

LĀNA'I TODAY

THE RETURN TO THE SEA



See page 11

Jubilant after a two-week island lockdown that restricted gatherings, Ewan Knowles; Saul Kahihikolo; Marcus Washington; Anela Kahihikolo (behind Washington); Ismael, a Four Seasons guest spontaneously recruited for the Saturday morning paddle; and Sean Benson throw shakas on the way back from a paddle to Pu'u Pehe. Since 1994, the Hui Wa'a O Lāna'i canoe club has been meeting nearly every Saturday (or whenever they have enough for a six-person crew) to paddle.

After the false summit

I carried a headlamp, an Asian noodle dish I'd made with chopped basil and mint and stuffed into two gallon-size Ziploc bags, camping gear, wool baselayers, three liters of water, a backcountry tent, a change of dry clothes, none of it cotton, for cotton kills in the Colorado mountains.

I was bundled in wool and down and Goretex, protection against inclement weather, which had been falling lightly all morning, first as a drizzle, then later, as flurries of snow. The goal for the second day on the 27-mile Aspen Four Pass Loop was to summit Trailrider Pass by noon, the magic hour, a small window of time before the weather turned brutal, as weather seems to always do past noon at 12,000 to 14,000 feet in the mountains.

We had had a late start. We'd hiked off course for a time, before our group leader, who knew the mountains as any athlete knows her body – the particulars of her wide-spaced toes, her springy feet – and who herself was a professional cyclist, stopped abruptly, told us: *this doesn't look right*. So, we'd doubled back, and after some time, found the right trail. Our mood was cheerful. We had loads of time; we were only on day two – still a lot of daylight between where we were at the mountain base and the summit.

We were all physically fit and strong, a clutch team, not prone to panic, game to climb four mountain passes at 12,000-plus feet in two and a half days. That was the gauntlet, and we were as eager as marmots to prove our mettle. Sure, altitude was a beast and we had fourteen miles of steep climbing left. But we had no doubt as we broke camp that morning that we'd be in the parking lot in Aspen the next day. We had the faith of the ambitious; we were ready to endure a great deal.

Among the four of us, I was the greenest. I was still learning about the mountains: what to do in a snowstorm, an avalanche. I was still learning of the mountains' gorgeous and terrifying beauty.

I brought up the rear, keeping pace with the rest, but it was slow-going. Trailrider Pass, as my friends would say of mountains, was stout.

Clouds gathered. Snow was falling now in clumps, covering my boots as I climbed. My pack, its straps cinched tight across my chest and waist, rode my shoulders like a bag of rice, a deadweight. I don't know how long we'd been climbing since we'd righted our course, a couple of hours? More? when I felt the energy shift. I craned my head to take stock of the treeless landscape, the blowing snow, the quiet. The sky was darkening, closing in. Where was the summit? At the risk of falling behind, I pulled off my left glove with my teeth and rolled down the cuff of my jacket. My watch said 3:30 p.m. I felt dread and looked at the sky. We were past the magic hour and nowhere near the top. My friends ahead of me kept moving, leaning hard into the trail, and so I did, too.

But after about ten minutes, I must've telegraphed my unease, or maybe we all felt it simultaneously, the way it happens sometimes, a feeling like fear moving through a group of friends, as though it were a live wire, bristling with energy, catching fire, because our leader strode down the trail, motioned for us to draw close, and shouted into the wind: *we need to push as hard as we can. We need to get off this mountain!* She marched back up to take her place in the line. She didn't say what we were all feeling: *this does not look good. It is too late to turn around*. And I was grateful for that. I tucked my head and did what I always do when I am scared: I focused on my breath, drawing in great gulps of air, as I heaved my body, my rice bag golem, up toward the summit.

Time was a river on that mountain. My legs ached. I was exhausted. I took note of this as one regards a storm on the horizon, with necessary detachment. We kept going, the climb so steep that I felt dizzy and nauseated. After some time, we paused, catching our breath, perched like goats on a rocky face; we were very close to the top. There was a tear in the sky, and snow was falling through it, coming down in white sheets. I watched it falling, then looked around me, growing sick with horror, when I realized another mountain lay beyond us. We were standing on a false summit. We hadn't made it at all.

Before I could comment, our group leader shouted, *drop your packs and get out your headlamps!* Instinct, the will to survive, took over and I moved as fast as I've ever moved. Darkness had come and we were well off the mark. But there was no time to panic. There was only the fight to keep going.

Scaling the summit of Trailrider Pass remains a blur. What leads me through the memory are feelings attending each scene, as if they are docents of my life: elation at the top, the crazy sprint down the mountain, pitching my 3-person tent in the dark and all of us squeezing in it, everyone wolfing down the Asian noodle dish, and then upon waking and cracking the icicles off my tent, relief and joy. We had kept our wits, fought off panic, watched out for one another, and we had made it.

It has been a year of false summits. I have felt despair and bewilderment and fatigue during this pandemic. We have all endured a great deal. But this story is not an allegory; its only message is that we must keep on going. May we keep each other safe and keep on going.



