out stronger than ever.

Please keep you and your loved ones healthy and prepared during these challenging times.

How to meditate

In *Meditation for Fidgety Skeptics*, author Dan Harris describes the pivotal moment that led him to meditation: while delivering the news live on ABC's *Good Morning America*, he had a panic attack. He asked his research department how many were watching that day. They came back with a number: more than 5 million people in the nation witnessed his freak-out.

You do not need to have had a panic attack to want to explore meditation. Maybe you've always been curious about it. Maybe you've heard that it helps ground you when you're feeling anxious. Of its many benefits, meditation has been known to reduce stress. It also reduces blood pressure; improves immune system functioning; mitigates the symptoms of depression and anxiety. Scientists who have peered into the heads of meditators and have found that "the practice can rewire key parts of the brain involved with self-awareness, compassion, and resiliency," Harris writes.

In these anxiety-ridden times, when events feel out of your control, meditation might help you control that most

vital function in life: your breath. Here is a guide, excerpts of the book cobbled together, to help you get started.

Meditation 101. 5-10 minutes; longer is worth exploring. Set a timer.

Sit comfortably. Have your spine reasonably straight. You can close your eyes or leave them open, adjusting your gaze to a neutral point on the ground.

Bring your full attention to the feeling of your breath coming in and out. Pick a spot where it's most prominent: your chest, your belly, your nostrils. Try to enjoy both the feeling and the simplicity of the activity.

If your mind wanders, no problem. Just notice what has hijacked you, and then return to the breath with a sense of mindful satisfaction.

Some people like to recite a little phrase to help them stay with what's going on. "Just this breath" is a good one. It reminds us not to start anticipating the next breath. Repeating this helps soothe and simplify our experience, reminding us again and again not to overcomplicate things. "Just this breath."

Council's 3 Minutes - Resiliency through diversity

Contributed by Kelly Takaya King

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

As our county faces an unprecedented and constantly evolving challenge in the coronavirus pandemic, the current situation calls upon all of us to remain vigilant, responsible and flexible to changing demands.

While many of us in Maui County have for some time highlighted Hawaii's lack of economic diversity and our shortcomings in food security, this crisis has exposed these vulnerabilities, and the sense of urgency has never been greater.

Our economy is overwhelmingly dependent on the tourism industry, so any widespread risks to travel and tourism have rippling, and now debilitating, effects on our economy. We are seeing our local tourism-related businesses and staff being hit hardest by the coronavirus response, including hotel, restaurant, retail and activity-company workers. The response—which experts agree demands vigilant social distancing, testing and quarantine of all exposed persons—is not an option. I commend Mayor Victorino for his strict mandates in our county.

The mayor reported to the County Council that he is relying heavily on Dr. Lorrin Pang of the Department of Health and other experts, which is comforting at a time when rumors abound and the response varies widely across the country's municipalities. While we shelter in place, there is much we can continue to do as a community. The budget session is upon us and it is more important than ever to practice civic engagement. The council has begun using an interactive program called "BlueJeans" to hold our meetings with remote participation, including testimony. For more information on how to testify at council and committee meetings, please visit MauiCounty.us.

The upcoming budget session will be challenging, and we must focus on people over profits. For those who join me in the struggle for resiliency, please support the efforts to create and fund a stronger foundation for Maui Nui.

A more diversified economy that is less reliant on tourism would provide increased economic security and stability to our islands. Maui County must prioritize and invest in developing other industries and economic activities in which to excel,

beyond being a premier travel destination. Just as we must shore up our coastlines and environment now to address climate change, we must also build up our economy and workforce to be more adaptive to unexpected challenges. I propose that agriculture is the top priority to diversify our economy as it provides local jobs and should supply local needs first.

The glaring vulnerability brought to light by the coronavirus pandemic is food security. It is critical that Maui County invest time, money and infrastructure toward sustainable agriculture, to ensure food is available and accessible for consumption, and to create opportunities for export. Intensifying local regenerative farming would not only increase healthy food security, but also lower our carbon footprint. While officials have declared that there currently is no issue with shipments to our islands, the time to plan for potential disruptions in food supply is now. *This means growing, not hoarding!*

Our current circumstances underscore the need to reset and recommit to our priorities, to develop greater economic and agricultural diversity, and to bolster our self-reliance as a county. While the pandemic has revealed some of Maui County's weaknesses, it has also highlighted many of our strengths.

We're witnessing everyday examples of people taking care of each other, checking in on our neighbors and getting to know one another, even if only through virtual means. There are many farming and gardening efforts in Maui County, and we need all of them right now. Nonprofits are coalescing to support lists of needed supplies and services for the needy. This coming together of our community is key to our meeting present challenges.

Let us not lose the lessons of today, but rather take the necessary steps, together, to prepare our county for a resilient future.

Kelly Takaya King is chair of the Climate Action and Resilience Committee. She holds the council seat for the South Maui residency area. Go to mauicounty.us for more information.

The cashier wears a face mask and boundaries, jerry-rigged with plastic crates and string and blue tape to show where customers must stand, are the new normal at Pine Isle Market. Loyal customers take it all in stride, rolling with the punches, and getting their staples and groceries and whatever else they might need, at a place they trust and love; something they've been doing since 1949. We'll weather this storm together.



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8 a.m. - 9 a.m. - Kupuna-only
CLOSED Sunday, Tuesday, Thursday

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Growing a community

You till the hard earth. You make furrows, tamp down mulch. You consider which rows you'll plant tomatoes, squash, sweet potatoes. You scatter the seeds. Weeks of sun, some rain, and one day, there they are, shoots of life unfurling out of the ground like little secrets. Nothing seems simpler than growing a garden, And yet there's magic in it, too. In Lāna'i's Community Gardens, magic is popping up everywhere.

Miguel and Medina Nakao are growing vegetables for pinacbet, a dish most Filipinos can whip up in a flash. There are rows of bitter melon, tomatoes, string beans, bell peppers, eggplant, okra, into which the cutworms are starting to tear. The cutworm: it devours the root, destroys the stem. Seedlings have no chance against it. Miguel is sanguine about such pests. "I found six cutworms. I picked them off the plants."

Both follow the rule banning poisonous pesticides; Medina sprays her plants with a Dawn-soap-and-water mixture. Gardening keeps them active, she says. "It's good to be out here. So much craziness going on in the world."

Miguel, mechanic at Pūlama Lāna'i, and a gardener for decades, has a light hand. He doesn't obsess, doesn't sweat the snail stuff. "Whatever comes out, it's good. You get the sky, you get the moon, but for me, gardening is a way to be outside. I come out every day, rain or shine."

Medina says she will share her vegetables with gardeners there. "The price of vegetables at the store? It's too much. Better you grow your own vegetables."

Mike Lopez, manager of the Lāna'i Community Gardens, Pūlama Lāna'i, feels the community garden is where people "from all walks of life, share not just their vegetables, but their stories, their lives. A community garden unites people. The goal is a sustainable community."



Miguel and Medina Nakao

At the far end of the gardens, Del Dameg, tire specialist at Pūlama, raises more than a hundred hens and roosters, the breeds rolling off his tongue like an incantation: Kelso, Albany, Lemonhackle, Grey. His favorite is a rooster whose white feathers and manners are soft as silk. Chickens either bite or they don't. Dameg's favorite is as docile as an infant.

Dameg feeds and bathes his birds, pouring such lavish attention to ensure strong bloodlines. He sells the eggs, shows birds off-island, wins ribbons and prizes for coloring, off-colors of plumage, grooming. His birds know how to raise a ruckus, but Dameg doesn't mind. He's been around them since he was twelve years old.

