

## International: A glimpse into history as Lāna'i institution shutter its doors after sixty-six years

By Nelinia Cabiles

The International Food and Clothing Store sits directly across from the Union Hall on Ilima, a busy side street tucked between Eighth and Ninth Streets in the middle of town in Lāna'i. There is nothing to suggest any connection or relationship between the variety store with its wide sweep of windows that look onto Ilima and the spacious, multi-purpose Union Hall beyond it. And as buildings go, there is no actual connection. One looks newly painted; the other, the variety store, could use a fresh coat of paint. But the connection, one of history, is there, formed during the great pineapple strike of 1951 when Lāna'i's labor union of Japanese, Portuguese, Korean, Chinese, and Filipino workers, 800 strong, a force of might and influence on the island, cobbled together enough money from their collective pockets and savings to purchase in 1952, building materials for a variety store that their strike leader, Pedro Dela Cruz, could run, in the hope that he would not leave Lāna'i.

"My dad was a supervisor [in the pineapple fields] and because of the strike, was laid off," says Andrew Dela Cruz, youngest son and current owner of International, along with wife, his Joan. "And so he was going to move to the mainland,

go to law school." Putting together the capital to purchase the building materials was a way for these workers "to keep him on the island," Dela Cruz explains. "They wanted representation; they wanted to be sure they were represented."

And with this show of financial support, an implicit declaration of their belief that he was the leader who would stand for them and be their voice, Pedro Dela Cruz stayed.

These workers mustered the financial means because "they had nothing to lose, and all the financial freedom to gain," Dela Cruz says. "They were mostly young single men. A few had wives, but the majority of them were single. They had no mortgages, no property." Through work, these field laborers formed a makeshift family, strong in number and clout. That kind of political maneuvering wouldn't work now, Dela Cruz acknowledges. "But back then, it was a different mentality."

Dela Cruz reflects that it was a different era back then, too, an era that too few residents remember, as many of the old-timers who were part of the strike are now gone. But the 1951 labor strike was a serious event, with serious ramifications. Without work, people's livelihoods were at stake. Some people were worried about being deported. They were worried about the future of their kids. So much of what mattered in life: families, a decent wage, a livelihood, was on the line.

In this context, it becomes clear just how important it was that Pedro Dela Cruz stayed on Lāna'i.

In 1953, the International Food and Clothing Store was built; the year is etched in the corner of the store's wide cement entry, and painted on the wooden placard below the peaked roof of the building. The store's name has less to do with global aspirations, Dela Cruz says, but with honoring the union that helped found his father's store: International Longshore and Warehouse Union (ILWU). The original Union Hall, a non-descript structure in a weedy and treeless corner lot on Ilima, is one door down, Manele side, from the store.

Pedro Dela Cruz would go on to become the vice speaker in the State of Hawai'i's House of Representatives' Fourth Legislature, representing the Sixth District (Lāna'i), from 1959-1976. And

though he left the day-to-day operations of the store to others, such as Ms. Rosita Camero and Mrs. Hokama, Dela Cruz says the store offered workers whatever supplies they needed. Such essentials included soap and gloves, cooking oil, a diverse inventory of sundry goods that the store features to this day.

A quick tour of the store in December recently saw Chris Agliam, who Joan describes as true and steadfast, having worked at the store for 33 years, sitting quietly by the window, with aisles of merchandise behind her. There are fishing supplies, bags of charcoal, toilet paper, children's toys, a quick-install canopy. There is even a freestanding key-copying device ensconced in the corner, though it is no longer in use. Joan Dela Cruz says this go-with-the-flow philosophy has worked for the store. "We used to sell fabric; we had a wall of fabric in the corner. But people stopped making clothes. We made keys. We even offered butcher services. Andrew was the butcher."

Andrew says, with a wry smile, that he was "suckered into owning the store" in 1983, because of his strong sense of family duty, and because he was the youngest in the family. Nevertheless, he says he underestimated certain freedoms and flexibility that being their own boss afforded them.



The International store front, a Lanai landmark.



Andrew Dela Cruz



Chris Agliam



Joan Dela Cruz

"We feel very fortunate. Owning this store allowed us to grow and raise our family in this community, to teach our kids a good work ethic, good values."

"Our clientele base is small. But it's a loyal base," Joan added, who admits to feeling a rollercoaster of emotions at the thought that the store is closing its doors for good. (The store will be open through the end of December.) "I've seen kids grow into young adults. We've helped struggling families. We're not fancy. But we have what they need."

International's inventory has evolved over the years, but the sentiment at the heart of the store – "we have what you need", be it paper goods or a bold, clear voice in the labor union – is what residents, especially the elders of the island, will remember about its founder, Pedro Dela Cruz, chosen for his courage to stay on Lāna'i to change the lives and course of many of his workers, and in staying, changed the course of his own.

## New sidewalk on Ilima Avenue

Work crew from Lāna'i's Highways Division broke ground in November to construct a block-long sidewalk that runs along Ilima Avenue in the heart of Lāna'i City, an area that Robbie Sanches, district supervisor, calls the commercial district. It is an apt description as the town's most popular businesses or agencies, such as Coffee Works, Venture Physical Therapy, Lāna'i Kina'ole, which offers home and

community based services, and Hospice Hawai'i-Lāna'i, make their home in that part of town.

Sanches and his crew received word of the sidewalk project, which is part of the County of Maui's capital improvement plan, in August 2019. The four-person crew had just begun to level the ground, marking the area as a construction work zone with orange safety cones in mid-November. According to Sanches,

because the sidewalk construction is an in-house project, which means it was not put to outside contractors for bids, his crew saved the county hundreds of thousands of dollars. Other work in the Lāna'i's Highways Division's pipeline include pavement preservation work that involves resurfacing Lāna'i roads using a slurry mixture. "This slurry mix helps the surface of the roads last a couple of years longer [than the regular material]."

### This Month

Page 10 - 11  
5th Friday Town Party



Page 15  
Annual Turkey Giveaway



Page 20  
Christmas Tree & Wreath Fundraiser



# Advertiser's Index

December 2019 Ad Index	Pg.	Phone
Ahava Lānaʻi	4	563-0285
Akamai Motors	10	893-0990
Anny Heid	11	269-0496
Bart Baldwin – Realtor RS 75316	4	649-0644
Blue Ginger Cafe	12	565-6363
Café 565	11	565-6622
Chris Andrus – All the News	13	649-9656
Coffee Works	11	565-6962
Dela Cruz Taxi	13	649-0808
Eco-Pool – Luis Molina	6	649-0337
Expeditions	6	800-695-2624
Four Seasons Resorts Lānaʻi	3	565-2000
Framing Service	19	565-7900 x276
Friends of Bill W.	19	760-419-0785
Hale Kupuna	15	565-6615
Hawaiʻi Dental Clinic	10	565-6418
Hawaiʻi Disabilities Legal Services	13	536-8074
Hui Hoʻomalua	11	268-5122
Island Sotheby's Realty, Greg Sturm, RS 65206	13	563-0170
Ka Lokahi - Church at Koʻele	19	565-9409
Keo Konstruction	10	559-5365
Lānaʻi Baptist Church	19	----
Lānaʻi Cat Sanctuary	12	215-9066
Lānaʻi City Bar & Grille	8	565-7212
Lānaʻi City Service	13	565-7227
Lānaʻi Community Health Center	14	565-6919
Lānaʻi Community Hospital	16	565-8450
Lānaʻi Culture & Heritage Center	19	565-7177
Lānaʻi Federal Credit Union	9	565-6522
Lānaʻi Hardware & Lumber	13	565-9394
Lānaʻi Water Co.	6	565-3364
Lanai Oil	20	---
Lānaʻi Youth Center	19	565-7675
Manele General Store	17	649-8849
Maui Electric Co.	12, 17	877-871-8461
MEO Business Dev. Corp.	6	243-4318
Mike Carroll Gallery	17	565-7122
Mokulele Air	7	495-4188
NAPA	5	726-6300
Na Puʻu Wai Native Hawaiian Health Sys.	9	565-7204
Natural Nails by Mimi	15	280-1730
Pele's Other Garden	10	565-9628
Pine Isle Market	17	565-6488
Praise Chapel	19	---
Pūlama Lānaʻi	3, 10, 11	565-3000
Richard's Market	7	565-3780
Rick Dunwell	4	559-4172
Sacred Hearts Catholic Church	19	565-6837
Sensei Farms Lānaʻi	8	397-0317
Sensei Retreats Lānaʻi	5	---
Sharon Liden, Ph.D.	9	649-0032
Sherri Williams RS -74127	6	565-7688
The Local Gentry	9	565-9130
The Pet Doctor	9	733-8828
Van Quaethem Chiropractic Lanai	11	667-7700
Venture Physical Therapy	9	463-9508
West Maui Sports & Fishing Supplies	10	661-6252

## In First Person - A sense of place and belonging

I left Lānaʻi in 1982, when pineapple on the island was queen. Fields of golden fruit, star-crowned and tended, hemmed the island in orderly rows, fanning from the center of town outward, from mauka to makai: Palawai Basin, Kaunolu, Nānahoā, Kanepuʻu – pineapple fields as far as the eye could see.

Sweet pineapple, the all-dominant cash crop, the source of our livelihood, was, as much as I could tell, Lānaʻi's present and future. Though I loved eating pineapple and picking it in the summers, it was not *my* future. It did not hold any promise for me. I ached for the freedom of vast open country, and of places I had read about in books. I envisioned a life that did not include armguards and canvas chaps, mesh goggles and kaukau tins. Nor would my summers ever again include being roused awake at four o'clock in the morning by Dole Company's piercing steel whistle, housed in the center of town, in the hulking industrial complex known as the labor yard.

I wanted to be a writer of stories. I was 17 years old, fresh-eyed and in a hurry, possessing little more than a college acceptance letter in my pocket, a head full of dreams, and, it would turn out, a dimwit's inkling of Wisconsin and snow.

And so I said goodbye to my family, and fled, along with classmates, following the migration of generations of Lānaʻi's high school graduates before me. We have always left the island. Yes, there were some who stayed, but more of us left, at least for a time: We left for college, for graduate school, for the armed forces, for the lights of distant cities. Some left for work, any work that did not involve mulching with plastic or following a conveyor boom and snapping off the crowns of pineapples.

Little did I know that the 1980s marked pineapple's halcyon days. Year by year, the island would see pineapple's slow demise, and, by 1992, its eventual disappearance. In its stead would come tourism and travelers. A new global economy, now twenty-seven plus years in the dreaming and making and building, is powering Lānaʻi's transformation from drowsy plantation town to a world-class luxury destination. The gilded class, the leisure class, the well-heeled and well-traveled, celebrities, rainmakers, a visionary, art lovers, wellness seekers, adventurers: all are finding their way to Lānaʻi.

And now, over 35 years since I left, I have returned.