Nelinia Cabiles



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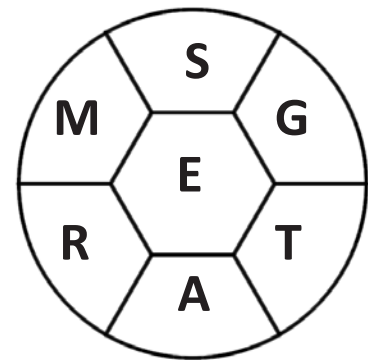
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Updated quarantine guidance based on review of new CDC recommendations

The Hawai'i Department of Health (DOH) announced effective December 4, 2020, it is reducing the required quarantine period of those who have been exposed to COVID-19 from 14 days to 10 days, to improve compliance without significantly increasing the risk of transmission in the community.

The updated recommendations were issued by the Centers for Disease Control and Prevention (CDC) earlier in the week. The previous 14-day quarantine period was based on the full incubation period of the virus. The maximum COVID-19 incubation period was imposed to reduce the risk of transmission. However, the 14-day period created physical and mental health challenges, as well as economic hardship for those unable to return to work.

"We are following the CDC's guidance for a shorter quarantine to address the mental and emotional health issues caused by isolation and to improve compliance," said Dr. Elizabeth Char, director of the Hawai'i Department of Health. "This updated guidance balances the ongoing need to control the spread of the virus in our state while also continuing to safely reopen our state and reducing the personal burden of quarantines on Hawai'i residents. However, it's important to point out that we'll continue to closely monitor the evolving science for information that would warrant a reconsideration of these recommended options."

The DOH's updated guidance for 10-day quarantines comes with certain stipulations:

Not applicable to those in congregate settings, such as long-term care facilities, group care homes, assisted living facilities, correctional facilities, shelters, residential rehabilitation and treatment settings, or military recruit housing;

Anyone in quarantine cannot have any clinical evidence of COVID-19 symptoms up to the time quarantine is discontinued; and

Daily symptom self-monitoring must continue for 14 days. Anyone who develops symptoms within this time period should seek testing and self-isolate while awaiting results

Close contacts of those exposed to COVID-19 must adhere to all recommended mitigation strategies, including correct and consistent mask use; physical distancing; hand and cough hygiene; avoiding crowds; environmental cleaning and disinfection; and adequate indoor ventilation.

The new quarantine guidance does not modify any travel quarantine provided for in the governor's proclamations related to the COVID-19 emergency.

Hawai'i ramps up effort to vaccinate 81,000 people in December

At a news conference December 10, 2020, Governor Ige, Health Director Dr. Elizabeth Char, and other stakeholders laid out the first steps of Hawai'i's COVID-19 vaccination effort. This includes plans to distribute an expected 81,000 doses of COVID-19 vaccinations in December to high-risk health care workers and long-term care facilities across the state.

Earlier that day, the U.S. Food and Drug Administration (FDA) Vaccines and Related Biological Products Advisory Committee recommended Emergency Use Authorization of the Pfizer-BioNTech COVID-19 vaccine. This recommendation must be adopted by the FDA, which is expected in the coming days.

Pfizer will pre-position the first shipment of 4,875 doses of vaccine in Hawai'i, but providers will not be able to begin to vaccinate groups in the first phase until the U.S. Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) provides guidance on who can be vaccinated. ACIP guidance is also expected in the coming days.

"This pandemic has cost Hawai'i residents so much—the lives of loved ones, our health, and our economic security," said Governor David Ige. "The recommendation by the FDA panel to approve the Pfizer vaccine is a vital step in keeping our situation from becoming worse and beginning our road to recovery. Once final approval is granted, I am confident in DOH's ability to distribute vaccines across Hawai'i."

"However, we know that our work is just beginning," said Dr. Char. "After months of planning, we are prepared to join with our partners to distribute the first shipments of a vaccine. As there will not be enough vaccine for everyone at first, we must first care for those who cared for us—essential healthcare workers and kūpuna in long-term care facilities."

The first phase of Hawai'i's COVID-19 Vaccination Plan is divided into three groups:

Phase 1a – Essential healthcare workers

Phase 1b – Essential workers

Phase 1c – 65 years and older and adults with high-risk medical conditions

The FDA committee is scheduled to evaluate the Moderna COVID-19 vaccine on Dec. 17. If approval is granted, Hawai'i is expected to receive 36,000 doses of the Moderna vaccine, in addition to nearly 46,000 doses of the Pfizer vaccine in December alone.

Essential health care workers will be vaccinated at Points of Dispensing (PODs) across the state. Vaccinations will be administered to long-term care facilities through a federal partnership with Walgreens and CVS. Both vaccines require a two-dose regimen. The second dose must match the brand of the first dose. Additional vaccine supply is expected in the first half of 2021.

To read more: <https://governor.hawaii.gov/newsroom/jic-news-release-with-fda-panels-recommendation-to-approve-first-covid-19-vaccine-hawaii-ramps-up-effort-to-vaccinate-81000-individuals-in-december/>

Celebrate the holidays safely

Submitted by the Lāna‘i Emergency Preparedness Group

Thanks to efforts from everyone on Lāna‘i, the “Safer-at-Home” restrictions for our island were lifted on December 1, 2020. But don’t let your guard down! Prevent new COVID-19 cases by carefully celebrating the holidays and safely ringing in the new year.

Social gatherings (except for those involving ONLY your own household members) are currently limited by the County to ten people or fewer. If you are attending or hosting a gathering that includes people who are not from your own home, use best practices throughout the gathering.