"I love taking care of them. When I come in, they're waiting for me. Feeding time, they're jumping already. Every morning, I check on them. They're happy every day. They're crowing." *How does he know they're happy?* "If you touch them, they make their wings come out."

The Community Gardens has three garden plots left: two livestock and one garden. For an application, contact Rose Baptista, Commercial & Residential Properties Coordinator, Facilities, (808) 565-3974.



Watch Out for Scams

Scammers are trying to capitalize on coronavirus fears by pretending to be Hawaiian Electric and threatening to disconnect customers' electric service unless "overdue" bills are paid. Don't be scammed!

Hawaiian Electric has suspended disconnections through May 17 so that customers facing financial hardship due to the coronavirus pandemic are able to contact Customer Service and arrange payment options and schedules.

To make payment arrangements or for more information, visit our online customer care center at

www.hawaiianelectric.com

or contact our representatives at:

1-877-871-8461



Hawaiian Electric

Stay Home. Stay Safe.



We all have a part to play in keeping COVID-19 at bay. Practice social distancing, wash your hands, and stay at home as much as possible.

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The way we live now

Photographs by Dan Popov



It is not the quiet that we are accommodating, for Lāna'i has always been quiet and un-hurried. It is the depth of that quietness, the suddenness of the change in mood. We are social creatures, but we keep our distance. We wear face masks. We help each other. We call people we love. We adjust our schedules and close our doors. We know it is temporary. We know it is necessary. We think of ways to bear it, for we must bear it. If music is the arrangement of sound and silence, it feels as though we are, at this moment on Lāna'i, suspended in a long silence, waiting, holding our breath, hoping we are doing enough every day for our families and our community, for sound, for the music, to resume.



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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PARTNERS IN DEVELOPMENT
Hui Ho'omalua
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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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Holiday Closures

**Friday, April 10th
Good Friday**



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visit our new location near Foodland and Nagasako's - 843 Waivee St., Suite F3

Trees of Lāna‘i

Photographs by Nelinia Cabiles

“The life of trees” by Dorianne Laux (*an excerpt*)

“... They fling/their branches, forked sacrifice/to the beaten earth. They do not pray/ if they make a sound it’s eaten/ by the wind. And though the stars/ return they do not offer thanks, only/ ooze a sticky sap from their roundish/concentric wounds, clap the water/from their needles, straighten their spines/and breathe, and breathe again.”

No public gatherings, but the trees are here, sentient and enduring, branches reaching skyward toward the sun.



Center photo spread proudly sponsored by Pūlama Lāna‘i

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Modeling strength and resiliency for your kids

Since the coronavirus was first detected in the United States about three months ago, it has upended our lives, changing every aspect of how we live, disrupting our routines and schedules, determining what work is essential, which measures are critical, which behaviors consequential, what can wait and what cannot, and has made clear, as life and death matters unequivocally do, who is most vulnerable, and who most need us to be calm and positive and strong, especially in the face of such stress and turmoil. To the latter, the answer is our children.

Dr. Sharie Liden and Dr. Greg Sanders, psychologists on Lānaʻi, say that responses on Lānaʻi to the coronavirus cover the spectrum, from invincibility to vulnerability. So much is unknown and, at this moment, unknowable and uncertain, and it is these uncertainties that trigger fears and anxieties.

“There have been quite a wide range of reactions so far – everything from, *it’s not going to get us on Lānaʻi to, we better be prepared. It’s coming,*” Dr. Liden says. These reactions are to be expected.

What is one to do if one is feeling anxious, and has kids, knowing that children look to parents to see how terrible or scary, and conversely, how manageable or bearable, a situation is. Children study their parents’ facial expressions, read their body language, evaluate their parents’ interactions with others to understand how they themselves should act.

“One parent’s kid is freaking out, because [the coronavirus] is the boogeyman. But it’s also because the stepmom is freaking out,” says Dr. Greg Sanders. “So that’s all freak-out and not information-based.”

Drs. Liden and Sanders advise parents to manage their own anxieties, by staying grounded in the present, limiting how much news they get, asking: *What are the facts? What do you have control over? What’s outside your control?* “Be positive,” adds Dr. Liden, “and be encouraging to each other. Don’t add to the story.”

On studies on resiliency and kids, Dr. Sanders says that “the ones who survive traumas the best are those who have some adult, not necessarily a parent, but an adult who is handling [the crisis] and is a touchstone of reality. Someone who gets it, says, *it’s going to be OK. Yes, you’re afraid. I understand. I’m here to help you.* That’s modeling stability. We have them access from their own past, a time when they overcame something, and have them experience that feeling again. And then we anchor it to the present. This creates an association of a positive experience, in which they were strong and resilient, and helps change their perception of the future.

Dr. Liden suggests that people divert their energies into doing something positive and good. “There’s a lot of creativity in anxiety. Your mind is so busy creating every possibility that you have no control over, and so you obsess about things you can control, like cleaning too much or eating too much. . . Why not redirect all that beautiful energy into doing something, a hobby, a talent, a creative effort?”

Dr. Sanders says anxiety is based on the future, about what *might* happen, what *could* happen, and likens anxiety to snorkeling on a reef when a large shadow passes by you.

“You immediately have a fear response. A shark. That’s a good response. It keeps you akamai. It might turn out to be a dolphin, and so you relax. You smile. If



Doctors Greg Sanders and Sharie Liden

it turns out to be a shark, you watch what you’re doing, you take precautions. And the more experiences you have like this, the better your responses are. Anxiety is the guy on the beach who won’t go in the water, too afraid he might get attacked by sharks, even though the facts point away from that. What we don’t want to have happen is people becoming locked down themselves...to take it to the other extreme. And that becomes the phobic response.”

“Which is real for the person going through it. And people need to take each seriously,” says Dr. Liden. For children who are feeling fearful or anxious, both psychologists advise them to do as Mr. Rogers, from Mr. Rogers’ Neighborhood, counseled: *Look for the helpers.* The parents need to be the helpers. This community has a lot of resources and helpers: grandparents, pastors. Look for the helpers.”

Maui Health ensures staff health and safety

Maui Health confirmed additional employees have tested positive for COVID-19 April 8, 2020. The employees have been furloughed and will recover at home. To protect the privacy of its patients, Maui Health will not be releasing employees’ names or other information. Maui Health has notified patients and staff who came in contact with these individuals. The Hawaii State Department of Health will notify any other potential contacts of the affected individuals.

Maui Health staff has been trained in the latest Centers for Disease Control and Prevention (CDC) protocols and has the safety precautions and equipment in place to safely care for potential or confirmed COVID-19 patients, the press release states. Maui Health has protocols in place to address situations when employees are exposed to the virus to ensure that staff can protect them and others from additional risk. Maui Health is following guidance from, and coordinating closely with, federal, state and local public health agencies, and implementing new PPE protocols, as well as additional screenings for its employees.



SENSEI Farms Lānaʻi

We’re hiring!