I am, and will always be, a child of this island. Its coves and bays, its mountain ridges and



Alberta de Jetley and Nelinia Cabiles valleys, its trees and plants and wildlife – all have shaped me, defining what it means to love a place.

Though I am still eager and keen-eyed, still in love with writing, I am no longer in a hurry, for the stories that I want to write are *here*, on and about this island – stories of its past, its present, but especially its future. It's true that the Lānaʻi of my youth has changed. Gone is the island's queen. Gone are the lunas and the pineapple pickers. The work whistle is silent. The labor yard, still bustling, is now a campus repurposed for fleet maintenance and repair.

But it is also true that the island is coming into its own, possessing *more* promise and opportunity than it ever has, for there is tremendous work here – meaningful and substantive work – to do. There are native and endemic species to protect, historic sites to preserve, Lanaʻi's place names to learn, Hawaiian cultural practices to reclaim and introduce to a young generation. And this work is *why* I have returned. I join a wave of former Lānaʻians who have found their way back. We are older now, but also wiser, educated and passionate about what we must do to preserve and enrich our 'aina. It is only in this way – by understanding that *we* are the caretakers, teachers, and storytellers of the 'aina – that an island and its culture can flourish.

Yes, a fresh wind is blowing, a narrative of sustainability, that is ours to write. I have never been more excited, more eager or curious to hear and write about your stories, and the stories of Lānaʻi.

Go ahead. I am listening.  
Nelinia Cabiles, managing editor, *Lānaʻi Today*

Who do you call when you need County of Maui information?  
Access the Maui County Resource Guide at:  
[co.maui.hi.us](http://co.maui.hi.us)

### LANAI TODAY

**Publisher, Managing Editor, Lead Writer - Nelinia Cabiles**  
**Graphic Artist, Layout Design and Pre-press - Greg Cohen**  
**Proofreader - Heidi Vogel**

**Lānaʻi Today - P.O. Box 630008 - Lānaʻi, HI 96763**  
808 563 3127 Email: [ncabiles@lanaitoday.com](mailto:ncabiles@lanaitoday.com)

#### Contributing Writers, Sources & Photographers

Pam Alconcel	Kelli Gima	Pūlama Lānaʻi
County of Maui Dept. of Planning	Kerri Glickstein	Dan Popov
County of Maui Solid Waste Div.	Riki Hokama	Linda Kavelin-Popov
Rep. Lynn Decoite	Beth Humphrey	Caroline Reese
Albert de Jetley	Lānaʻi Community Health Center	Cindy Sagawa
Andrew and Joan Dela Cruz	Kepa Māly	Robbie Sanches
Four Seasons Resorts Lānaʻi	Maui Electric Company	Diana Shaw
Kathy Fowler	Maui Police Department, Lānaʻi	Dr. Rachel and Jon Sprague

#### Mahalo for your subscriptions!

We'll be mailing renewal notices to all subscribers as their subscriptions expire. Subscriptions are \$35 per year. To subscribe, mail your check with your name and address to:

**Lānaʻi Today, P. O. Box 630008 Lanai City, HI 96763.**

*Lānaʻi Today* is FREE to active duty military members with Lanai connections, just email your address to: [ncabiles@lanaitoday.com](mailto:ncabiles@lanaitoday.com)

**We reserve the right to refuse advertising deemed not suitable for our publication.**  
**Articles and photographs may not be reprinted without permission.**

# Maui Electric to issue largest call for renewable energy projects for Moloka'i and Lāna'i

With an eye toward reducing reliance on oil imports and its goal of moving Hawai'i to 100 per cent renewable energy by 2045, Maui Electric Company is starting the largest procurement for renewable energy resources on Moloka'i and Lāna'i, according to the company's Nov. 22, 2019 press release.

The issue request, approved by the Public Utilities Commission (PUC), with a target date of Tuesday, Dec. 3, will be for renewable energy, paired with energy storage from developers locally and globally. Details are at [www.mauielectric.com/molokaicompetitivebidding](http://www.mauielectric.com/molokaicompetitivebidding) and [www.mauielectric.com/lanaicompetitivebidding](http://www.mauielectric.com/lanaicompetitivebidding).

"This effort is a big step in accelerating the transition to using locally-sourced clean energy resources to power our islands," said Sharon Suzuki, president of Maui Electric. "Replacing imported fossil fuels with large-scale renewable energy projects results in cleaner energy at lower prices for all customers."

On Lāna'i, Maui Electric is seeking


renewable energy generation equivalent up to 9.5 MW of solar paired with energy storage on land owned by Pūlama Lāna'i.

Development of the competitive bidding plans involved participation from Moloka'i and Lāna'i communities, which included community meetings in which Maui Electric explained proposal process requests and provided residents opportunities to submit written comments and concerns for developers to be aware of as they prepare their proposals.

Part of the feedback of Moloka'i and Lāna'i residents from additional past community outreach efforts was to limit the type of renewable energy technologies being sought in the respective procurement efforts. Such feedback was incorporated in the plans, according to the company press release.

Pending negotiations of contracts and final approvals, the renewable generation projects from these RFPs would come online in 2023. The timeline for Lanai proposals is below.

Final RFP is issued	December 2, 2019
Proposal due date	January 31, 2020
Final award group named	March 31, 2020
Contract negotiations begin	April 7, 2020



## Lanai Customer Service

# 1-877-871-8461

## LANA'I COMMUNITY UPDATES

Over the past several years, the Lana'i community has worked hard to push forward several improvement projects. These projects will positively impact various sectors of our community including the youth, entrepreneurs and independent business owners, farmers, and our kupuna. Working together with the community and the County's Department of Parks and Recreation, I am pleased to provide an update on these projects. Below is a list with updates on where each project currently stands.

### LANA'I COMMUNITY CENTER PERMITTED KITCHEN

*Kitchen to be available for permitted use by Community Center users, and will serve as a certified commercial kitchen available to the public as well.*

- Construction contract is in process.
- Building permits have been submitted.

### LANA'I COMMUNITY FIELD HOUSE

*Covered structure will feature a netted facility for multi-sport use, such as batting cages for baseball and softball, swing tunnels for golf, archery, etc.*

- Timeline to be determined.

### LANA'I YOUTH CENTER AND LANA'I SKATE PARK

*New Lanai Youth Center facility and adjacent skate park*

- Both are currently in the design phase.

### PARKS MAINTENANCE PROGRAM

- Maintenance building undergoing improvements.

I am pleased to report that no work will be done to alter the open park at the corner of Kaunalapau Highway and Fraser Avenue across Lana'i Hongwanji, and it will continue in its current setup.

**COUNCILMEMBER RIKI HOKAMA**

Lana'i District Office • Maui County • Lana'i Community Center, Eight Street, Lana'i City, HI 96763 • 808.565.7094



## JOIN OUR TEAM!

Four Seasons Hotels and Resorts has been ranked FORTUNE magazine's 100 Best Companies to Work for every year since 1998...come and find out why.

Join Four Seasons Resorts Lāna'i - here's a sample of open positions

Retreat Host  
Dining Servers

Bartender, Cook  
Outdoor Activities Guide



Guest Services and Bell Desk  
Attendants

Pool Server  
Cosmetologist



Visit [jobs.fourseasons.com](http://jobs.fourseasons.com)

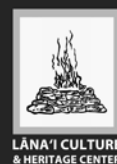
Search Lāna'i, create a profile to apply

# Mark your calendars for LĀ HANA 2020

We need your help restoring and maintaining Lāna'i's storied places and community. Come volunteer at Lā Hana workday events to participate in restoration, beautification and maintenance of our lush green valleys, historic sites and places around town.

### Upcoming events

- Saturday, Feb. 8 ..... Waia'ōpae
- Saturday, Apr. 11 ..... Hi'i
- Saturday, Aug. 8 ..... Beach Cleanup
- Saturday, Nov. 14 ..... Koa Forest



# What's happening on Lanai?



CITATIONS	NOV.
Speeding	10
No Insurance	1
Other Moving Citations	4
Seat Belt	7
Child Seat	1
Vehicle Tax	15
Safety Check	23
Other Regulatory	18
Other Parking	5
Non-traffic	2
<b>Total</b>	<b>86</b>

ARRESTS	NOV.
Males, Adult	7
Females, Adult	2
<b>Total Number of Charges</b>	<b>9</b>

### DRIVE SAFE / RIDE SAFE TIP

Are you planning to check out the holiday lights and displays throughout our neighborhoods? Consider walking instead of driving; it'll prevent driver distraction and provide some exercise!

### LANDSCAPE & HANDYMAN SERVICE RSW SCAPES, LLC

Locally owned, insured business offering landscape maintenance, irrigation, debris removal and handy man work around your property. If you are interested in discussing a short term project or monthly landscape maintenance service please contact:

RICK DUNWELL, OWNER  
808-559-4172 CELL - FREE ESTIMATES



Hair  
Nails  
Skin Care  
Lashes  
Brows

808-563-0285

Gift Cards Available  
20% OFF for First Time Services!

Marcelina Perez, Nail Tech with  
Katharina Oriol-Mendoza, Owner

### AHAHA LĀNA'I Day Spa

Book AHAHA LĀNA'I on Instagram

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

Achieving Your Vision

Help-U-Sell Honolulu Properties



RARE OPPORTUNITY to purchase home on Lana'i Ave. within walking distance to Historic Dole Park and Cavendish Golf Course. Home sits on large lot that is street to street. The front faces Lana'i Ave, with back of property stretching to Mahana Pl. Large living area space with open dining/kitchen concept. 3 bdrm., 2 baths. 2 bedrooms professionally painted in 2018.



# Looking back on eleven years of happy memories at *Lāna'i Today*

By Alberta de Jetley

How can I condense eleven years of *Lāna'i Today* into 500 words or less? My heart is filled with the memories of everyone who appeared in it. I still remember going to a meeting just after the newspaper had been delivered. Everybody around the table had a copy of *Lāna'i Today* open in front of them, looking to see which of their friends were pictured!

My favorite event of the year was always the Christmas Tree Lighting Festival in front of the Dole Building. Trying to take photos of all of the babies born during the year was fun, but I am sure I missed a lot of them, too! Now those babies are almost teenagers!

From our second issue to my last issue as editor, Greg Cohen and Heidi Vogel were always there to help me. Greg was our graphic designer, and Heidi became our proofreader. Greg was a joy to work with and when they moved to Santa Fe, New Mexico, we continued to work together long distance. Many of our readers did not know Greg and Heidi were traveling in exotic ports from Europe to Australia and across the United States but *Lāna'i Today* was still on schedule!

From the very start, there was always some confusion about our name, *Lāna'i Today*. Many people called us *Lāna'i Times*! It was the original newspaper I started in 1990 and which I left to Bill Palmer from Gold Coast Publishing Company when I moved back to Hana, Maui to start *Hana News*.