- Let guests know beforehand what rules and safety measures are in place; explain and make clear expectations about behavior and safety practices
- Have your celebration outdoors or, if indoors, with the windows open. If using a pop-up tent with sidewalls, roll up the bottom of the panels at least 12 inches to increase ventilation
- Limit the number of people preparing food or have guests bring their own food and drinks. Don’t potluck.
- If the meal is hosted, have one person serve the food
- Use single-serve items (e.g., salad dressing, disposable flatware, paper napkins and plates)
- Use touchless garbage cans
- Outfit your bathroom with hand soap and disposable towels
- Place hand sanitizer in multiple, easy-to-reach areas (by doors, on tables, etc.)
- Designate or take turns sanitizing frequently-touched surfaces throughout the time spent together
- Check each person’s temperature upon arrival
- Limit or prohibit alcohol consumption as it may affect attendees’ ability to use COVID-19 safety practices
- Keep the volume of music down so people won’t need to shout or speak loudly
- Maintain six feet or more of space between people at all times
- Mask up properly whenever not eating or drinking. Each person should know where to store his or her mask while eating and drinking (such as in a clean paper or mesh fabric bag) to keep it clean.

Being safe doesn’t mean being boring. Practicing COVID-19 safety at gatherings can inspire creativity.

- Give out personal-sized hand sanitizers or fun face masks as party favors
- Mark six-foot spaces on the ground/floor using festive designs
- Have each person guess his/her own temperature; the closest guess wins a gift
- Intermittently ring a bell or play a certain holiday song to remind guests to sanitize their hands
- Have a “chair sanitizing style” or “best hand-sanitizing dance moves” contest
- Compete for the ugliest/funniest/most festive face mask
- Reward children (or children at-heart) throughout the festivities who strive to observe all rules and safety measures
- Host an all-online gathering instead. Google “online party ideas” or “virtual party ideas” for suggestions

Let’s use our imagination to innovatively change the ways in which we enjoy this year’s holidays and ensure the wellbeing of our community.

It may seem a sacrifice to depart from certain traditions, such as large parties or lavish potlucks, but by doing so, we each contribute toward transitioning our families and friends into a bright, new year. Celebrating safely now means increasing the likelihood of being able to celebrate with all our loved ones come the holiday season next year.



Cheyenne Kaena Lacuesta, Emilia Kraytchev, and Raina Mirafuentes wait for registrants at the COVID-19 drive-through testing event December 5, 2020 in the parking lot of the Dole Administration Building, Lāna‘i.

News from the Public Health Nursing Office, Lāna‘i

Contributed by U‘ilani Romero

“There is a time for everything, and a season for every activity under the heavens: a time to be born, and a time to die; a time to plant and a time to uproot; a time to weep, and a time to laugh; a time to search and a time to give up . . . a time to tear and a time to mend. . .” (Ecclesiastes 3:1-7)

As 2020 comes to an end, so too does the Public Health Nursing Office’s residence at Lāna‘i Community Hospital, the bottom level of which it has occupied since the 1980s. It is certainly bittersweet that the Public Health Nursing Office will need to relocate; its new space is not yet known. As unpredictable and trying as this past year has been, we remain steadfast and hopeful of what is to come.

Although the Public Health Nursing Office is facing such temporary challenges as not having a Public Health Nurse on island and searching for a new office space, its mission, “to enhance and enrich the health and life of all people through promoting sustainable community practices”, continues.

Throughout this pandemic, the Public Health Nursing Office has been active, collaborating with Lāna‘i High and Elementary School to support those with medical conditions, providing care to the elderly, creating outreach projects, cooperating with the Lāna‘i Emergency Preparedness Group-Medical Sector, tackling the COVID-19 crisis by spreading awareness, and stopping the spread of the virus through contact tracing, and soon will be, we hope, administering COVID-19 vaccinations.

A big mahalo to those who continue to support Lāna‘i Public Health Nursing and mahalo, especially, to those who have left their footprints of care, courage and compassion for a great many years.

Public Health Nurse (PHN): Mary Catiel; Norinda Kremicki; Linda Mau; Julie Morita; Carol Onuma; Patricia Palumbo; Jackie Woolsey

Clerks: Gladys Amba; Lori Arruda; Melinda Emmel; Bernadette “Bernie” Ohashi; Loraina Seghorn

Home Health Aides: Dolores Bueno; Liz Ranis - Nursing Aide: Laverne “Pua” Kanno

Para Medical Assistant: Gina Alonzo

The Public Health Nursing Office is open Monday-Friday, 7:45 a.m. to 4:30 p.m. The TB clinic is temporarily closed until further notice.

The PHN position is currently open. To apply, please visit: dhrd.hawaii.gov. The PHN supervisor is Heidi Taogoshi. I joined the Department of Health in May 2020, and currently work at the office. If you have any questions, please contact our office at 565-7114. Take care, Lāna‘i community, and Happy Holidays from the Lāna‘i Public Health Nursing Office!



Past and present Para Medical Assistants Gina Alonzo and U‘ilani Romero - Photography by Nelinia Cabiles

Share your thoughts in a survey to help reshape Lāna‘i tourism

Do you live on Lāna‘i and have ideas about how to best reshape tourism on Lāna‘i, ideas that you think make sense for the island? The Hawai‘i Tourism Authority wants to hear from you. By reviewing the proposed actions developed by the Lāna‘i Steering Committee, comprised of community members, and sharing your thoughts and ideas, you will help to reset, rebuild and redefine tourism on Lāna‘i.