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

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

We’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
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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

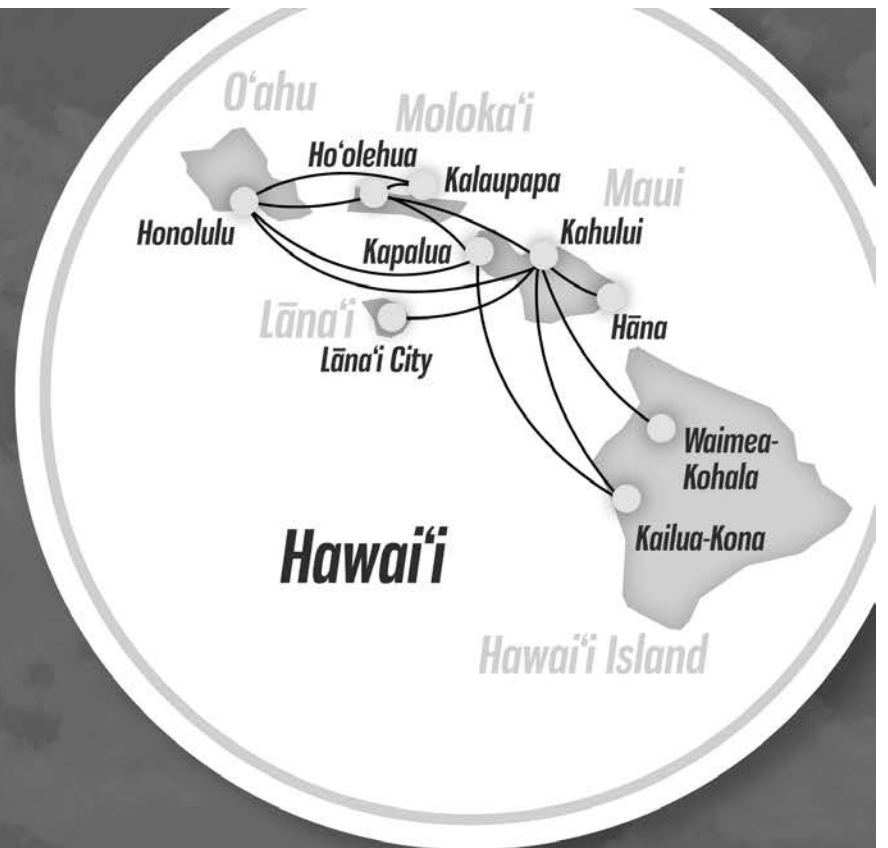
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Public safety and medical workers are eligible to receive free shipping on all medical and sanitary supplies from Kahului on any scheduled Mokulele flight for the rest of April. No reservations needed. Supplies may be dropped off at the Kahului counter one-hour prior to departure.

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*If your travel isn't essential,
please stay home and stay safe!*



Family Virtues Nook

Help your children navigate this time of change and anxiety, by playing together, doing puzzles and board games. Here are a few other ideas for helping all family members share their feelings in a compassionate way. Ideas from www.virtuesproject.com

SAD MAD GLAD SCARED GAME

Make up cards or cut a piece of blank paper into quarters and draw faces showing Glad, Mad, Sad and Scared. Sit in a circle and place them in the center. Adults model being genuine by starting the sharing circle.

1. After shuffling them, choose a card.
2. With everyone listening peacefully, say, "I feel SAD when I can't visit my friends."
3. After a few rounds of each person having picked a card and sharing, have the person to your left acknowledge the person to your right for a virtue they notice in them. Have a virtues poster handy. (Download free at <https://www.virtuesproject.com/Pdf/Poster.pdf>)

(Ideas from The Family Virtues Guide and Virtues Project Educator's Guide by Linda Kavelin-Popov)

Excerpt from The Family Virtues Guide by Linda Kavelin-Popov

Assertiveness	Generosity	Peacefulness
Caring	Gentleness	Prayerfulness
Cleanliness	Helpfulness	Purposefulness
Compassion	Honesty	Reliability
Confidence	Honor	Respect
Consideration	Humility	Responsibility
Courage	Idealism	Reverence
Courtesy	Joyfulness	Self-Discipline
Creativity	Justice	Service
Detachment	Kindness	Steadfastness
Determination	Love	Tact
Enthusiasm	Loyalty	Thankfulness
Excellence	Mercy	Tolerance
Faithfulness	Moderation	Trust
Flexibility	Modesty	Trustworthiness
Forgiveness	Obedience	Truthfulness
Friendliness	Orderliness	Unity
	Patience	



Save Energy While at Home

As we take precautions against the spread of COVID-19, more people in your household may be working from and spending time at home.

Here are a few energy saving tips to keep in mind:

- Take advantage of natural light
- Try fans or open windows instead of air conditioning
- Set your computer to energy saving

For more tips visit:

Hawai'i Energy: <http://bit.ly/HEhometips>

Hawaiian Electric: www.hawaiianelectric.com/householdtips

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Coping with stress in the time of COVID-19

by Daniel "Danny" Rodriguez, PsyD

If you are reading this, you no doubt know about, or at least have heard of COVID-19 the coronavirus. And, it is **definitely** a good thing that you are aware of this health threat! Hopefully, you are taking the proper precautions and paying close attention to CDC, State and local leaders who are working hard to keep us informed. (And, for goodness' sake, wash your hands, people!) However, with all the talk about the virus and the possibility of transmission or infection, you may be feeling worried, fearful, or stressed about the future: *What if I get it? What if transmit it to someone? What's going to happen with the economy?* These concerns are **normal and valid**. Unfortunately, in times of uncertainty, our minds tend to run away from us, leaving us to overthink things, worry uncontrollably, or feel jumpy, irritable, or on edge. Such feelings and reactions are known as **anxiety**, and it is a very common. If you are feeling this way, don't lose hope! There are definitely things you can do to help deal with the distress. Here are some simple but effective tools that can help you deal with the distress:

- ❑ Keep up-to-date with the latest advisories by the CDC and state public health departments, but do not overdo it! Spending all your time scrolling through Facebook or Twitter about the situation can actually worsen the anxiety.
- ❑ Have a plan of how you can respond to the danger; know what precautions you can take to help reduce feelings of being out of control.
- ❑ Get some exercise; it's a great way to unwind, release some anxious tension, and pump your body with endorphins that will help you feel better.
- ❑ Take some time to do relaxation exercises; participate in our LCHC Virtual Exercise Classes which will be available soon via our website, www.lanaihealth.org and our social media accounts on Facebook (Lāna'i Community Health Center) and Instagram (@lanaihealth).
- ❑ Belly Breaths are a simple way to help teach your body to calm itself in stressful times. (Imagine your belly is an empty balloon; slowly inhale through your nose for about 3 seconds, envision your belly filling with air as you do this. Hold for another 3 seconds then slowly exhale through your mouth for at least another 3 seconds. Repeat this sequence for 30 seconds in total.)
- ❑ Take time to enjoy the activities you love, including spending time with family (in small groups), taking nature walks, or just cruising at the beach.

Positive feelings are much-needed right now. If you find that you need more help or support, though, your local team of behavioral health specialists at LCHC are ready and willing to support you. Feel free to call and schedule an appointment at 565-6919.

References - Center for Disease Control. (2020, March 14). *Coronavirus disease 2019 (COVID-19): Managing Anxiety and Stress*. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>. Substance Abuse and Mental Health Services Administration. (2014). *Coping with stress during infectious disease outbreaks*. <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Shape the

future
of your community.

I challenge you

— TO COMPLETE —

the census to shape
the future of
your community

Responses to the 2020 Census will shape how hundreds of billions of dollars in federal funding are distributed to local communities annually.

#shapeyourfuture

It's time for the 2020 United States Census!

For some of you, this is a brand-new experience as new homeowners representing your household. For others, it might be a walk down memory lane as you recall the last Census 10 years ago. **For all of us**, it is important participate in the Census by completing the survey! Why?