Sadly, *Hana News* closed in 1994 when my largest advertiser folded. When I returned to Lāna'i to live in 1996, *Lāna'i Times* still was being published under new owners.

Without a dime to my name and against all odds, I decided it was time to start another newspaper and the first issue of *Lāna'i Today* was published in December 2008. Fast forward to today, and the start of a new chapter in my life.

Mahalo to Pulama Lāna'i's COO Kurt Matsumoto who believed in me and supported my vision of what a community newspaper could be. Mahalo to all my business advertisers, subscribers, and the government agencies and non-profit organizations who sent me their press releases and helped me to keep our residents informed of what was happening in our



Alberta in Nobu Garden, August, 2013



Old Nobu Garden today

community. A very big mahalo to all our readers who never hesitated to share their opinions with me. We did a lot together and I truly enjoyed being Lāna'i's "newspaper lady."

Past issues of *Lāna'i Today* are posted online at: [albertadejetleylanaitoday.com](http://albertadejetleylanaitoday.com) but will be moved to another website domain in the near future. Please welcome Nelinia Cabiles who has returned home to be *Lāna'i Today's* new editor. See her first column, *In First Person* on page 2. I couldn't have wished for a better person! Please join me in helping her to create an even better newspaper for us all to enjoy.

I must be honest and say I won't miss all the monthly deadlines I faced in producing the newspaper. However, I will continue to be a contributing writer and photographer and have several other projects which are dear to my heart that I can't wait to work on! Mahalo for allowing me to be a part of your lives.

## Give a Gift of Time with Lāna'i's Kupuna this Holiday Season

**WHO and WHAT:** The Christmas Day Lunch for Seniors serves our island's kupuna, 65 and older, as well as those who are in hospital care, homebound, or without a local family. Seniors will receive lunch and a gift bag.

The Lāna'i Baptist Church, along with churches in the community, with support from Lāna'i's businesses and organizations, hosts this FREE, community-wide event.

**WHEN:** 10 a.m. – Noon, Christmas Day

**WHERE:** Lāna'i Senior Center

**WHY:** To honor our community's senior citizens

Please call us if you:

- have items (for Senior gift bags) to donate
- have a monetary donation for the luncheon
- know a senior who needs home delivery

- can volunteer your time and talents. **We need cooks, servers, and entertainers AND service leaders** to help coordinate volunteers. And since we offer home-delivery to seniors who are unable to attend the event, **we need drivers.**

**100 per cent of your tax-deductible gift covers this Christmas Day event.**

**Send your monetary donations to:**

Lāna'i Baptist Church  
Attn: Lāna'i Senior Christmas Lunch  
c/o P.O. Box 630149  
Lāna'i, HI 96763

Please call Cindy Sagawa, 2019 Resource Coordinator, at (808) 215-1006, to volunteer, donate, or to schedule a delivery.

## Phishing: Another thing to worry about!

Contributed by Alberta de Jetley

If you have a business and use a credit card processing service, such as Square, be on the lookout for fraudulent charges being posted against your account. Two emails from Square on the same day, said refunds of \$890.81 and \$990.81 were being charged against my account. It looked legitimate, the company's logos were there, but the emails were from two different Yahoo.com addresses.

It was a scam, but so realistic, I panicked. I went to the bank and they froze my account: all activity stopped and could resume only if I were physically at the bank to make the transactions. I then went to my Square

account to find the email address to report the two charges. An hour later, I had a reply saying my account was being investigated for these illegal transactions.

Never give a caller personal information about your accounts over the phone. Never reply to a questionable email you do not recognize. If you use Square and receive a refund notice for a customer, report it to [spoof@squareup.com](mailto:spoof@squareup.com). If you use another credit card processing service, go to its customer service site to find the right email address to make a report. Don't become a victim. Report any suspicious activity immediately to your bank to safeguard your account.



# NOW OPEN!

to service all of Lanai's auto, truck and marine parts needs. Come in for a visit!



Friendly service, expert advice,  
and access to the largest parts  
inventory in the state.

#### STORE HOURS

MONDAY - FRIDAY: 10:00 A.M. TO 6:00 P.M.  
SATURDAY: 9:00 A.M. TO 12:00 P.M.

PHONE: 762-6300 | 850 FRASER AVENUE

## 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 Ko'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
- Wellness Practitioner
- Aesthetician
- Fitness Instructor
- Salon Technician
- Nail Technician
- Massage Therapist
- Hair Stylist

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](http://www.sensei.com/careers) or contact Scott Pisani, Lāna'i HR Manager, at [scott@sensei.com](mailto:scott@sensei.com)



**Leaks Can Run But They Can't Hide**  
 Call Lanai Water Company at 808-565-3664 to set up your Eye On Water Account to monitor for leaks at your home.

Discover great tips for cutting your water bill, contact information and more at:

**lanaiwatercompany.com**

**EXPEDITIONS**  
**MAUI-LANAI PASSENGER FERRY**  
*"Your link between Maui and Lana'i"*

**Manele Harbor: to Maui**  
 8:00 am • 10:30 am • 2:00 pm 4:30 pm • 6:45 pm

**Lahaina Harbor: to Lana'i**  
 6:45 am • 9:15 am • 12:45 pm 3:15 pm • 5:45 pm



For Reservations on Lana'i Call **1-800-695-2624**  
[www.go-lanai.com](http://www.go-lanai.com)

You should be advertising in

**LANAI TODAY**

It's a great, affordable way to help customers find your business, get to know you, and all you offer.

Call Nelinia at 563-3127 or email at: [ncabiles@lanaitoday.com](mailto:ncabiles@lanaitoday.com)

**ECO POOL OF HAWAII**

COMPLETE CARE FOR POOLS, SPAS, PONDS AND WATER FEATURES

LUIS MOLINA  
 LIC #25939  
 808.649.0337/808.565.8011

**Lanai Residents Business Loans up to \$30,000**

**5% interest rates for Start-up, Expansions or Improvements**

*No Charges for Business Consulting Services*

Thinking of starting your own business or need to revamp your business?

Dave Daly, Loan Manager  
 Office: (808) 243-4318  
 Cell: (808) 280-4435  
 Fax: (808) 249-2991

Email: [david.daly@meoinc.org](mailto:david.daly@meoinc.org)



**Rep. DeCoite receives Women of Excellence Award at 2019 NFWL conference**

Rep. Lynn DeCoite (D- Moloka'i) received the Women of Excellence Award, alongside colleagues from across the country at the National Foundation of Women Legislators (NFWL) award dinner on November 19, 2019, becoming the first awardee selected from Hawai'i since the award's inception in 2013.

According to Rep. DeCoite's press release announcing the award, the NFWL created the Elected Women of Excellence Award, "to identify elected women who have worked tirelessly, often breaking down barriers and overcoming obstacles that once seemed insurmountable, to serve their communities."

Established in 2013 as part of NFWL's 75th Anniversary Celebration, the award honors the hard work and dedication of women leaders from across the country. Only one Republican and one Democrat from each state can be selected for this prestigious honor.

Rep. DeCoite has served in the Hawaii State House of Representatives since February of 2015, representing District 13, the only true canoe district, which includes East Maui, Kaho'olawe, Molokini, Lana'i and Moloka'i.

NFWL is a non-partisan 501(c)3, educational foundation for elected women on the state, county, and municipi-



Rep. Lynn DeCoite, on the left in the third row, poses with NFWL's 2019 Women of Excellence Award winners on Nov. 19, 2019, in San Antonio, Texas.

pal levels. The mission of NFWL is to provide strategic resources to elected women for leadership development, exchange of diverse legislative ideas, and effective governance through conferences, state outreach, educational materials, professional and personal relationships, and networking. NFWL encourages the election and/or appointment of women to public office.

**Solid Waste Division now accepts refuse payments online**

The County of Maui Department of Environmental Management, Solid Waste Division now accepts debit or credit card payments for refuse collection from any web-enabled devices.

Customers can visit <https://client.pointandpay.net/web/MauiSolidWasteDivision> to make a payment using the online service. A 2.35% convenience fee will be added to the total payment amount.

Billing statements for refuse collection during the first half of 2020 (Jan. 1, 2020 to June 30, 2020) have been mailed out and are due by Dec. 31, 2019.

"We're always looking for ways the County can make things just a little bit easier for our people, especially with today's technology," Mayor Michael Victorino said.

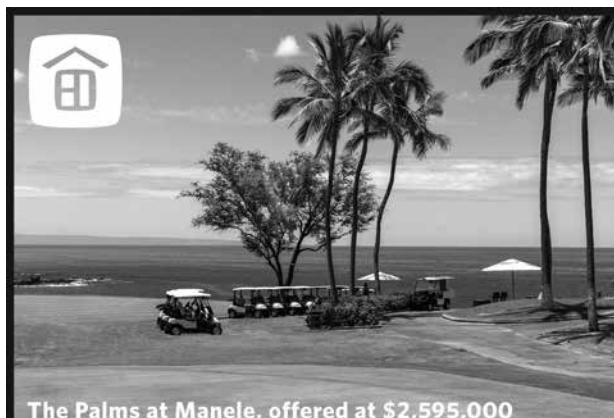
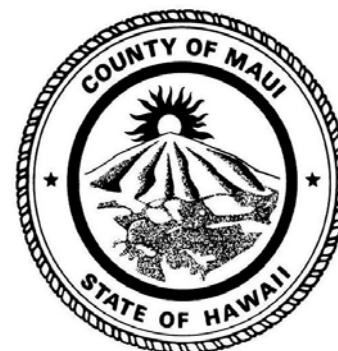
The departments of Management, Finance and Environmental Management departments are providing this online payment service to residents. Bills may also be paid in-person from 8 a.m. to 2:30 p.m. Monday through Friday, excluding holidays, at the Solid Waste Division Office, located in the One Main Plaza Building, Suite 200. They may also be paid at the Department of Finance, Division of Motor Vehicles and Licensing offices until Dec. 31st.

Checks can be deposited in a drop box located at

the Solid Waste Division Office from 6 a.m. to 6 p.m., Monday through Friday, and 8 a.m. to noon, Saturday.

After-hour drop-offs will be processed the following business day, excluding holidays.

For payments sent through the mail, customers are asked to enclose the remittance slip, along with the check payment, using the envelope provided with the billing statement. If customers do not have the remittance slip or did not receive the bill, they can mail their check directly to the Solid Waste Division Office at One Main Plaza, 2200 Main St., Ste. 200, Wailuku, HI 96793. Customers should also write the service address and/or account number on the check to ensure their account is credited.



The Palms at Manele, offered at \$2,595,000



Upcountry Koele: Cool Breezes & an Active Lifestyle

**Live the Lifestyle You Dream of on Lana'i**

Now is the time to explore investing on Lana'i. Be part of a growing, sustainable island. Call me if you are interested in Manele Bay, Koele or Lanai City Listings.