To provide your feedback, visit: <https://bit.ly/LanaiDMAPForm> **The deadline is December 31, 2020.**

To learn about HTA and the Destination Management Action Plans for Maui Nui, including Lāna‘i, visit: <https://bit.ly/MauiNuiDMAPInput>
Questions? Email CommunityPrograms@gohta.net

From Councilmember Riki Hokama

As we wind down the final month of the 2019-2020 Council term, I take pride in reflecting on what our County has accomplished during my tenure. While assumed by many as a given, Maui County’s strong financial position was forged through diligent work over decades. Over the last twenty-two years, the County’s finances have been healthy enough to respond to our community’s needs in times of crisis. I am proud of the role I played in building that financial security.

Throughout this lengthy and indefinite pandemic, your County has used its stout financial standing to provide support to our residents, workers, and small businesses. With a long road ahead to recovery, it is tough to leave during these challenging times. I regret not being able to continue using my experience in elected office to help guide Lāna‘i and Maui County through this period of tumult. Henceforth, I wish the next Council well. Only by working together can we continue to move our community forward.

Since my first opportunity to serve at the 1978 Hawai‘i State Constitutional Convention, I have prioritized our hard-working local people when making a decision. It was an honor to work with Senators Inouye and Akaka prior to and during my time in office on several critical projects. I am especially proud of the reconstruction of the Kaumālapa‘u breakwater following damage from Hurricane Iwa, as well as improvements made to Mānele small boat harbor and Lāna‘i Community Health Center.

Additionally, I am proud of the work the County has done to renovate, update and construct facilities for all county departments on Lāna‘i during my tenure. New projects are also underway, such as a multi-sport fieldhouse, and a new youth center building with accompanying skate park. A new commercial kitchen within the Lāna‘i Community Center is also near completion that will enable our local small businesses to create value-added products.

Growing up in a steadfastly union family, we learned the values of hard work and caring for your neighbor. In public service, I always carried those values. I take immense pride in representing and fighting for a community as small, and often overlooked, as Lāna‘i.

I thank the residents of Lāna‘i for trusting me throughout my twenty years on the Council. We did not always agree, and I did not always make the popular decision. But your trust in me to make those hard decisions has been the honor of my lifetime. Mahalo.



Councilmember Riki Hokama

Christmas drive-through December 19

If there is a silver lining in an upheaval year of restrictions and change and heartache, a year that quashed for now the human need for social connection, it is that we have become exceedingly imaginative. We are finding ways to celebrate our humanity, our traditions and our families, even as we hew to the new norms to keep our distance and wear our facemasks.

From this problem-solving dexterity, and just in time for the holiday season on Lāna‘i, comes the Winter Wonderland Santa Meet and Greet, a Christmas drive-through event, featuring gift bags for keiki and a “snow”-making machine that creates a snowscape so real, you’ll want to make snow angels. (But resist the urge. The snow is actually bubble foam that resembles real snow.)

Families should wear their facemasks and remain in their cars, enjoying the wintry scene, as they drive by, wave to Santa, and accept gift bags for their keiki.

The drive-through event is sponsored by Lāna‘i Community Association, the Four Seasons Resort Lāna‘i, the Royal Lāna‘i Yacht Club, Damon Pham (a frequent Four Seasons guest) and Pūlama Lāna‘i. Staff will be on hand to distribute gift bags for infants and young children up to 12 years of age, on Saturday, December 19, 2020, in the back parking lot of the Dole Administration Building. Gift bags will be distributed as follows:

1 p.m. to 3 p.m.: Families with last names A-L

3 p.m. to 5 p.m.: Families with last names M to Z

Lāna‘i families are invited during the month of December to take their holiday photos with Santa and his reindeer, among other holiday decorations, now set up on the front lawn of the Dole building (on Lāna‘i Avenue). The Christmas drive-through may not be the traditional holiday celebration, but it embodies the joyful and generous spirit of the holiday season. And that is a tradition of giving and caring that we all know and cherish.



Santa and reindeer, for generations the festive backdrop of many Lāna‘i family holiday portraits.

Call for chess players on Lāna‘i

The game of chess is having its moment. Chess sets are flying off the shelves with sales jumping 87 percent in the United States, and sales of books on chess spiking a dizzying 603 percent (variety.com). Chess owes its sudden popularity to the Netflix series “The Queen’s Gambit”, featuring a young orphan who learns the moves from the orphanage’s janitor and becomes, over the course of the series, a chess wunderkind who destroys chess masters with cool-eyed aplomb.

Riding the chess wave is Louis Tomsic, tournament director for the United States Chess Federation, who is appealing to the chess-curious on Lāna‘i to join chess.com. Tomsic is so certain there is enough interest here that he created the Lāna‘i Chess Club on chess.com in anticipation of members. He needs five members to make a team.

“It is free to join chess.com and play online chess. You can make friends from all over the world,” says Tomsic. “Pick a user name and password and sign up for free.”

Membership in chess.com includes one free chess lesson a week, three free chess puzzles to solve a week and unlimited free chess games to play.

Tomsic, who lives on O‘ahu, and recently put together a team from Moloka‘i, is nothing if not ardent about the game of chess. “Please sign up on chess.com and join the Lāna‘i Chess Club. I would like to help Lāna‘i improve in the game of chess. As a Lāna‘i Chess Club member, you can play in free live chess tournaments, free live team matches, free vote team chess, and free daily team matches. By becoming a team, we can compete with other teams from Hawai‘i on chess.com. Please become a member of the Lāna‘i Chess Club on chess.com. Do something exciting today!”