Because it impacts the future of our community and YOU can make a difference.

"The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location." – <https://2020census.gov/en/community-impact.html>

By participating in the Census, **you** can help shape the future of Lāna'i! Census results have an impact on planning and funding for health clinics and highways, fire departments and disaster response, education programs, such as Head Start and college tuition assistance, assistance programs for the Kupuna in our community, and so much more.

You are encouraged to be proactive: Complete the survey yourself! Tell others about the benefits our community can receive by participating in the Census! Take to your social media platform to encourage others to make a difference by participating in the Census!

Response to the Census is flexible: Go to my2020census.gov with your 12-digit Census ID, which is printed below the barcode on the front of the questionnaire you received in the mail, and complete the survey – it will only take 10 minutes!

Or: Complete the survey you received in the mail, and send it back in the postage-paid envelope provided to you with the survey.

For those who need assistance, call toll-free 1-844-330-2020.

References: <https://2020census.gov/en.html>

New Team Member!

Please join us in welcoming Lāna'i Community Health Center's new Family Nurse Practitioner (FNP), Janette Myers to the island of Lāna'i. We are excited to have her join our team to provide care for our community. Born in Puerto Rico, Janette expressed an interest in healthcare at an early age. Upon completion of her BSN program at the University of South Carolina in 2014, she began her nursing career working in the pediatric burn unit at Doctors Hospital in Augusta, Georgia. In 2015, she worked as a Registered Nurse (RN) at the Charlie Norwood VA Medical Center in Augusta focusing on acute care and veterans afflicted with spinal cord injuries. Married to an active duty service member, she relocated to Honolulu, Hawai'i in 2017. Janette completed her clinicals at Makalapa Clinic on Joint Base Pearl Harbor Hickam while working as a pediatric diabetic nurse educator at Fort Shafter Army Base, ultimately earning her Master of Science in Nursing in 2018 from Chamberlain College of Nursing. In 2019, she began caring for veterans at the Spark M. Matsunaga VA Medical Center in Honolulu with a focus on case management and chronic disease. Ms. Myers received her Masters Degree as an Advanced Practice Registered Nurse (APRN) through Chamberlain University, an online school located in Chicago, IL. A lover of the outdoors, Janette enjoys spending her leisure time hiking, going to the beach, and running.



Janette Myers

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

In Their Own Words

How has the Coronavirus changed your behaviors or activities? How do you anticipate getting through the next few weeks? (Editor's note: Interviews were taken Saturday, March 21, 2020.)



Mei Lani Aki, Census 2020 Taker: "The Census was deactivated three days ago. We only did three days of work. The supervisor said, *send in your hours, we're shutting down.* We needed to get in hours before 8:30 p.m. [last night]. She said she was getting deactivated, too. We're on hold. Right now we're on deactivation because Census people [need to] go house to house, use the doorknob. Instead of saying we could use gloves. So that's that. I have all the [Census] stuff sitting in the truck. I'm been trying to think, well, I have a lot of time to do other things, like my gardening. But for three days now, I've been bogging at home. I have headaches, my neck is stiff. I watch all the stupid news on my phone. It's consuming me. I said, I'm not watching anymore of this. That's what they're saying, that all the stress and panic and anxiety is going to be caused with everybody at home. But I was duly productive. I redid my shower, [did some] caulking. I had a spot. I said, yay! We are going to take care of that now. So, we made it new. And I said, we should re-do the whole shower."



Jennifer Riel, Four Seasons Resorts: "There's no hanging out with friends. Kids stay inside. My husband is not working. But, he is doing a bunch of projects around the house, so we are getting things fixed up quickly now. I'm still working, four days a week, but all from home. I'm getting used to it. But it's only been two days. It'll get a little bit better. I feel that not everybody is taking this completely seriously. Walking around, it's a way to get outside, a way to exercise. But you go to the store and you see people walking past the handwashing station [at Richard's Market], which is a little disturbing. When it hits, I think it's going to shock a lot of people. Hopefully it will not hit here. But we need to be realistic."

Karen Brown, massage therapist: "As a small business owner and not an employee, we're not eligible for unemployment or anything like that. So, it's kind of a waiting game. It's a little bit stressful in that aspect, but I'm sure it'll work out fine." *What are you doing for your mental health?* "I do a lot of meditation. I think that I'm going to start YouTubing some yoga and try to talk Caroline into videotaping some for us. I'll be doing the social distancing. It's nice around here, because it's not so densely populated. You can always drive somewhere and get out and walk. We'll get through it, but [we need to] be away from people. It's a good time to go internal for a while."



Nina Amby, Four Seasons Resorts: "The spa is closed. There are no massage services. The reception area is open if you want to buy gifts. The county ordered the shutdown of the fitness center. The fitness center was iffy [anyway] because of all the sweat . . . I considered going paddling with a friend today, but decided not to risk it." *As far as getting through the next few weeks?* "I've been Netflixing. I'm thinking of this as a good opportunity to focus on the house, 'cause I've been putting off a lot of things. [Good time] to stay focused and get things done."



Kayla Medeiros, high school student: Our spring break was extended for three weeks . . . and I'm kinda bored. I've been cleaning my house. Haven't been in contact with friends, because I don't have a phone. I have sisters and cousins to talk to, but that's about it. [This moment in time] "feels kinda hectic. A lot of people are panicking right now and they're not really figuring out a plan to follow through with, and that's making everything crazy." To get through the next few weeks, Medeiros said she is taking precautions, and plans to "not get sick. I don't go outside as much." *But you're out today?* "I need coffee."



Sunbathing beauty at Pu'upehe

The animal lay on its back on the sand in such perfect languor and surrender that one felt one had trespassed into its private space. Wave after wave washed up on the shore inches from it, but still it dozed, untroubled, deep in the sleep of mammals that lead solitary lives. The animal, a Hawaiian monk seal, was a beauty. Sunlight glinted off its golden, furry body, its long, spiky whiskers, its webbed hind flippers, which twitched now and then as it slept. It was molting, something pinnipeds do once a year, and its new skin under the thick clumps of hair gleamed in the sun.

The Hawaiian monk seal named for the folds in its skin that resemble a monk's cowl, seldom visits Lāna'i, but this one had found a quiet, sunlit bay for sleeping at Pu'upehe, and there it slumbered on, perhaps oblivious to its dwindling numbers, or perhaps not. The 'Ilio holo I ka uaua in Hawaiian, or "dog that runs in rough water" is listed as endangered under the U.S. Endangered Species Act since 1976, though "it is the focus of one of the most proactive marine mammal recovery programs



in the world," according to National Geographic. But this day in early March, after swimming and diving for fish and octopuses and eels, perhaps, it had come on shore in a secluded cove, and lulled by the lilting music of waves and wind, had found rest.

The Pet Doctor

Providing regular veterinary services for Lana'i

All regular services on Lana'i for April 2020 cancelled until further notice due to COVID-19 concerns.

Stay healthy. I miss you all!

Schedule an appointment with Dr. Eric Ako, who will be offering the following services at affordable prices:

- Checkups
- Vaccinations
- Blood tests
- Spay-neuter surgery
- Medications for heartworm and flea prevention
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Look for the mobile pet clinic van in the Dole Admin parking lot



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 photograph, location, date, and historical significance.



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For more information, call 808-536-8074



Mia, wearing a face mask in a Tori Richard fabric sewn by Helen Akemoto, stands next to merchandise to be featured on Facebook Live, Jenna's innovative response to COVID-19. "Our doors are closed, but our business is not." Check out Jenna's livestream on Facebook. Face-Time shopping is also available.