**Sherri Williams** REALTOR(S), RS-74127  
 Your On-Island Representative

**808.565.7688** ofc.  
**415.302.9894** cell/text  
[SherriWilliams@HawaiiLife.com](mailto:SherriWilliams@HawaiiLife.com)  
[Sherri.HawaiiLife.com](http://Sherri.HawaiiLife.com) | [HawaiiLife.com](http://HawaiiLife.com)

HAWAII LIFE REAL ESTATE BROKERS

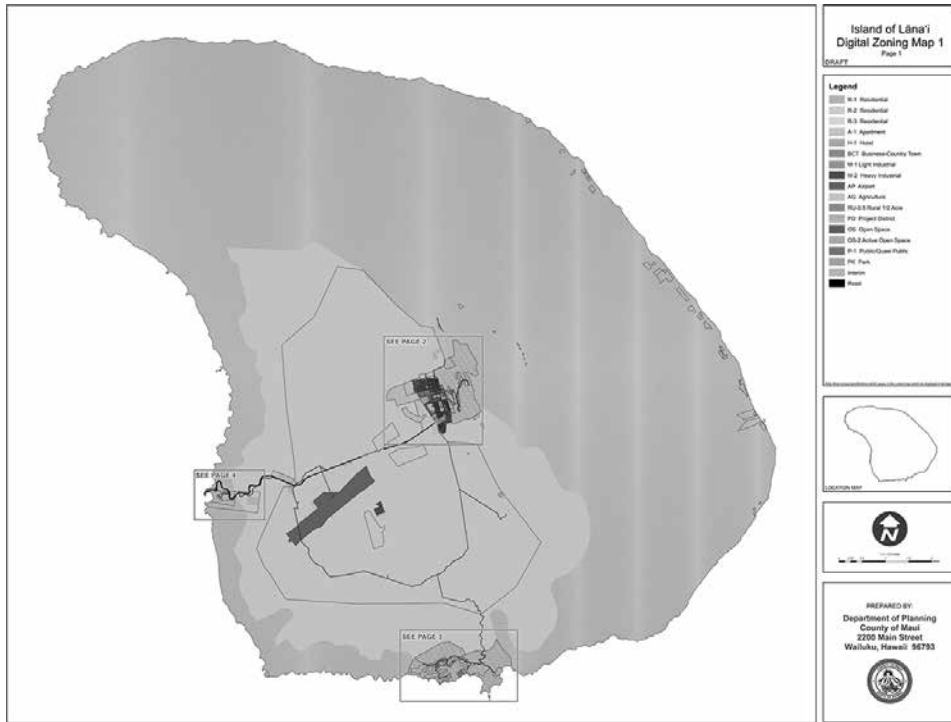
# Maui County Planning Department updates Lānaʻi's Digital Zoning Map

Staff from the County of Maui's Planning Department hosted a community information meeting on December 3, 2019, at the Lānaʻi Senior Center, to discuss proposed digital zoning maps for Lānaʻi, part of the County's digital mapping project.

The project entails converting old paper zoning maps to a digital format and correcting inconsistencies and errors. The Lānaʻi Planning Commission is

scheduled to review the Lānaʻi digital map at its next meeting on January 15, 2020. To see the other maps referenced in this graphic, please click on : <https://www.mauicounty.gov/2159/Digital-Zoning-Map-Update-Project> and scroll down to the bottom paragraph that mentions the Lānaʻi project.

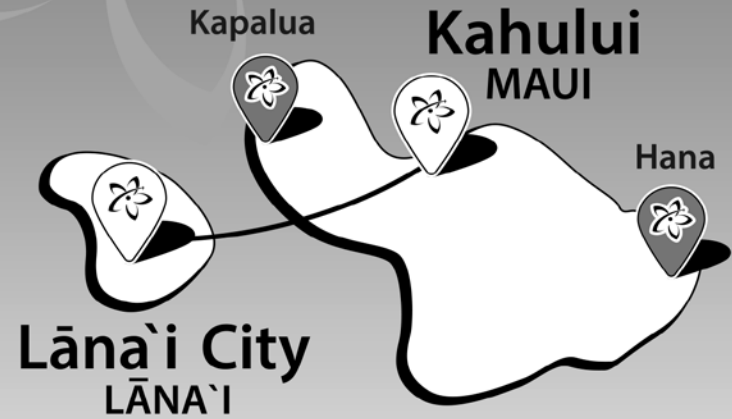
For more information, contact Jacky Takakura, Administrative Planning Officer, (808) 270-7743.



**IF IT'S INTER-ISLAND, IT'S**

# MOKULELE

A I R L I N E S



**Only 25 Minutes of Flight Time!**

**Fly Ten Flights  
and you get  
One Flight FREE!**

**Fares Starting at \$39\***  
\*Terms apply, See site for details.



- Perfect for same-day medical appointments, shopping trips, and visits with your Ohana!
- Now with ticket and baggage connections to American Airlines

## SCHEDULE:

	Departs	Arrives
<i>Lānaʻi City to Kahului</i>	7:50 A.M.	8:15 A.M.
	5:00 P.M.	5:25 P.M.
<i>Kahului to Lānaʻi City</i>	7:05 A.M.	7:30 A.M.
	4:15 P.M.	4:40 P.M.

Tickets on sale now at [MokuleleAirlines.com](http://MokuleleAirlines.com) or (808) 495-4188

## RICHARD'S MARKET HOLIDAY HOURS

**Christmas Eve  
6:00 a.m. to 6:00 p.m.**

**Christmas Day  
12:00 p.m. to 10:00 p.m.**

**New Year's Eve  
6:00 a.m. to 6:00 p.m.**

**New Year's Day  
12:00 p.m. to 10:00 p.m.**

# SENSEI

## Sensei Farms Lāna‘i would like to welcome the Lāna‘i Community to our Open House

December 21, 2019

11am - 3pm

5519 Kaunalapau Highway

Lāna‘i City, HI 96763

(ACROSS FROM THE AIRPORT)

Meet the Sensei team, learn about our sustainable growing practices and taste some of our fresh produce (while supplies last).

*Please carpool and park in designated spots only. Tours will be offered every half hour and only available to those in closed toe shoes.*

## Waste not at Richard’s Market

Although a fruit or vegetable may look bruised in a supermarket, it is still perfectly fine to eat. But because these fruits or vegetables are blemished, they are usually discarded. At Richard’s Market, these bruised vegetables are now being sold for \$4 per box, on a first-come basis. Check it out! When this photograph was taken, there were two good-sized boxes of food for sale.

*Editor’s note:* I bought a box of Waste Not veggies, went home, and surveyed my bounty. The Waste Not box of ugly-beautiful fruits and veggies was near to overflowing. There were 10 tomatoes; three zucchinis; three carrots; four apples; three bunches of apple bananas; two Yukon Gold potatoes; and one onion. I could see that it would be a simple matter to cut around the bruised or blemished fruit. Yes, none would probably win the blue ribbon at a County Fair for beauty, but when it comes to making Minestrone soup or a Ragu Bolognese and perhaps, an apple cobbler or a loaf of banana bread for my family tonight, these homely veggies and fruit are perfect and will work just fine.



Filled to overflowing, these boxes are a great bargain for families.

## Aloha, Lāna‘i!

For the coming January 2020 edition, *Lāna‘i Today* will be running a new monthly column titled, “What I love most about living on Lāna‘i”, featuring YOU!

We invite you to share comments and insights on what makes Lāna‘i unique and special. I encourage the young and

old, and everyone in between, to share thoughts, memories, stories about why you love living here. I can’t wait to hear from you!

If we choose your comments, we will publish it in the January 2020 edition of *Lāna‘i Today*. Please write to me at [nca-biles@lanaitoday.com](mailto:nca-biles@lanaitoday.com). Mahalo!

## Help available from the Lāna‘i Cancer Fund

The Lanai 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 Lanai Kina’ole, 565-8001, to make an appointment to pick up an application form. You must be a Lanai 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

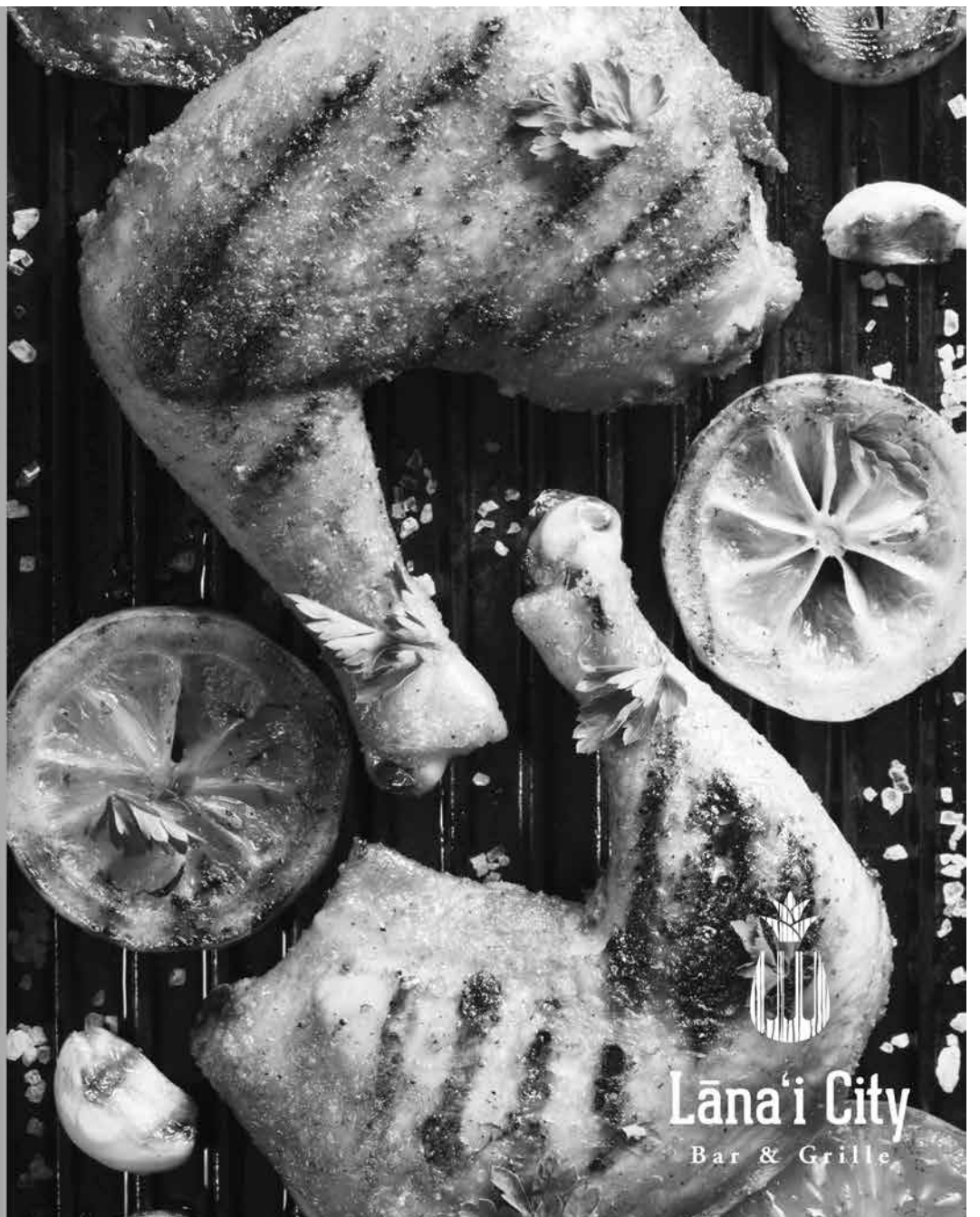
monetary gift of \$500 which you may use in any way you like. In addition, you may receive up to \$1,000 for expenses relating to your treatment which are not covered by your health insurance. You can submit the receipts for your expenses as you incur them. Donations to the Lanai Cancer Fund are welcome year-round and are sincerely appreciated.