The future of hydroponics comes to Pine Isle Market

Kerry Honda, owner of Pine Isle Market, and Sonia Lo, chief executive officer of Sensei Ag, bump elbows on December 9, 2020 (photo below) to launch the debut of the InStore unit, the forefront of indoor-growing technology. Pine Isle is the first in the nation to receive this unit.

Pitichoke Chulapamornsri, chief marketing officer and head of Consumer Products and

Technology of Sensei Ag, describes the InStore unit, which the Sensei Ag team has been working on since the summer, as “a well-controlled, stable growing environment for plants, and cleaner than traditional growing, which uses soil.” When the basil and lettuce seedlings, growing just below the deck and hidden from sight, are ready, they will be moved to higher tiers until they reach the top.

This indoor-growing technology uses blue-red wavelengths of light, which is the “food” the plants need to grow, says Chulapamornsri. Sensei Ag plans to launch similar InStore units nationwide in the future.



Patience is the virtue we need

Contributed by Linda Kavelin-Popov

The virtue of patience is known by many names: long-suffering; endurance; tolerance; and acceptance – all sister virtues, at least. Patience is one of the fruits of the spirit. Yet, it isn't a very popular one – until we really, really need it, as we do now. Everyone on Lānaʻi, and I we would guess everyone in the world, is feeling Pandemic Fatigue. It can manifest as anxiety, low-grade depression, irritability, restlessness, and above all, loneliness, since we



Linda Kavelin-Popov

are kept apart from our friends and extended family. Here in Hawaiʻi, we feel bereft without our celebrations. How we miss the usual Aloha Fridays and Fifth Fridays, being able to visit with our neighbors, listening to live music, sharing crafts and all kinds of fabulous food.

Life as we have known and loved it has ceased for now, and until the vaccine arrives to do its magic, we must continue to be careful and vigilant. Kūpuna, especially, need to stay at home. We must all avoid large gatherings, continue to use our masks, and remain socially distant. If we do gather with a small group, we need to “space out”, and outdoors is best. Patience is actually essential for our mental health right now. Let's learn more about it from the sacred texts:

Romans 5:4 “...we glory in tribulations also: knowing that tribulation worketh patience; and patience, experience, and experience, hope.” We have to hold onto hope, to get through this stressful time.

Mahabarata of Hinduism: “Patience, forbearance, always wins out, not anger. One who is patient becomes established in the Absolute...” Patience is a path to Godliness.

Buddhism: “Forbearing patience is the highest devotion.” When we practice patience we are accepting the will of Heaven.

Baha'i Teachings: “For everything there is a sign. The sign of love is fortitude under My decree and patience under My trials.” We can show love for our Creator by showing patience when we are being tested.

Judaism: Proverbs 15:18 “A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.” How we need the balm of patience in our families!

Our family and friends look to us for comfort and calm in times of trouble, especially the children. They have amazing mood detectors. So, if mama ain't happy and daddy ain't happy, ain't nobody happy!

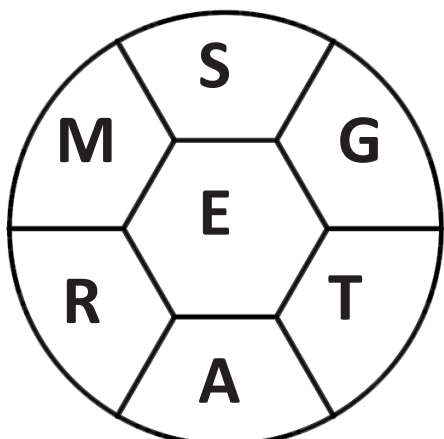
Let's call on the power of patience – one of the strengths in our souls – to create happy memories this holiday season, even as we have to sacrifice the parties, the crowds, and the usual gatherings. Give the gift of your loving, patient presence. It's actually the biggest present of all.

I'm delighted to announce that my new book, *Dreaming at the Crossroads of Change*, is now available on Amazon. It will help you navigate the path ahead with patience, discernment, and joy.

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: 10 = GOOD; 20 = EXCELLENT; 30 = GENIUS



Reese's Peace - Choose love

Contributed by Caroline Reese

“Over the past ten months, I felt something slowly and gradually building, or rather, destructing. I noticed as the months, days, weeks pass by, I continuously am losing connection with the self.”

I read this on a friend's Facebook page, commented gratitude to her for sharing such a dark place, and reminded her that she is not alone in how she feels and that her light has not dimmed. It is her thoughts that are casting a shadow over her light.



Caroline Reese

Many of us struggle with the sensation of days going by, and of each day feeling the same. My daughters share this with me, and I sometimes find myself struggling with similar thoughts. It happens most often when we think negative thoughts, and we begin to doubt who we are and what our purpose is in this life.

Many of us rely on social media to fill voids of boredom or loneliness, not recognizing that media are influential and direct people to think a certain way. Take a moment and think about the words, symbols, overall content, and tone used in the media.

The media cultivate views and become subjective, not granting their viewers to explore and develop their own ideas or perspectives. When you allow media to influence your thinking, you are giving away your power and voice.