Please call Jenna at (808) 559-6173, to shop or Facebook, until further notice.

Like us on Facebook and watch for us on Facebook Live! See photos of new arrivals & logo wear.



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Remain calm when talking to keiki about scary topics

From natural disasters such as floods, fires and hurricanes to global pandemics like the coronavirus, traumatic events impact families everywhere, including on Lanai. If you are a parent, what is the best way to talk to your children about such frightening subjects?

First of all, take a deep breath — and be calm in your approach.

“Kids do best if their parents are calm and measured,” said Gene Beresin, Harvard Medical School Psychiatry Professor and Executive Director of the Clay Center for Young Healthy Minds at Massachusetts General Hospital in a HuffPost article. “Anxiety is contagious, and when parents are fearful or bent out of shape, kids of all ages are going to pick up on that.”

The next important step is to find out exactly what they know, before telling them your own thoughts. This allows them to divulge what they’ve heard first and gives you an inkling of how they are coping with it. Plus, getting the worry off their little chests will help put them at ease.

One four-year-old boy in the Lanai community ‘ohana was asked what he knew about the coronavirus pandemic.

He replied, “Not everyone is doomed. Only old people will die.”

Doomed? It’s a big, bad word for such a little boy. Yet the parent validated the child’s feelings and thanked him for sharing — the right thing to do.

Maui Health, which operates Lanai Community Hospital along with Maui Memorial Medical Center, Kula Hospital and island clinics, understands that traumatic events put stress on you and your children.

When going through a crisis, communication should be age appropriate. For keiki younger than 6 years of age, the best advice is to try and not volunteer too much information — while still being honest.

One example of sharing too much information happened with the four-year-old, above. He overheard adults talk about a certain part of the island as a “ghost town.” His eyes got wide with fear and he screeched, ‘GHOST TOWN?’ What is that? Do ghosts fly through the air?”

“Little imaginations can run rampant,” said a school principal in a National Geographic article on parenting. “Too much can get those active imaginations running toward something akin to a zombie apocalypse.”

The best advice is to be mindful that little ears may be listening. Stay focused and start by answering your child’s questions, reassuring them, and giving them hope for the future. Let them hear it from you first by limiting media exposure on the television, smart phone and internet.

“Distress and apprehension about a disease can be overwhelming and cause strong emotions in adults. Think of how our children might feel,” says Dr. Ben Thompson, Child and Adolescent Psychiatrist at Maui Memorial Medical Center. “Parents are the emotional and spiritual reservoirs for children. They will naturally be drawn to you for reassurance and information. Guarding their best interests requires taking difficult circumstances and focusing on the essentials. Then we have to present this information simply and in the least threatening manner. Our goal is to share fact-based information that allows for hope and comfort.”



A Lana'i family enjoys the day out, making memories.

More tips include emphasizing good hygiene, framing school closures as positive, looking for nonverbal cues such as depression and keeping their minds and bodies strong with positive activities and indoor movement exercises that allow them to blow off steam, physically and emotionally.

If you can, stick to routines. Supervise them in doing what they usually like to do — but take it easy on them with hobbies and light chores such as playing the ukulele, feeding the cat, picking fruits and vegetables from your yard, cooking together and reading children’s classics.

In regard to a natural disaster such as a hurricane or flood, if you have the time, include them in family preparedness by asking them to help you create emergency supply kits.

“One idea for having your children help plan and pack emergency supply kits is to make it a game - like a scavenger hunt,” says Thompson. “Don’t forget to check expiration dates and have kids help with remembering and doing that, too. The

more you make it something regular and ordinary, the better.”

Hurricane season runs through November, so now is the time to ensure that your emergency preparedness kits are stocked with a flashlight, working batteries, and a three-day supply of water and food. Adults should procure and oversee the first-aid items and medicines.

Make sure the kids know where the kit will be stored. Let the older ones help bring laundry, bicycles, toys and outdoor furniture inside when a devastating storm is imminent. Share the plan on what to do and where to meet if you get separated. School-age children may be able to teach you a thing or two about practice drills of what to do.

Most of all, keep talking. Be honest as much as possible and reassure them that they are safe. Tell them that it is ok if they are afraid. And when you need to, say, “Mom and dad may not have all the information now, but we’ll let you know as soon as we do.”



Through all of life’s challenges
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In this issue, read
“Talking to Keiki About Scary Topics”
and visit mauihealth.org/healthwise
for more tips for parents.

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Community Hospital
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Op-Ed: How can we help our students?

Contributed by Dennis Hokama

I was born and reared on Lāna'i, and attended Lāna'i High & Elementary School from kindergarten through 12th grade, graduating in 1965. I went to the University of Hawai'i's College of Education and taught Social Studies at Aiea High School for five years before transferring to LHES in 1976. Returning to a school and community with which I had indelible bonds was long an aspiration of mine. A popular television show at that time was "Welcome Back Kotter", in which a teacher returns to his high school, is assigned a class of "sweat hogs", and the hijinks begin! You can bet that whetted my appetite to move back to my alma mater. My wife, Bonnie, transferred from Makaha Elementary and became the third-grade teacher for an entire generation of Lāna'i keiki from 1976-1993.

From 1979-89, I was the only vice principal at LHES and can recall often spending time at the school gym where many of the students gathered during lunch recess, playing basketball, bumping volleyballs or just hanging out. Neal Tamashiro, then athletic director, would be playing in a premier pick-up basketball game. On rare occasions when a "warm" body was needed, I, too, would find myself in a game. I kept these occasions few and far in between, as my skill level was no match against such basketball enthusiasts, and returning to my office to respond to disciplinary referrals would be literally, sweaty and "uncool."

Beginning in 1989, I served in three different principalships on Maui and O'ahu, eventually retiring in 2007. Yes, my association with LHES is deep, and that is why I was flabbergasted when I learned the Western Association of Schools and Colleges (WASC), the national accrediting organization whose jurisdiction covers the state of Hawai'i, placed LHES on probationary accreditation status in 2018.

During my years of teaching and as vice principal, I recall LHES going through at least two accreditation cycles and being awarded six year full terms, the maximum years awarded for an accreditation cycle. It's apparent that over time the quality of LHES has eroded to where we are today: LHES's academic achievement levels, as reported by WASC, are well below state targets. An alarming example of this, as cited by the WASC report, is in the third-grade student reading: the state target is 75 per cent, LHES's score is 29 per cent. Another important citation is WASC's finding of no significant gap between special education students and the overall student population, because

both groups score at such low levels. In rankings based on academic achievement, LHES occupies the lowest tier amongst Hawai'i schools, scoring no better than its complex area schools, including Hana and Moloka'i, a performance unheard of maybe as late as 10 years ago.

Perhaps the WASC report's most disturbing revelation, cited as needing improvement, is its finding that an "impediment to progress," is the "(Non-) Staff acceptance of, and a (lack of) concerted effort toward, a growth mindset, which will empower all learning community members to believe in the potential of all students and in themselves, that a lifelong learning, practice, and effort matter, and make a difference in achieving success." This finding is repeated eight different times in the report. It's one thing to cite curricular, instructional or resource issues that can limit learning, but to emphasize teachers' beliefs in their own limitations to effectively teach some students, and beliefs in these students' inability to learn, is highly disturbing.