# NEW THRILLS FROM THE GRILLE

Juicy Pūlehu chicken thighs, Reyman’s lechon pork roast, lobster mac and cheese, and Cajun blackened shrimp are just a few of our savory new menu items.

**Come check out the new menu!  
Tuesday-Saturday, 5-10 pm**

FOR RESERVATIONS, VISIT  
[OPENTABLE.COM](http://OPENTABLE.COM) OR CALL 565-7212



Lāna‘i City  
Bar & Grille



# Bright city lights can confuse the Hawaiian 'Ua'u fledglings

Many species rely on the moon's illumination to find their way to the sea for the first time. The 'Ua'u (Hawaiian petrel), an endangered species that make its home only in Hawai'i and is found nowhere else in the world, is one of them.

Newly emerged from its burrow between November and December, the 'Ua'u fledgling navigates by moonlight, driven by instinct, toward the sea. Sometimes, however, the fledgling confuses bright artificial urban lights for the moon, growing disori-

ented as it circles the lights, then falls from the sky to the ground, exhausted, and now, vulnerable to predators, such as cats or dogs.

If you see such an 'Ua'u fledgling in distress, please do not pick it up or move it. Nor should you try to feed, treat, or release the bird yourself. It may be dehydrated or injured and may require special care or medical treatment. Please call 563-0013 for assistance.

Please do NOT attempt to pick up or move any chicks on the trail to Pu'upehe at Hulopoe. They are likely fine and just resting outside their burrow.



Rescued 'Ua'u fledglings (left and middle photos) are treated for any injuries before they are released into the wild. Right photo: A young chick rests in Dr. Rachel Sprague's hands.

# Lāna'i high school students jumpstart college career by taking dual-credit classes

What can we do to help our students go to college, and once there, to continue on to earn their degrees? That was the burning question that preoccupied Pam Alconcel and others in a roundtable discussion back in Spring 2015.

"We were all thinking about how to address this question, just talking story," Alconcel says, a phrase that belied the seriousness of the question before them.

"In the past, so many of Lāna'i students would go off to college for a semester, then come back home. Or, they'd go off for a year, then come back," Alconcel says. They weren't *staying in* college. It was a trend that troubled Alconcel and others in that roundtable group, which included Pūlama Lāna'i's Chief Operating Officer Kurt Matsumoto.

What developed from those talking story discussions was the answer to that question: a dual-credit program that would enable Lāna'i High School students to take college-level courses at UH-Maui College and earn dual credits for both high school and college before they graduated.

"Research shows that college success starts in high school, when students take early college classes. Those who graduate with college credits are more likely to enroll, persist, and succeed in higher education," says Alconcel, now the coordinator of UH-Maui College's dual-credit program.

The goals of the dual-credit project are multiple: foster community partnerships; enhance the higher education program, build and develop an educated

workforce on Lāna'i. Alconcel states that in addition to offering college-level courses, the project provides wrap-around student support services, intake/assessment, case management, tutoring, evaluation, and SAT-preparation.

The project started with funding from Pūlama Lāna'i in April 2015 and, Alconcel says, will continue in partnership with the University of Hawai'i, Maui College, Lāna'i Education Center, and Lāna'i High and Elementary School.

"I tell students, when they come into the building, they are no longer high school students. They are in college," Alconcel says.

She says this mindset shows in how they carry themselves when they enter through the UH-Maui College doors, and, it must be said, in the results of the program thus far, which by any measure, are dramatic: In 2016-2019, Lāna'i had the highest percentage of students participating in dual enrollment in the state of Hawai'i.

Moreover, fifty-nine per cent of the class of 2018 earned from three to eighteen credits; sixty-two percent of the 2019 class; and fifty-five percent of the class of 2020.

A most recent report indicates that four 11<sup>th</sup> grade students at LHS currently enrolled in the dual-credit program each have earned between twenty-seven to thirty-nine credits to date. At that rate, these four high school students will have earned their associate's degree by the time they graduate.

**Lana'i**  
Federal Credit Union

**HAPPY HOLIDAYS**  
From the  
**Lana'i Federal Credit Union!**

**We're online 24/7 on the web at:**  
[www.lanaifcu.org](http://www.lanaifcu.org)  
Visit our helpful website soon!

**Holiday Closures**  
*Wednesday, December 25th – Christmas*  
*Wednesday & Thursday, January 1st & 2nd, 2020 New Year's*

In need of some extra \$\$ for the holiday season?  
Jingle your way in to the credit union and take advantage of our low loan rates!

**Hours:**  
Monday to Friday  
8:30 a.m. to 4:30 p.m.  
816 Ilima Avenue  
565-6522

**Regular veterinary services are available on Lana'i**

**1st and 3rd Wednesday of every month**  
11 a.m. - 5 p.m.  
*Closed for lunch 2 - 3 p.m.*  
Call (808) 733-8828  
*(No voice mail, please keep calling)*  
or email  
[petdoctorlanai@gmail.com](mailto:petdoctorlanai@gmail.com)  
and identify yourself as a Lana'i resident  
**(Appointments required - we fill up fast!)**

**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
- Toe nail trim

Look for the mobile pet clinic van in the Dole Admin parking lot

LICENSED  
PSYCHOLOGIST  
AND MARRIAGE  
FAMILY  
THERAPIST

*Hawaii (PSY1779)  
(MFT81)*

[www.sharonliden.com](http://www.sharonliden.com)  
[lanai@sharonliden.com](mailto:lanai@sharonliden.com)

SHARON R. LIDEN, PH.D.  
"DR. SHARIE"

THERAPY FOR  
INDIVIDUALS, COUPLES  
AND FAMILIES.  
PRIVATE AND  
CONFIDENTIAL

INSURANCE ACCEPTED  
**(808) 649-0032**

**Nā Pu'uwai**

**Join our team!** Nā Pu'uwai, the Native Hawaiian Health Care System serving Lāna'i and Moloka'i, is dedicated to improving the health of Native Hawaiians and respecting the cultural beliefs and practices of our island communities. **Apply for these Lāna'i positions today!**

**Community Health Worker:** Implement and maintain specific health promotion/education, prevention and screening program within Nā Pu'uwai's scope of service. Minimum 1 year experience in program planning and implementation preferred but not required. 20 hours/week.

**Cultural Specialist:** Develop and implement cultural programs and collaborate with community groups, educational organizations, social services agencies and others. 10 hours/week.

To apply or to request more information, contact [careers@napuuwai.org](mailto:careers@napuuwai.org)  
[napuuwai.org](http://napuuwai.org)

## Venture Physical Therapy

### Lana'i Gym Membership

**\$45/Mo. - No Contract.**  
**\$35/Mo. -Year Contract with Monthly Payments.**  
**\$360/Yr (\$30/Mo.) - Year Contract Paid in Full.**  
**1 Day Pass - \$10**

**Ask us about our Kupuna and Student Discounts!**

628 Ilima Avenue  
Lana'i 463-9508

**GYM NOW OPEN 7 DAYS A WEEK!**  
**Monday - Friday**  
8 a.m. to 8 p.m.  
*(May close around lunch when Jess is 'Hangry')*  
**Saturday & Sunday**  
9 a.m - 2 p.m.

Kihei 633-4480

**Open on Sundays**  
10 a.m. to 2 p.m.  
**Mon. - Fri. 10 a.m. - 6 p.m.**  
**Sat. 10 a.m. - 5 p.m.**  
**565-9130**

*Expect the Unexpected!*

Like us on Facebook!  
See photos of new arrivals & logo wear.

10% Discount for Lanai Residents

Located on Dole Square  
Corner of Ilima & 7th St.

## WE'RE CELEBRATING!

### MAHALO NUI LOA FOR 20 YEARS OF YOUR SUPPORT!

**JOIN US ON FRIDAY, DECEMBER 20, FOR OUR ANNIVERSARY PARTY!**

**6 p.m. to 9 p.m.**

**Fashion Show at 6:30 p.m.**

**Drinks, Pupu, and Fun!**

Mia's ready for our celebration!



HAWAII  
DENTAL CLINIC

**Comprehensive Family Dentistry**

8 a.m. to 6 p.m., Mon-Sat.  
565-6418. Free consultations.

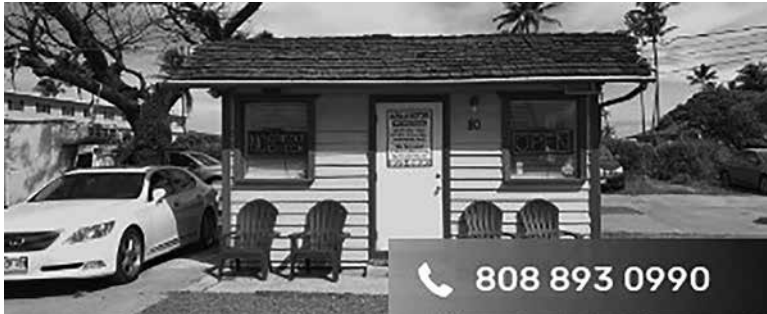
Located at the Manele end of the Dole Administration Building on Lānaʻi Avenue.

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



Amber Lukin, new dental hygienist - Photo by Nelinia Cabiles

**Hawaii Dental Clinic, LLC  
Lana'i Office - 565-6418**



808 893 0990

The Little Yellow Hale on Kaahumanu Ave

**AKAMAI MOTORS**

"THE SMART CHOICE!"

We Offer In-House Financing  
with No Credit Check!