Four ways to reclaim your power and regain connection with your self:

1. Ask yourself, *What am I thinking about when I feel like my light is dimming?*

When you feel dis-ease in your body, it has much to do with your thoughts. Our body expresses what we don't speak; our body reveals the unspoken fear, depression, anxiety, sadness, and expresses it in obesity, body aches, etc. It is essential to recognize that the mind creates the cause, and the body is the effect. It is your thoughts alone that cause you pain; no one but yourself affects you.

2. Speak up

Be courageous to speak your truth so you can allow your mind to empty the web of thoughts that bring in darkness. It is important to remember that if anyone has stolen your inner peace, it is because you allowed them into your sacred space. No one can make you feel bad unless you let them. Take your power back.

3. Change your perspective

If you were to ask your 10-year-old self the meaning of life, what do you think you would say? What would your 20-year-old and 30-year-old selves say? Our experiences and circumstances in life change as we age, and our perceptions of life's meaning changes.

As we continue on our journey, possibly in our 40s, 50s, or later, we ultimately recognize life is about love, and that money or status is not the ultimate answer. Wealth resides in your state of well-being.

4. Choose love not fear

The development of self is to embrace uncertainty, not fear it. Every moment offers us a choice between fear and love. When you act out of love instead of fear in any situation, you will notice that the outcome will be different.

Choose LOVE.

'ōlelo of the day:

kai: nvs. Sea, sea water; area near the sea, seaside, lowlands; tide, current in the sea; insipid, brackish, tasteless. I kai, towards the sea. Makai, on the seaside, toward the sea, in the direction of the sea . . . Nā kai'ewalu, the eight seas [a poetic expression for the channels dividing the eight inhabited islands].

Interj. similar to keu. My, how much! How very! How terrific! Kai ka nani! How beautiful! Kai ke kolohe! Oh, how mischievous. Cf. kainō. (wehewehe.org)

From the Farm - Soilless farming? Yes, it's possible

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

What words come to mind when you think of the farming profession? Often, people think about land, soil, water, sunlight – the basics needed for plants to grow. But what if we told you that Sensei Farms uses 90 percent less water and produces 10 times more produce per acre than traditional farming, all without the use of soil? In this month's edition of "From the Farm", we introduce you to hydroponic farming.

Let's start with the basics: the root of the word. Hydroponics comes from two Greek terms: "hudor" for water and "ponos" for work. Hydroponics literally means "waterworking". In modern terms, hydroponics refers to growing plants without soil in a nutrient-rich solution that is continuously monitored to maintain an ideal chemical composition. Nearly any crop can be grown hydroponically, and at Sensei Farms, we are evolving our crop selection all of the time. We now grow lettuce, cucumbers, tomatoes, peppers, herbs, and are looking to expand further over time. It is our mission to provide everyone on the island of Lāna'i with high-quality, flavorful, nutritious, locally-grown produce.



Inside Sensei Farms

The benefits of hydroponics and the Sensei Farms' method

So, why grow hydroponically? There are many different benefits to growing hydroponically. Some of the main advantages include: 1) greater plant density – a larger number of plants per square foot; 2) higher yield – an increased number of healthy plants cultivated; 3) the ability to move plants as they grow – the roots are not stuck in one place as they are not bound in soil; and 4) generally less water consumption. By containing the root system, less evaporation occurs and water consumption per plant is reduced. Our greenhouse hydroponic farm uses approximately three gallons of water per square foot. This compares to outdoor farms that use, on average, 30 gallons of water per square foot.

In place of soil, Sensei Farms grows its product in a medium called coconut coir, which is a blend of coconut fiber and chips that are derived from the husks of coconuts. The coconut coir acts like a sponge, absorbing and retaining up to eight times its own weight in water. Coconut coir's ability to retain moisture and minerals, its durability and anti-fungal properties and its ideal pH range make it an excellent hydroponic growing platform. The coconut coir we use at Sensei Farms is biodegradable and made of 100 percent sustainable material. It provides a healthy, stable place for roots to grow, and it's the roots that power the plant.



The need to preserve our water resources and how hydroponics helps

In our short column today, there is simply not enough time to explore all of the reasons why we must continue to conserve our water resources. However, if we want to continue to feed our growing planet, and especially the island of Lāna'i, it is essential that we recognize that the availability of water is decreasing. Temperatures are rising, our global population is increasing and water infrastructure is in desperate need of repair. At Sensei Ag, we know that the path to solving world hunger goes hand-in-hand with finding a better way to live on this earth sustainably. Developing innovative hydroponic farming techniques that rely on less water and fewer land resources is part of the answer. At Sensei Farms, we not only use less water than traditional outdoor farming, but we take pride in using less water than we are allocated by the island of Lāna'i. Join us in our mission to make delicious, nutritionally-relevant meals affordable and accessible to all, while simultaneously developing ways to protect the future of our planet and the availability of our water resources.



Tasty Takeaway

Speaking of water, did you know that not only does our produce need water to grow, but water is often a key component of your produce's physical makeup? For example, cucumbers are 90 percent water. At Sensei Farms, we grow delicious snack-sized cucumbers that are perfectly crisp to the bite. Eat them whole, slice them up in your salad, or create the perfect pickle. Here's a pickle recipe from our very own director of product development, PJ Catledge.