Standardized test scores are not the only determinant of school quality, though they are important, as they often correlate to rates of graduation, absenteeism, numbers of students seeking higher education, teacher morale, school culture, and a sense of satisfaction among school-community members. Given that test scores are also highly objective and measurable, they provide a good basis for analysis in meaningful, educational decision-making.

LHES may have some disadvantages that more affluent schools don't, but it does have some exceptionally strong advantages, that if recognized and fully leveraged, would easily trump the disadvantages. These advantages include its small size, its K-12 structure, lack of significant poverty, a cohesive community, where in any other locale would constitute a singular neighborhood, and an abundance of outside resources, such as Pūlama Lāna'i and its myriad of development projects, the Lāna'i Culture & Heritage Center, and the number of available kūpuna who can share the history that created the plantation culture that is so uniquely Lāna'i.

The question we face today is not how did we come to this, as that could be the subject of a future column; rather, it should be: *What can we do to provide our community with the educational opportunities that it deserves and is more than capable of achieving?* The first is not very useful, while the other asks of us accountability, to see ourselves as important partners in raising up LHES and shaping the course of our children's educational future on Lāna'i.

Acts of Kindness

If there is one thing that the coronavirus is making clear on Lāna'i, it is that nothing can dim the fires of our humanity. Also evident is that Lāna'i is a community of givers, helpers and leaders. There are several groups on the island who have come together to produce face masks, care packages, all in the name of aloha.

Richard's Market has put together care boxes filled with toiletries, such as paper towels, moistened wipes, dishwashing soap, and dry goods, including saimin, Spam, canned tomatoes, peanut butter and canned sardines.

Diane Preza, director of Community Development, distributed these care packages to Lāna'i Kinā'ole, Kauno'a

Seniors, and Catholic Church foodbank, thus minimizing contact, while still providing this essential service. The agencies in turn will deliver them to their clients. There were forty-four Richard' Market bags delivered the week of April 9, 2020; another thirty-six will be delivered the week of April 13, 2020. While still maintaining social distancing measures, Preza and her husband, Jon, will also be delivering Lāna'i City Bar & Grille meals to senior citizens who are single or without families.

The Adventure Park staff is making facemasks. Please contact Kyle Bruser, (503) 746-6646, to volunteer your time or to donate elastic banding. They're greatest need is for sewing machines.

Daetyn Tangjian-Kobuke's ace is one for the ages at Cavendish

As par-threes go, the 18th hole at E.B. Cavendish Golf Course on Lāna'i, is daunting. To get to the green from the white tee box, a player would need to whack the ball squarely and with such power and loft that it rockets across the green, curves just enough to skim past the branches of the Cook pine trees on the right, and lifting now climbs another fifteen feet high in the air to crest the fifty-five foot hill. One can't even see the green from the tee boxes below, relying on the red pin or flag for guidance. On October 27, 2019, at the Lāna'i Gold Association's Sunday tournament, with wind gusts of 20 miles an hour, 15-year-old Daetyn Tangjian-Kobuke, lined up his tee, eyed the flag high on the hill, and, going against the advice of his caddy (his father, David), took out his four iron and walloped his Titleist 2, into the wind. So true and solid was his swing, that he felt he would birdie the hole.

"That's what he kept saying, 'I going birdie'em, I going birdie' em,' 'cause he knew it was close," says David Tangjian. Father and son took off after the ball, climbing the hill and poking through the hazards and rocky slopes. "Where's the ball?" Tangjian asked. After a few minutes of searching, they learned that Daetyn did one stroke better than a birdie: he hit a hole-in-one. There, wedged in the hole, with the pin still ensconced in its cup, was the Titleist 2. Daetyn's ace was a feat that no one in the history of golf at the Cavendish course, hitting from the white tee box, on the 18th hole, had ever accomplished in tournament play or in recent memory. On the score card, the 18th hole is 158 yards. "But it plays like 179 yards with wind and with the hole being tucked front right. You need to work the ball around the trees," says Curtis Onuma, an avid golfer, who has played at Cavendish for over 30 years, attesting



Daetyn Tangjian-Kobuke at the white tee box of the 18th hole at Cavendish. The 18th hole green is in the background.

to the challenges at the 18th hole. "Par on the 18th is an excellent score. If I made par on the 18th, I would be so happy."

Tangjian-Kobuke's strength is his second shot, his approach, according to his father. Daetyn loves the game because "I get to be with my friends," he says. Daetyn has been playing golf since he was five years old, guided to the game by his mother. He dreams of being a pro golfer.

Although Daetyn missed winning that Sunday's tournament by a single shot, it didn't matter to the teen. Nothing could or might ever eclipse the marvel and wonder that is a hole-in-one.



Daetyn Tangjian-Kobuke with ace golf ball and trophy.

Recipes - Medina Nakao's Pinacbet

1 lb. roast pork, cut into 2-inch cubes
4-6 cloves of garlic
1 large knob of ginger, chopped
3-4 large tomatoes, chopped
1 medium butternut or acorn squash, cut into 2-inch cubes
A handful of bittermelon
4-5 eggplants, cut thickly on the diagonal
6-8 longbeans, cut 3 inches long
Patis or fish sauce, to taste
1 c. water
1 chicken bouillon

Instructions:

Over medium heat, using a medium to large stock pot, saute roast pork until golden. Throw all the vegetables into the pot, except for eggplant. Pour in water, drizzle some fish sauce, toss in chicken bouillon. Cover. Do not be tempted to stir the pot. Let the vegetables cook without disturbing them. After 20 minutes, throw in eggplant, tossing them into the vegetable mix. Cover, and let cook for another 20-25 minutes, turning down the heat to low. Season to taste with fish sauce.

Lāna'i Cat Sanctuary cancels private clinic services

To do its part to keep Lāna'i COVID-19-free, Keoni Vaughn, executive director of the Lāna'i Cat Sanctuary, has canceled private clinic services in-town of the Pet Doctor Wednesday, April 15, 2020, and at the Lāna'i Cat Sanctuary, Thursday, April 16, 2020.

If a pet owner has an emergency with his or her pet, please email PetDoctorLana@gmail.com or call, (808) 733-8828.

The Lāna'i Cat Sanctuary provides care to more than 600 cats who reside at the 3.5-acre facility, about five miles from Lāna'i town. It remains closed to the public during the Coronavirus crisis until further notice. The Lāna'i Cat Sanctuary will continue to monitor the ongoing situation and follow the guidance of federal and state officials and health authorities.

Please visit lanaicatsanctuary.org for more information.



Kipuka (kī-pū-ka), n. There are several definitions of kipuka (taken from *Parker Dictionary*), such as a snare for taking birds; a calm place in a high sea; a deep spot in a shoal, or the cloak or poncho of a woman's riding habit, such as worn by Hawaiian women riding horseback, but the most common reference is also the most visually arresting and breathtaking: a clear place in a lava field. To look out at a kipuka is to see a green oasis of plants or shrubs surrounded by a lava flow.

Virtues in Paradise - *Virtues in the time of Corona*

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



Linda Kavelin-Popov

Throughout our entire planet, life is changing so fast that we need a new language to navigate it. “New normal” – is there such a thing, when we hear different messages daily about how the COVID-19 virus is spreading, and how those governing require us to stay safe? “Social distancing” means staying six feet apart at the grocery store or pharmacy or outside, for exercise. “Self-isolating” has us hunkered down at home, possibly feeling trapped, bored, or “stir crazy”, as a friend on the mainland put it, the sub-zero temperatures in her state keeping her indoors. In Hawai‘i, we are still allowed to walk, run, swim, paddleboard and surf. A blessing for us living in this gentle climate.