[www.akamaimotors.com](http://www.akamaimotors.com)

80 W Kaahumanu Ave, Kahului, Maui, HI 96732

USED CAR SALES

**West Maui Sports & Fishing Supply**



Offering Lanai Residents  
Fall/Winter specials on dive lights,  
spearguns, pole spears, Ulua poles.  
New arrivals Penn Fierce III, Conflict,  
Pursuit, Spinfisher VI reels!

Mahalo for your business!

808-661-6252 - [westmauisports.com](http://westmauisports.com)  
visit our new location near Foodland and  
Nagasako's - 843 Wainee St., Suite F3



**Pele's Deli & Bistro**

Join us  
for lunch  
or dinner!

NOW 16 beers on tap!

MONDAY - FRIDAY  
LUNCH - 11 AM - 2 PM  
DINNER - 4:30 PM - 8 PM  
(Last Call 9 pm)

OPEN  
FOR DINNER  
SATURDAY  
CLOSED ON  
SUNDAY

Reservations Highly Recommended

CORNER OF 8TH & HOUSTON STREETS  
LANAI CITY 808-565-9628

**Keo Konstruction, LLC**



Locally owned  
and operated.

**Rob Sanches**  
General Engineering  
Contractor  
AC-25860

559-5365

**5th Friday Town Party**



White canopied booths dot Dole Park, the venue for the last 5th Friday Town Party of 2019.



Sagi Baldwin and Ritche Cabiles smile as they await hungry customers.



A young girl on a wood seat perfectly made for her.



It's not a party without headdresses and dancing.



Robert Kanno, Jr. and Jake Barcena



Krista Kanno and son Robert Kanno, Jr.



Peggy Fink with a friend



A vendor about to display his wares.



Radka Mladenova, Emilia Rkaytchev and Jolene Sugiyama-Segault



Philo Sowers, Cory Lovejoy, Shari Liden, and Simon Tajiri.



5th Friday Town Party participants chatting.

# November 29th, 2019

Photographs by Dan Popov



This band sets the perfect mood.



Parker Morimoto, D'Man Mongkeyal and A.J. Sigrah



Perlita Calpo is ready to serve her island-famous dishes.



Lynn Fujigami-Costaes and her family



Kathy Carroll and friend bask in the scene.



5th Friday is a family-friendly event.



Kealohi Kipili-Rios and son J.R.



Zain St. Clair



Lauren O'Driscoll and her cat.



Tabitha Kanno (right) and friend



Herb Galindo and Jina Lopez



Chante and Gaman Sproat



Good vibes, good weather, and good food.



Center photo spread proudly sponsored by Pūlama Lānaʻi

**VanQuaethem Chiropractic Lana'i**  
 905 Ilima (at Ninth and Ilima) - Shared with Hula Classes.  
**Every Thursday from 8:30 a.m to 1 p.m.**  
 Call our Maui office at (808) 667-7700 to schedule

**Massage Stretch Therapy Now Available!**

**Anny Heid**  
*owner/designer*  
**Anny Heid Florals LLC**  
*Specializing in Custom party florals and weddings*  
 anny@annyheidflowers.com 808-269-0496

**CAFE 565**  
 PIZZA • SUBS • SANDWICHES  
 SALADS • PLATE LUNCHES

**Merry Christmas & Happy New Year!**  
 Enjoy our Holiday Platters at your next family or office party. Chicken Katsu, Korean Chicken, Lumpia, California Roll Sushi and other ono items are available.

**LUNCH**  
 Monday - Saturday  
 10 a.m to 3 p.m.

**DINNER**  
 Monday - Friday  
 5 to 8 p.m.  
 Closed on Sunday  
**Take Out 565-6622**

Open 10 a.m. to 8 p.m. Tues. & Wed.

100% Beef Burgers Grilled to order

**FREE WI-FI CONNECTION**  
 with any food purchase

Try our freshly made daily specials for plate lunches.

We accept VISA, MC, & DISCOVER  
 Located on Dole Square in Lana'i City, corner of 8th and Ilima Ave.

**FOSTER CARE.**  
 It's our kuleana.  
 Be there for them TODAY.

Lāna'i keiki need an 'ohana like yours. You can do something positive that will *Change a Lifetime*

(808) 268-5122  
 Toll Free: (888) 879-8970

**Hui Ho'omalū**  
 PARTNERS IN DEVELOPMENT FOUNDATION  
 to help visit [www.pidf.org](http://www.pidf.org)

Funding for this program is provided through the State of Hawai'i Dept. of Human Services.

*Mele Kalikimaka ia 'oe*  
 We will be closed on Christmas Day.  
 See you all the day after....  
**Coffee Works**  
 604 Ilima St.  
[www.coffeeworkshawaii.com](http://www.coffeeworkshawaii.com)



# Hau'oli Makahiki Hou

## Celebrate Safely this New Year's Eve

- Carefully set up and use fireworks only in areas clear of overhead power lines.
- Do not string fireworks on utility poles.
- If using a ladder, pole, or tie lines to set up fireworks, keep a 10-foot clearance from power lines. Power lines are energized and not insulated and could cause serious electrical shock, burn or electrocution.
- If an object should become entangled in an overhead power line, don't try to free it. Call our toll-free trouble line at 1-877-871-8461.



*Keeping you safe*

**Derek**  
Power Supply  
9 Years of Service



**Maui Electric**

[www.mauielectric.com](http://www.mauielectric.com)

### Enjoying life at the Blue Ginger Cafe

Marjorie Nabor, one of the cafe's friendly food servers, takes a break before the dinner rush begins. Freshly painted, the cafe's walls are a perfect place to display photos by Lāna'i photographer Ron Gingerich and original artwork donated to the cafe by Lāna'i artists.




Marjorie Nabor works at the cafe during school holidays.

**Regular Hours**  
Monday 6 a.m. to 8 p.m.  
Tuesday & Wednesday 6 a.m. to 2 p.m.  
Thursday & Friday 6 a.m. to 8 p.m.  
Saturday & Sunday 6:30 a.m. to 8 p.m.

**565-6363**


Serving Breakfast, Lunch & Dinner, freshly baked bread and pastries. Catering for all occasions.

*Mahalo for patronizing our family-owned and operated business. We appreciate your support and wish you and your 'ohana a very Happy New Year.*  
Georgia Keenan  
Phoenix & Kanoa Dupree  
and all of our Lāna'i 'ohana.



# MEOWY MAHALO

For being a part of our 10th Anniversary Celebration!




We couldn't do what we do without:

**Alberta de Jetley**  
LIFETIME SUPPORTER

For loyal companionship and lifetime support

**Goodfellow Bros.**

For services to expand our sanctuary

**Lost on Lāna'i**

For the company's commitment to save native birds and cats

**Olena Heu**

VOLUNTEER OF THE YEAR

For her creativity as our social media ambassador

**Pūlama Lāna'i**

For commitment to save native birds and cats through collaboration and partnership

Mahalo to those who donated to make our celebration a success

Mike Carroll Gallery  
Pulama Lanai  
Rainbow Pharmacy  
Richards Markey  
Cory Lovejoy  
Blue Ginger  
Local Gentry  
Peles  
Lanai Art Center  
Kimberly Dupree  
Vince Cabanilla  
Roger Membrado

The Four Seasons  
Dr. Ako  
Kathy Sakamoto  
Lanai City Service  
Jack Hamilton  
Dyanne Bolt  
Jeri Tackett  
Craig Mason  
Cindi Flating  
Corinne Uehara  
Vinnie Shimabukuro  
NAPA

info@LanaiCatSanctuary.org  
808.215.9066.

LanaiCatSanctuary.org  
1 Kaupili Road Lanai City, Hawaii 96763

# Upcoming Lāna‘i Culture & Heritage Center anniversary celebration

**A**loha, Lāna‘i ‘ohana and friends. How time flies! For 13 years, the Lāna‘i Culture & Heritage Center has been collecting and sharing the rich history of Lāna‘i with our community, youth, and visitors to the island. We have offered program services to more than 100,000 people since opening. Home to unique cultural and historical artifacts from Lāna‘i, the heritage center has been in its current location at the heart of Lāna‘i City in the historic Dole Administration Building since January 16, 2010. In honor of our 10<sup>th</sup> anniversary, we are hosting a party and invite you to join us in front of the Lāna‘i Culture & Heritage Center on **Saturday, January 18, from 10 a.m. to 2 p.m.!** In addition to musical entertainment and a sampling of local foods, longtime residents of Lāna‘i will share stories of community, and their hopes of passing on Lāna‘i’s history to future generations. We are all part of Lāna‘i’s evolving story, and we hope you will join us to celebrate the legacy of our island home as the community has in these photographs from past celebrations.



With a row of pineapple crowns before them pushed firmly into the dirt, elders shared with Lāna‘i youth how to plant pineapples.



Lāna‘i’s Filipino community entertained the attendees with Filipino folk dances.



Attendees joined members of Lāna‘i’s Hongwanji in Japanese folk dances.



Lāna‘i residents and guests mill about, absorbing the new heritage center displays.



Students of Lynnette Kaopuiki’s Hālau performed Hula of Lāna‘i.



Have a daily newspaper delivered right to your front door **7 Days A Week!**  
Let Chris deliver *USA Today, The Maui News, & Star Advertiser!*



**ALL the News Home Delivery Service** 649-9656  
*Employment Opportunity*  
Make \$30 for two hours in the morning!



**PLANTATION STORE & DELI**  
Open Daily 6am - 4pm



Made to order lunch special. Posted daily on Instagram.

@lanacityservice

Call ahead to order 808-565-7227 x3

**Lanai Hardware & Lumber** Open Monday to Friday 7:30 AM to 5:30 P.M.  
Saturday 8:30 to 5 P.M.  
Closed for Lunch 12:30 to 1:30 P.M.  
**565-9394**  
1110 Lanai Ave, next to the service station.



**Questions Answered & Help with Applications for Social Security and SSI Disability Benefits**

We visit Lanai monthly, call us for dates, times and location!


**Diane C. Haar**  
Attorney-at-Law  
Hawaii Disability Legal Service



For more information, call 808-536-8074

**Island Sotheby's INTERNATIONAL REALTY**

**LIVE LANAI**  
Island Sotheby's International Realty right here on Lanai, providing unparalleled knowledge, honesty and service...  
From on-island representative **Greg Sturm**




Greg Sturm RS - 65206

**450 Hulopoe Drive at Manele**  
<http://www.aresortwithinaresort.com/>  
Spectacular estate property offered at \$10,500,000.00. 4 bedroom, 3 and 1/2 bath. Square footage 6625 - Call Greg for a showing!

home lots and condos at Koele & Manele Bay

**808-563-0170 - gregssturm@gmail.com**  
<http://www.islandsothebysrealty.com/agents/gregory-l-sturm/>



**LANAI TAXI SERVICE!**  
**Dela Cruz Taxi**  
*Ask Alberta About Lanai!*

Everything you want to know about Lanai but didn't know who to ask. Visiting the Lanai Cat Sanctuary? We donate a portion of your fare to the Sanctuary.