Perfect Pickles

- 3 Sensei Farms cucumbers
- 1/2 cup of vinegar (apple or rice wine)
- 1/2 cup of water
- 1 1/2 teaspoons of salt
- 1/2 teaspoon of ground black pepper
- 2 cloves of garlic
- 1/4 cup of chopped sweet onions
- 1 tablespoon of chopped sweet red chili pepper (keeping the seeds)
- 1/2 teaspoon of honey
- 2 sprigs of dill or 1 tablespoon of dried dill
- Pinch of red pepper

Combine the water, vinegar, honey and salt in a sauce pan and bring to a boil. Once boiling, remove your pot from the heat. Place the three cucumbers in a jar and add the chili, dill and sweet onions. Next, pour the boiling brine over your cucumbers and other ingredients. Refrigerate, letting the cucumbers soak in the delicious mixture. The longer the cucumbers sit, the better the pickling action will be. These tangy, sour pickles with a little kick should last roughly one month in the refrigerator.

Looking for more? Visit senseifarms.com for the latest recipes, featuring our delicious produce.



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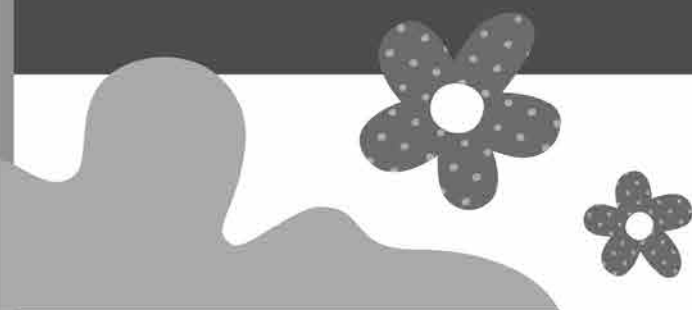
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- COVID-19 testing information
- Maui County’s public health emergency rules
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Aloha mai kākou



At Hawaiian Electric, we wish you and your ‘ohana a safe and happy holiday season.

In the face of many uncertainties, we’ve adjusted along with you to the difficult circumstances of the pandemic. Our goal has been to keep the power on for your homes and businesses.

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Mahalo nui for allowing us to serve you. Please stay safe, enjoy the spirit of this holiday season and let’s all look forward to a better new year.

Scott Seu
President and CEO
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Sharon Suzuki
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Maui County and
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Happy Holidays!



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Famous Paintings Challenge

Contributed by Cindy Sagawa

Students were challenged to find a famous painting to re-create, using found items at home. They could be in the "painting" or have a family member be part of the composition. It could be any choice of painting, landscape, still life, portrait. They were to consider the details of the painting and how the composition was laid out. More examples will be posted on the Lāna'i Art Center's website: www.lanaiart.org



Agape Baldwin, "El Old Guitarist" by Pablo Picasso; Grade 2, Chante Sproat



Hutson Sparks, "American Gothic" by Grant Wood; Grade 2, Chante Sproat



Ava Fernandez, "Apples" by Paul Cezanne



Destinee Dupree, "Manuel de Zuniga" by Francisco Goya; - Grade 5, Monique Bolo



Levi Bolo, "Madonna with Child" by Borgognone, Grade 2, Chante Sproat



Sophia Pascual, "Girl with Pearl Earring" by Johannes Vermeer; Grade 5, Monique Bolo

THE RETURN TO THE SEA

By Nelinia Cabiles - Photography by Ron Gingerich



Ismael, Four Seasons guest, and wife Diana behind him; Nina Amby; Susana Arriagada; Anela and Saul Kahihikolo. Back row: Bradley Russell; Ewan Knowles; Mike Oexner; Sean Benson; John Burnier; Marcus Washington.

The ocean asks nothing from us; it does not love us. It is blind to our delight and awe, deaf to our devotion. It has no memory. It will never miss us. It is governed by the pull of the moon, its tides peaking and falling and flattening, then rising again, an unceasing cycle that will continue over the millennia, irrespective of whether we are or are not there, on the sand or on a wave, to feel its power, to float in it immensity.

The ocean might not love us, but oh, how we love it! There is no end to the many ways we contrive to spend time near it, for isn't how we spend our time the purest expression of love? And though our love affair with the ocean goes unrequited, we do not feel spurned. We return again and again to it, for the ocean restores us, quiets us in ways we could never explain, heals us, fills our need for wildness, for peace, and yes, wonder. And when we have been away for a long time, oh, how we miss it, our longing growing in magnitude the longer we wait at the water's edge, watching and timing the waves so we can finally, at long last, heave ourselves, take leave of the shore, and sail airborne into the deep blue.

Such was the feeling among the canoe paddlers of Hui Wa'a O Lāna'i on Saturday, December 5, 2020, a few days after the two-week island lockdown, restricting activities and gatherings, was lifted. The exhilaration of returning to the ocean was palpable. One could feel it in the way the paddlers said *good morning, so nice to see you*, and turned to the water to get a good eyeful as the sun inched up over the ridge. The canoe club has been meeting to paddle at least once to twice during the week, and nearly every Saturday morning at Hulopo'e since 1994, their hour-long forays taking them out to Pu'u Pehe or westward to Po'o Po'o, a rock which rises from the water like a dragon.

Canoe paddling is a quintessential team sport, and perhaps fellowship is what brings Hui Wa'a O Lāna'i paddlers together every week. "There's a Hawaiian saying, "one canoe, one island", and when I paddle, I feel like I am a part of the island," says Susana Arriagada, who has been paddling with the canoe club for four years. "Of course I love the ocean. It's very healing. I can leave everything in the ocean. But I love too that in the canoe we are all working together as a team."