No one in our lifetime has ever experienced a pandemic with such a global impact on health, finances, and an uncertain future, as this. It’s natural to feel scared and anxious, because we have no idea how long this will last or the toll it will take. How do we guard against panic, or losing our footing entirely? Some folks say faith will get us through. But, honestly, we also need to guard against the spiritual bypass of our God-given feelings. It doesn’t help anyone who is in tears, or is vulnerable enough to share his or her fears, to be told, “Just have faith.” Only when we face our feelings with honesty and compassion can we access the true power of our virtues, those inner strengths that reflect the Divine qualities of love, trust, peace, self-discipline, patience, and even, joy. Writer James Baldwin said, “Not everything that is faced can be changed. But nothing can be changed until it is faced.”

How do we face this pandemic and maintain hope when panic is knocking loudly at the door? Certainly not by suppressing our feelings. Here is a way to honor our feelings without allowing them to control us, one that helps us heal while living in the light of faith and hope. Virtues offer what I call, CPR for the soul.

Circle Up: At this time of social isolation, we need not be alone. Circle the wagons, gather those we love, and stay connected, whether by landline or online meetings. Everyone needs to call on his or her personal tribe, on true friends, on faith communities, to seek new ways to check on each other often. C is also for Compassion and Companionship. Our greatest need is to buddy up with someone who will companion us through whatever we’re feeling, without judging or advising, and simply listen with compassionate curiosity. The virtues language allows us then to

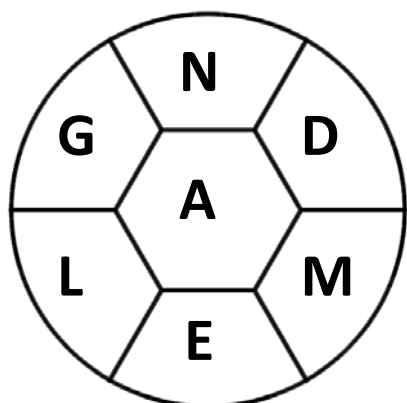
give acknowledgement: “I see your courage (or endurance or strength, or hope).” Circle up with your children once a day to have a check-in: “Let’s each share a thorn and a rose that we’ve experienced today.” End with gratitude: “Let’s name a blessing for which each of us is thankful.” You can download the free “Virtues Cards” app to do a virtues sharing circle or to send affirmations. Circling up is a powerful way to release our fears and cultivate our courage. Unity has healing power.

Pace Yourself: This time of interrupted busyness, of remaining at home, is, in truth, a holy pause, inviting us to practice Patience and Perseverance. Start the day with a routine of reverence. Read something inspiring. Pray. Meditate. Children adapt beautifully to this practice. Embrace this opportunity to also putter, clean and clear, cook mindfully, do projects, and find new ways to balance work and play. Create a culture of peace with clear boundaries for this “new normal” of being together all the time. Schedule the day in chunks: time together, time alone, time for reflection, time for play, including family play. Plan silent “peace time” when everyone naps or reads or plays quietly. Walk or exercise alone and savor the solitude. A gentle rhythm will bring serenity and joy.

Reach Out: Call on the virtue of service. Start a phone or text tree to check on folks, especially those living alone. An abundance of time has opened up, so share yourself. Encourage children to think of ways to help others. Musicians, such as Hawai‘i’s own Henry Kapono, are posting free concerts. On his YouTube channel, Henry reads a virtues card and sings a song to brighten each day. Some people are delivering food for our health-care warriors. Others are posting hopeful messages. Do your part, and it will nurture your own spirit. We often hear now, “We’re in this together.” Let’s be the change we wish to see in the world. www.lindakavelinpopov.com

Spellbound (adapted from *The New York Times’ Spelling Bee*) by Nelinia Cabiles

Using the letters in the respective circles below, how many words of 5 or more letters can you spell? Center letter must be used at least once. Letters may be reused. A word that uses all 7 letters is 3 points; any other entry 1 point. Not allowed: proper names, hyphenates, compound words. Rating: 15 = GOOD; 25 = EXCELLENT; 35 = GENIUS



Reese's Peace - *Just for Today*

Contributed by Caroline Reese



Caroline Reese

*Just for today, I will give thanks for my many blessings
Just for today, I will be happy and accepting
Just for today, I will accept the process of life
Just for today, I will be kind and loving to my neighbor and every living thing
Just for today, I will do my work wisely and do my best*

These principles by Dr. Mikao Usui, founder of Reiki, a spiritual practice, are guidelines that promote healthy living. I recite them before or after every Reiki session that I have with a client.

I find myself reciting these principles a couple of times a day. I like to add a few of my own that I feel I may need for the day. For example, I might add: Just for today, I will have motivation.

We now have a significant amount of time to do things that we may have dreamt about doing for a long time. And yet it can be a struggle to get things done. Trying not to get wrapped up in fear of what the coming weeks may bring is not easy to do.

I believe that routine inspires motivation, and developing a plan will allow creativity to bloom. Focus on self-care so you can be available for others in your life, and think about your physical, mental, emotional, and spiritual needs when you design your plan.

Below are some ideas of how you can begin your self-care plan. The idea is to invigorate and energize yourself by continually practicing self-care.

Physical Care

- Be kind to your body. Shower, brush your teeth, comb/brush your hair. Get dressed.

- Nourish your body with healthy, energizing food. Drink water.
- Choose an exercise you enjoy to replenish your energy.

Emotional

- Seek out connection. Instead of texting, call a loved one. If you need support, reach out to a counselor or close friend.
- Shift negative thoughts about yourself to positive ones.
- Journal about your feelings and thoughts.

Spiritual

- Meditate.
- Take a walk in nature.
- Pray or reflect on your blessings.
- Volunteer in your community.

Mental

- Learn a new skill or a hobby.
- Read a book that engages and excites.
- Sign up for an online class or workshop that you find interesting.

Just for today, I will renew and restore myself by practicing my self-care plan.

New feature - *Poetry came in search of me*

Let Me Begin Again

Let me begin again as a speck of dust caught in the night winds sweeping out to sea. Let me begin this time knowing the world is salt water and dark clouds, and dawn comes slowly and changes nothing. Let me go back to land after a lifetime of going nowhere. This time lodged in the feathers of some scavenging gull white above the black ship that docks and broods upon the oily waters of your harbor. This leaking freighter has brought a hold full of hayforks from Spain, great jeroboams of dark Algerian wine and quill pens that can't write English. The sailors have stumbled off toward the bars or the bright houses. The captain closes his log and falls asleep. 1/10/28. Tonight I shall enter my life after being at sea for ages, quietly, in a hospital named for an automobile. The one child of millions of children who has flown alone by the stars above the black wastes of moonless waters that stretched forever, who has turned golden in the full sun of a new day. A tiny wise child who this time will love his life because it is like no other.

~ Phillip Levine

The Coronavirus glossary - Adapted from the *Los Angeles Times*

COVID-19: Short for Coronavirus Disease 2019, the official name of the disease caused by SARS-CoV-2.

Incubation period: The time between when someone is infected with a pathogen, such as a virus, and when the first symptoms of illness appear.

Quarantine: When someone who has been exposed to a disease but is not visibly sick stays away from others for a period of time in case they are infected. By keeping their distance, they can avoid spreading the disease to others. A quarantine usually lasts a little longer than the incubation period for a disease, just to be safe.