**Call Alberta de Jetley**  
**808-649-0808**  
Prearranged bookings encouraged.  
**NEED A RIDE TODAY?**  
Direct Line to Taxi 808-649-8001

## LCHC Welcomes Dr. Jeesan Nam to Telemedicine Team

Dr. Jeesan Nam joins the LCHC telemedicine team as their new pediatrician.



LCHC pediatric patients will continue to see their LCHC medical providers for their pediatric primary care services, but can now have care that is supported and complemented by a board-certified pediatrician. As a member of the LCHC integrated health team, Dr. Nam will provide her clinical expertise to pediatric patients who are seeing LCHC medical providers.

**“My intent is not to replace the care that the LCHC medical providers provide, but to support the care being provided and reassure families and pediatric patients of the high quality pediatric primary care services at LCHC,” - Dr. Nam.**

Dr. Nam earned her undergraduate degree from University of California, Berkley and graduated from New York Medical College with her *Doctorate in Medicine*. She completed her *Pediatric Internship and Residency* at the Children’s Hospital Los Angeles, *Pediatric Residency Program*. Dr. Nam also holds a *Master’s Degree in Public Health (Global Health/Health Care Management)* from the Harvard School of Public Health. For more information, schedule an appointment today.

Call us at 565-6919

**Lāna‘i Community Health Center**

## Healthy Holiday Recipe for Lemon-Roasted Asparagus

Making healthy eating decisions can be difficult this time of year when many of us are surrounded by rich foods, decadent desserts and sugary drinks. At LCHC, we want to share a simple recipe for a healthy and flavorful dish!



### Ingredients:

- 2 bunches asparagus, ends cut off
- 1 1/2 tablespoons olive oil
- 4 cloves garlic, lightly crushed and peeled
- Zest (in long strips) and juice of 1 lemon
- 3/4 teaspoon salt
- Freshly ground black pepper, to taste
- Pinch of red pepper flakes
- 1/4 ounce shaved Parmesan

**Directions:** Preheat oven to 425 degrees. In a roasting pan, toss asparagus with oil, lemon zest, salt, black pepper and red pepper flakes. Roast 20-25 minutes, tossing occasionally until browned. Drizzle lemon juice to taste over asparagus and transfer to a serving dish. Sprinkle with Parmesan and serve. Makes 6 servings.

source: fitnessmagazine.com

**Lāna‘i Community Health Center**

## LCHC Shares Tips to Alleviate Holiday Stress

The hustle and bustle of the holiday season can quickly become overwhelming. Here are some tips to overcome holiday stress.

**Volunteer.** ‘Tis the season for giving. Helping others lifts spirits and brings the community together.

**It’s okay to say no.** It’s impossible to be everywhere and say yes to everyone.

**Take time for you.** The holidays are to be enjoyed, this includes making time for yourself.

**Catch some ZZZ’s.** Make sleep a priority.

**Set a budget.** Make a reasonable budget and stick to it. Remember, the best gifts can’t be bought.

**Work off the stress.** Exercise is a huge stress reliever and can elevate mood. Join a free fitness class at LCHC!

**Focus on gratitude.** Be grateful for the things and people you love. This can uplift your spirits.

**Plan ahead.** Set aside days for specific tasks, get your shopping done early, wrap gifts right away.

**Have support.** Our behavioral health team is here for you. We provide caring and confidential help.

**Make your mental wellness appointment today. Call us at 565-6919.**

**Lāna‘i Community Health Center**

## Lāna‘i thriving on 15 years of health and wellness care from Lāna‘i Community Health Center

All great enterprises start as a dream. In 1999, Lāna‘ians Phyllis McComber and Jackie Woolsey had a dream to create a women’s health center on Lāna‘i. After much work, the Lāna‘i Women’s Center was born, and six years later, the founders filed for designation of the LWC as a federally qualified health center (FQHC) to serve men, women and children, the medically underserved, underinsured and uninsured on Lāna‘i, the only island in the state at the time without such a health center.

It is from these modest beginnings that the Lāna‘i Community Health Center, which served 1,986 patients in 2018, has evolved, providing integrated, holistic medical, dental, behavioral health and

psychiatry, dermatology, vision, OB, pediatrics, telehealth specialties, fitness classes, education, outreach, and enabling services.

Our 15<sup>th</sup> anniversary brings reflection and gratitude. You have welcomed us, helped us grow into a state-of-the-art facility and supported our vision of providing the highest quality care possible to help you be well.

We expect our future to be as equally rewarding as our past, and pledge to continue listening to you, providing the highest quality, comprehensive care, and to maintain our presence in the school – with the hope of *growing one of our own* to keep Lāna‘i residents healthy and well. *Mahalo, Salamat, Thank you!*



LCHC facility with staff

# Generous donors and robust ticket sales at LDTVTF's 2019 Lucky Draw Fundraiser

Contributed by Kelli Gima

On October 28, 2019, the Lanai Domestic Violence Task Force (LDVTF) had its annual *Lucky Draw* fundraiser. Since its inception in 2017, the Lucky Draw is held every October, which is recognized as Domestic Violence Awareness Month.

LDVTF owed this year's fundraising success to a surge in donations – among other generous donors, Hawaiian Airlines donated 60,000 miles – and an uptick in ticket sales (1,591 tickets), which was double the amount LDVTF raised in 2018.

*Lucky Draw* revenue will help LDVTF continue to bring domestic violence into the light, including such awareness measures as quarterly training of various community groups/organizations. In 2019, this included training of healthcare providers and clergy/churches. Customized toward specific groups, these training sessions are intended to educate the community about domestic violence. In addition to its educational and awareness efforts, the LDVTF will again donate to the Women Helping Women, Lāna'i shelter, with the goal of providing women and families with needed items and resources. The LDVTF is also exploring opportunities to bring education and awareness to Lāna'i community and families.

The Lanai Domestic Violence Taskforce (LDVTF) is a volunteer community group comprised of individuals from various social services and healthcare agencies, and community members who work to raise awareness about domestic violence. Because domestic violence affects the entire community, a community response is needed.

The LDVTF's mission is "to transform our island into a violence-free community for women, children and men by embracing a zero-tolerance approach to domestic violence. We strive to hold abusers accountable, and transform social attitudes through education, awareness and role modeling."

**LDVTF Members:** Maili Etrata, Butch Gima, Kelli Gima, Luana Koanui, Millie Martin, Kim Masse, Linda Mau, Cindy Pestana and Christian Yumol

**LDVTF thanks the following donors for their generous donations:**

- Ahava Day Spa
- Blue Ginger Café
- Coffee Works
- David and Caron Green
- Dr. John and Valerie Janikowski
- Expeditions Ferry
- Four Seasons Lāna'i
- Hawaiian Airlines
- Hula Hut
- International Food and Clothing Center
- Judge Dean Del Rosario
- Ka Lokahi O Iesu Kristo
- Karen Brown
- Lāna'i City Service
- Local Gentry
- Maui Beach
- Mike Carroll Gallery
- Mom's Garage
- Nita in Style
- Pele's Other Garden
- Pine Isle Market
- Pulama Lanai
- Venture Physical Therapy

**Winners:**

- 60,000 Hawaiian Miles: Lynn Fujigami Costales
- \$500 Hawaiian Airlines gift card: Nyle Dolera
- Maui overnight package: Jodi Sunio
- Maui day trip package: Emilia Kravtchev
- Camping set: Jaymie Giron
- Hurricane Preparedness Set: Ewald Atok
- Amazon Fire Stick: Cori Takasue
- Alexa Dot: Nik Suaglar



Amy Atacador displays her Lucky Draw winnings. Photograph by Kelli Gima.



LDVTF works to raise awareness of and educate the Lāna'i community about domestic violence. Photograph by Kelli Gima.



Lynn Fujigami Costales, second from left, grand prize winner of 60,000 Hawaiian Air Miles, with LDVTF Members Butch Gima, Kelli Gima, and Maili Etrata. Photograph provided by Kelli Gima.

- \$100 Four Season gift card: Kamalani Ranis
- \$100 Lāna'i City Grille gift card: Kylie Yumol
- Sunset Sail for Two: Charlin Clarabal
- One hour shooting clay for 2: Noah Akimseu
- Mom's Garage Ceramic wash and vacation package: Amy Atacador
- Mom's Garage wash & vacation package: Jaymie Giron
- Expeditions round trips: Lohi Kahoolalahala; Emilia Kravtchev; Ben Dejos; David Laguatan; Amy Atacador; Ricky Etrata
- \$50 Amazon gift cards: Jarrod Savage & Ola Ropa
- \$50 Target gift cards: Kiai Koanui & Dina Marshal
- \$50 Ahava Day Spa gift cards: Kylie Yumol & Noah Akimseu
- 1 hour Karen Brown Massage: Elviro Atacador Jr.
- \$60 Blue Ginger gift certificate: Kayla Sanches
- \$50 theater (Hale Keaka) gift cards: Kylie Yumol & Joe Konkei
- \$50 Richard's Market gift cards: Gaby Ozoa & Thea Holmes
- One month Venture Physical Therapy memberships: Denise Ramirez, Jane Fauatea & Amy Atacador
- \$50 Local Gentry gift cards: Chelsea Tadena & Kiai Koanui
- \$25 Pine Isle Market gift certificates: Kris Hera, Thea Holmes & Amy Atacador
- \$25 Lāna'i City Service gift certificates: Kamalani Ranis, Lohi Kahoolalahala, Ryan Rodrigues, Nicholas Van Paeml
- \$25 Coffee Works gift card and gift bag: Matthew Conboy
- \$25 Pele's Other Garden gift card: Miguel Reynoso & Amy Atacador
- \$25 Hula Hut gift certificates: Manny Dugay & Tess Morimoto
- \$10 Nita's In Style gift certificate and gift bag: Jennifer Pimentel

**Applications Available**  
**Office Hours: Mon - Fri 8 am to Noon**  
**Call for more information**  
**565-6615**

**HALE KUPUNA**

**MINIMUM REQUIREMENTS AT TIME OF APPLICATION:**

1. MUST BE AT LEAST 62 YEARS OLD.	Must be capable of achieving an independent living status.
2. RD INCOME LIMITS: ONE PERSON, VERY LOW: \$32,900 TWO PERSONS, LOW, \$37,600	

## Natural Nails by Mimi



Santa red nails with a touch of holiday bling! Celebrate the Season with fun festive colors @Miminaturalnails  
 By appointment (808) 280-1730

## Annual Turkey Giveaway



John Schaumberg, Captain Jim Coon, and Ron Anton, executive director of the Maui Hotel and Lodging Association, (which donated bags of rice) enjoyed the annual Turkey Giveaway. Since 1993, Trilogy has generously gifted Lāna'i families with a turkey for Thanksgiving.