Nina Amby, who organizes morning practices and is a 16-year veteran paddler, says that what she loves best about paddling is the "feeling of everyone hitting at the same time and feeling the canoe skim over the water. It's so meditative, breathing in and out and being out in nature."

Saul Kahihikolo, the canoe club's president, who grew up in a paddling family sees paddling as a practice that perpetuates the Hawaiian culture and its values, such as *mālama*, and brings families together. It helps him relax. "I can concentrate on my paddling stroke, and encourage everyone. In order for us to move this canoe, we need to do it together. To get from this beach to Maui, 'cause we paddle between channels, it takes the mindset that we're gonna make it. There might be challenges, such as waves and wind, but we all [need to believe] we're going to get through the adversities." Just as he utters these words, Kahihikolo recognizes that paddling, the act of pulling together as one, as a family, to move a canoe in sometimes rough seas, is an apt metaphor for love and life in these trying times.



Lāna‘i Community Health Center

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COVID-19 Donation and Assistance Mahalo



We are overwhelmed with gratitude and appreciation for the care that we've seen from organizations, communities, businesses, and individuals. Each donation that we received during the recent Covid-19 outbreak, no matter how big or small, has kept the aloha spirit alive within our hearts and minds. With the help of your support and generosity, our community is stronger. We were able to distribute a total of 900 bags that included PPE's and groceries or vouchers. Special thanks to those listed below.

Dr. Seiji Yamada
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Ko'olauloa Health Center
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Dr. Josh Green
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Susu Woolsey
Marissa Takiguchi
Michelle Tolentino

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Dental Appointments - accepting all appointments.

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COVID-19 Testing - Appointments Monday – Saturday. Testing is located at LCHC's rear parking lot. Rapid Covid testing available. Please call our office for an appointment.

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



As the holiday season begins, we extend our gratitude to you, our community. Thank you for your support, your confidence in our health care team, and for helping to keep all of us safe and healthy by wearing your mask, washing your hands, and avoiding crowds.

Maui Health continues to work around the clock to ensure we are always prepared to take care of everyone who needs our care.

This includes:

- Routine COVID-19 testing of employees, providers, and patients
- Serial testing of all patients admitted to the hospital
- Pre-testing for outpatient procedures
- Infection control practices that meet, and often exceed, CDC guidelines
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On behalf of your Maui Health care team, have a safe, healthy, and happy holiday season.

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Maui Memorial Outpatient Clinic
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For direct inquiries please contact:

Scott Pisani at scott@sensei.ag

THE LAST WORD

Love on Lāna'i

Essay and Photography by Sasha Drosdick

In the spirit of the holidays, let's focus on LOVE – the LOVE artworks by Robert Indiana, that is. The American artist Robert Indiana (1928-2018) created his first paintings of the word LOVE in the mid-1960s. Although you might not even realize it, you probably know his work. If you've seen the letters L-O stacked over V-E on greeting cards, postage stamps, T-shirts, mugs, magnets and more, then you're familiar with Indiana's composition.

You can visit two of Indiana's most famous LOVE sculptures in Philadelphia and New York. But Indiana's double love sculpture, titled "Imperial Love," is right here on Lāna'i. Like the single LOVE paintings and sculptures, "Imperial Love" stacks two letters on top of each other in the same bold, late 18th century-style serif typeface. The L, V and E are level. The O is tipped at an angle so that it almost appears as if it could roll off of the E. The most striking difference is that the word appears twice. LOVE stands side-by-side. The word and its mirrored opposite create a symmetrical composition, almost like a folded inkblot.

Although Indiana called himself the "American painter of signs," he was also a sculptor and printmaker whose work greatly contributed to the 1960-1970s New York art scene that nurtured the "pop", "hard edge", and "assemblage" movements. Using letters, symbols, numbers and wordplay, Indiana is famous for taking complex concepts and presenting them simply. While today it is common to see text and language in art, at that time it was a brand-new idea.

The origins of Indiana's LOVE story have roots in two very different places: his upbringing in the Christian Science Church, and his friendship with the Pop artist, Andy Warhol. Warhol and Indiana even made a film together based on one of Indiana's word sculptures titled "EAT". Indiana exhibited "EAT" in the New York World's Fair in 1964. But as a child, Indiana also saw the words "God Is Love" inscribed in church. Later, he created a painting with the text "Love is God" for a collector he met at Warhol's famous studio, "The Factory".

Indiana had no idea (or even intention) of LOVE becoming such a pop-culture icon. "Oddly enough," he said in an interview in 1979, "I wasn't thinking at all about anticipating the Love generation and hippies. It was a spiritual concept. It isn't a sculpture of love any longer. It's become the very theme of love itself."

Unlike other colorful versions you might have seen, Lāna'i's "Imperial Love" is not painted in bold, primary colors. Instead, our LOVE is made from a type of steel called COR-TEN. This steel is often used in architecture and structural design for its unique color, which changes from a deep orange to a purple-brown as the surface weathers. The material is incredibly strong, but changes over time based on its environment – very much like love itself.



Robert Indiana, "Imperial Love", detail views, 1966/2006, COR-TEN Steel, Edition of 3 + 2 Aps



Robert Indiana, "Imperial Love", 1966/2006, COR-TEN Steel, Edition of 3 + 2 Aps