Isolation: Staying away from others so one does not infect anyone else. In the case of this coronavirus, isolation should continue until the risk of infecting someone else is thought to be low.

Mitigation: Slowing the spread of the virus by staying home, washing your hands, disinfecting surfaces, practicing social distancing.

Social distancing: Maintaining six feet of space between yourself and others. If successful, social distancing measures will help slow the pace of new infections and "flatten the curve."

Flattening the curve: This phrase describes the goal of spreading out infections in a population to minimize the number of people who are sick at any given time. Picture a hump-shaped graph that shows the number of new infections over time. If a disease is spreading quickly, the number of new daily cases of infection will be very high, and the hump will rise

steeply. But if the disease spreads slowly, the number of new daily cases will be lower, and the hump will be shorter and wider.

Slowing the spread of the virus can help prevent the hospital system from being overwhelmed by too many patients. If that were to happen, critical care units could run out of the ventilators that are needed to help people breathe if their lungs fail.

Community spread: When an infectious disease is spreading in an area and the people who are contracting it don't know where or how they caught it. It's an indication that a virus is no longer contained to a limited number of people.

Close contact: In the case of COVID-19, it's anyone who is within six feet of a person infected with SARS-CoV-2 for a prolonged period of time. This includes people who live with, care for or visit an infected person. It can also describe people who merely share a waiting room with an infected patient or who have direct contact with a patient's infectious secretions (such as by being coughed on).

Outbreak: An increase, often sudden, in the number of cases of a disease above what is normally expected among the population in a limited area.

Epidemic: An outbreak that has spread to a wider area.

Pandemic: An epidemic that has spread over multiple countries or continents, usually affecting a large number of people.

Lāna'i Kinā'ole staff delivers Richard's Market care packages to patients in their care. "We all feel very blessed to be able to care for our patients in their homes. They are so very grateful and welcoming. They are our family," says Valerie Janikowski, program administrator, Lāna'i Kinā'ole. See "Acts of Kindness" on page 17.



Lāna'i Art Center Profile - *Stine Bolo*

Contributed by Cindy Sagawa

When Constantine "Stine" Bolo was in elementary school, he and his brother, Primo, would head to the Kids Art Club after school, a program at Lāna'i Art Center, a space where their mom preferred them to spend their time instead of being home alone. Stine remembers, "The Art Center played an important role in my childhood. I was always into arts as a boy. It was a wonderful place to be creative and experiment. My brother and I always liked making things with our hands. What I remember about the after-school and also the summer program was Ms. Sagawa and her mynah bird. I'd never met anyone who had a mynah bird that was so tame it would sit on someone's shoulder. She once asked us to make a painting that we would want to sell. I think mine was a face and I priced it at something like a thousand or a million dollars. Our work was displayed at the Blue Ginger Café but no one bought mine. I could use the money now."

The Lāna'i Art Center's pottery barn was another of Stine's favorite places, where he'd roll out clay, use stamps to press designs and then fold creations in dishes with wavy edges. "I really liked the crystal glazes. It looked like rough sandpaper but when it fired in the kiln it made crazy colors. The pottery wheel was so much fun. If I had that million dollars now and a space, it would be great to have [a pottery wheel] just to be creative."



Stine graduated from LHES in 2008 and immediately enlisted in the Air Force, attending boot camp at Lackland Air Force Base in San Antonio, Texas. His first station was in Osan AFB, South Korea where he maintained aircraft weapons equipment. At Nellis AFB in Las Vegas, he attended the USAF Weapons School, loading live munitions and maintaining weapons systems on the F-16, F-15 and F-22 fighter aircraft. In 2018, he left active duty,

moved to Washington State, and enlisted in the Air National Guard with the Western Air Defense Sector. He will soon receive training that is related to air space tracking.

Having moved to so many different kinds of communities, Stine sees the advantages of small towns. "Growing up in a small community, you get a great sense of taking care of your neighbors and family. You don't see that so much stateside. I look for people of the same mindset and found [this quality] to be true of country folks or people from Guam."

Stine still finds ways to be creative. He makes his own jigs and lures for bass fishing. "I find it very relaxing and enjoy using different materials to make a product that will be appreciated. It takes a lot of skill and patience to tie flies, but I'm working on my skills."

Stine married his wife, Melissa in 2015, and looks forward to having children. "Children should have a place to see what they can create. The Art Center was that place for me."

The children's art programs at the Lāna'i Art Center are made possible through grants and generous donations by individuals who want to support the creative spirit of our young people. This safe, drug-free and artistic environment helps Lāna'i youth become life-long creative thinkers who continue to seek artistic expression. What financial support also builds is a sense of community, a community that fosters friendships and opportunities for creative exploration. Thank you for your willingness to give to the arts.



Stine Bolo then...



And now.

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For information, go to: lanai Baptist.org. For updates and upcoming events, follow us at [Facebook.com/lanai Baptist](https://www.facebook.com/lanai Baptist)

Located on Sixth Street Pastor Tim Belcher

Alcoholics Anonymous & Narcotics Anonymous

Meetings at Lāna'i Union Church (upstairs), Fraser at 8th Street

6 p.m.-7 p.m.: Tuesday, Narcotics Anonymous;
6 p.m.-7 p.m.: Wednesday, Alcoholics Anonymous

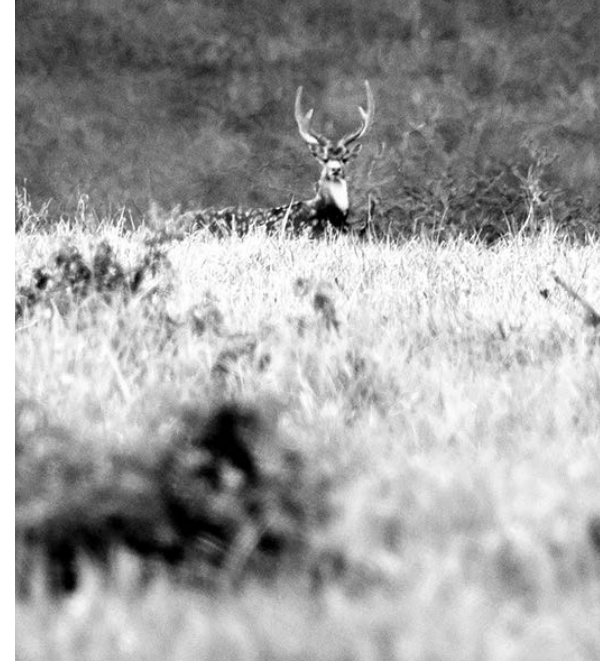
For more information, call Rita (760) 419-0785

Around Town - Pālāwai at dusk

Photography by Russell de Jetley

They cross Mānele Road at dusk, always at dusk, these ungulates of Pālāwai Basin, traveling west to east, to forage and find cover in Pālāwai's dense undergrowth of Hale Koa. They have either poor peripheral vision or are the most daring thrill seekers among animals with hooves, for they seem never to look right or left to see what might be coming toward them in their twilight crossing. In 1920, when George C. Munro introduced Axis deer (*Axis axis*) to Lāna'i, there were only twelve of them.* They throng the island in the thousands now, forming matriarchal herds of mother and juvenile offspring. They bellow or bark, browsing leaves of trees and grazing on grass during the day. They fall asleep a few hours before sunrise.

* *A Field Guide to Lāna'i's Storied Places, People, Resources, and Events in History* by Kepā Maly.



“Around Town” is proudly sponsored by Lāna'i Oil Company