Turkey Giveaway volunteer crew.



Kaysha Sanu, Sherri Hittle, Charlotte Gregory



Taiko drummers



Lieutenant Governor Josh Green, Alberta de Jetley, who is running for Maui County Council's Lāna'i seat, Captain Jim Coon. Photograph by Alberta de Jetley.



Lion dance performers



LCHC staff at Turkey Giveaway: L to R: Travis Clegg, Emilia Kravtchev, Raina Mirafuentes, Rosleen Bringas, Shirley Samonte, Christie Morita, Rose Jane Ancheta, Cheyenne Lacuesta



# Healthy Holiday eating

## Tips and tricks for keeping your diet on track from Halloween night through your New Year celebrations

Gorging on Halloween candy and feasting on Thanksgiving stuffing are under our belts, literally. Now, here comes the overindulgent festive season that includes Christmas and New Year's. If you don't want to pack on unwanted pounds along with health risks such as diabetes, heart disease and high blood pressure and cholesterol, then motivate yourself now instead of waiting to make resolutions in January.

Maui Health experts share thoughts on how to be more mindful through the holiday season. These Maui-based nutrition pros are also available for hospital inpatient consults and they host monthly diabetes support groups.

Some main holiday pointers to remember are portion control, eating small meals throughout the day, not skipping any meals, avoiding sugary beverages and drinking plenty of water.

Of course, alcohol is often served at family gatherings, and consumption can pack on unwanted calories as well as health issues. That is why Maui Health Diabetes Coordinator Jolly Uclaray and Diabetes Educator Tess Hermanson mention it. Both are registered nurses and Uclaray holds a Master's degree in Science Nursing and is a certified diabetes educator.

"We are not encouraging people to drink, but if you do consume beer, wine and spirits, limit it," says Uclaray. "The American Diabetes Association has a recommendation that is the same for the general population. It's up to two drinks per day for men and up to one drink for women."

Alcohol is responsible for 88,000 deaths per year nationwide. It increases the risk of chronic diseases and impairs cognitive functions. Plus, a five-ounce glass of wine packs 125 calories, a 12-ounce beer has 99 to 170 calories and one and a half ounces of spirits has 70 calories.

"If you drink without eating, your liver doesn't process insulin properly," adds Uclaray. "Make sure to have something in your stomach if you do decide to drink."

Even if you're not diabetic, keep reading, as there is a lesson here for everyone. The Hawaii Department of Health statistics show that 442,000 adults here have prediabetes, and two in three adults don't know it. The good news is, prediabetes can be reversed.

"The diabetes diet is one of the most healthful diets to be on, so this information is beneficial for the whole family," adds Hermanson. "Teach your family members about the diet, as Type 2 Diabetes does run in families."

Maui Health Director of Food & Nutrition Services and Registered Dietician Lisa Husch, agrees.

"Everybody should eat like they have diabetes," she says. "The lower the carbs, the better. If you are craving carbs over the holidays, kabocha pumpkin and Okinawan sweet potatoes are good options."

Husch also has some psychological pointers to help you through holiday food temptations.

"Keep foods out of visual range and

proximity, meaning sit away from the buffet," she says. "If you do sit next to the chocolate cake, you'll think about it and it will set you up for failure. Also be aware that people who use chopsticks instead of forks tend to eat less as it takes more time." For pasta lovers, there are plenty of alternatives out there other than processed noodles made from white flour.

"There is pasta made from zucchini and you can use spaghetti squash as another healthy choice. Costco has edamame pasta and there are shirataki noodles made from the konjac yam," says Uclaray. "If you are at a buffet, make sure to attack the vegetables first."

"Try substituting riced cauliflower for rice. Pan fry it in olive oil with garlic and vegetables," chimes in Hermanson. "Don't go to parties hungry either. You'll be more likely to eat the wrong foods. Burn out is high for diabetes patients because the disease never ends. Get all of your prescriptions filled before the holidays so you don't run out when the pharmacy is closed. When traveling, bring all of your supplies and snacks with you. Check your blood sugar more frequently, and get adequate rest and hydration."

Other pointers are to scan offerings at your auntie's buffet and prioritize what you want to eat before you serve yourself. Return to the buffet for your favorites only. Remember to pace yourself and enjoy the company, as it takes about 20 minutes to begin to feel full.

Last but not least, be mindful of food safety. When preparing holiday meals, clean your hands, all kitchen surfaces and the fruits

and vegetables that you plan to prepare. Refrigerate leftovers such as turkey after two hours of being at room temperature. Reheat foods thoroughly and make sure to eat it all within three to four days.

Follow these safety and health tips and you and your family will be able to enjoy many more holidays to come.

The next monthly Diabetes Support Group meeting will be held from 5 to 6 p.m. on December 11 in the Maui Memorial Medical Center Multi-Purpose Room. Complimentary valet parking is available at the main entrance. For more information, call (808) 442-5773.

###



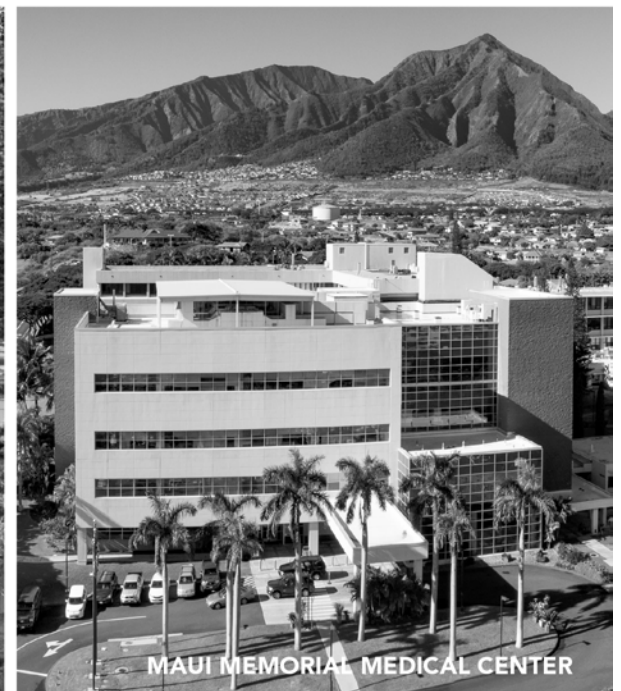
Maui Health offers a world of insight on diet with Diabetes Educator Tess Hermanson (from left), Diabetes Coordinator Jolly Anne L. Uclaray, and Director of Food & Nutrition Services Lisa Husch.



KULA HOSPITAL



LANAI COMMUNITY HOSPITAL



MAUI MEMORIAL MEDICAL CENTER

Lanai Community Hospital, along with Maui Memorial Medical Center and Kula Hospital on Maui, are community hospitals managed by Maui Health. We are committed to providing high-quality, affordable health care to our patients and to improving the health of the communities of Maui and Lanai. Maui Memorial Medical Center was recently awarded the highest and most honors in the state by American Heart Association and featured in U.S. News & World Report "Best Hospitals 2019" for Gold Plus Quality Achievement and Honor Roll awards for stroke and heart failure care.

MAUI MEMORIAL MEDICAL CENTER  
MAUI MEMORIAL OUTPATIENT CLINIC  
KULA HOSPITAL  
KULA CLINIC

LANAI COMMUNITY HOSPITAL  
(808) 565-8450  
mauihealthsystem.org

 **MAUI HEALTH**  
Community hospitals affiliated with KAISER PERMANENTE.



# MANELE

GENERAL STORE

LANAI HAWAII



## MELE KALIKIMAKA!

From our ohana to yours, we wish you the happiest of holidays, full of family, friends, and beautiful memories.

OPEN 7AM - 7PM

808-649-8849



Cindy, Justin, Corie, Karden and Kerri Honda and Kelsie and Cara (not pictured)

**From Pine Isle Market's ohana to yours...  
We wish you good health and much happiness  
in the coming year.**

Benilda Etrata  
Alex Vega  
Leonor Amby

Aaron Sabino  
Adela Olbinado  
Melanie Manuel

Catherine Lamay  
Helen Dinong  
Ferdinand Espiritu

**OPEN DAILY  
HOURS**  
Monday to Saturday  
8 a.m. to 7 p.m.  
Sunday  
8 a.m. to 5 p.m.

*Buy Local \* It Matters*  
**We will be closed on  
Christmas and New Year's Day.**

**565-6488**

# PINE ISLE MARKET

*Your neighborhood grocer since 1949*

**Located on Dole Square in the heart of Lana'i City**

## Mike Carroll Gallery

**Going, going...get yours now!**  
*Makes a great stocking stuffer or  
New Year's Gift!*

### Island of Lāna'i 2020 Desk Calendar

Paintings by Lāna'i Artist Mike Carroll



**Still \$14.95, 3 for \$40, 5 for \$60, and 10 for \$100**

Dole Park at 7th Street • 808-565-7122  
Monday-Sunday 10AM - 6PM

[www.MikeCarrollGallery.com](http://www.MikeCarrollGallery.com)



## *Mele Kalikimaka me ka Hau'oli Makahiki Hou*

### Light Up Your Holidays Safely

- Use a power strip with a surge protector if you need to use multiple outlets. Be sure not to overload electrical outlets.
- Test light strands and inspect them for broken sockets and worn wires. If using traditional lighting, connect no more than three strands of push-in bulbs and a maximum of 50 bulbs of screw-in bulbs.
- Confirm extension cords and lights are rated for outdoor use.
- Avoid stringing lights in contact with metal, such as attaching them with staples, winding strands around nails, or stringing lights on chain link fences or on metal rain gutters.
- Remember the 10-foot rule if you are using a ladder to string lights outdoors: Stay at least 10 feet away from overhead power lines.
- Replace traditional lighting with light emitting diode (LED) holiday lighting. LED bulbs use up to 90 percent less energy than an incandescent bulb to produce the same amount of light.



*Keeping you safe*

**Len**  
Business Planning & Financial Management  
10 Years of Service



[www.mauielectric.com](http://www.mauielectric.com)

## 'Ohana is our Kuleana

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



Linda Kavelin-Popov

Love for our family is our most sacred responsibility. 'Ohana is our kuleana. The family bond of love and unity is one of the highest values of Hawaiian culture, reflected in indigenous cultures throughout the world. This value shines brightly during the holidays, a time for families to gather and gift one another.

Yet, in reality, it is not always the easiest thing to love our family members well. It takes all kinds of other virtues; patience, kindness, tact and forgiveness, among them. I recently visited family on the mainland for Thanksgiving. When a friend asked me if I enjoyed my "vacation", I said truthfully, "I enjoyed some of it. I endured the rest." Family members can be the source of our greatest joy and our deepest disappointment. Some children long for their parents' approval; to feel worthy of their love and respect, all their adult lives, without ever feeling they've attained it. I adored my own parents, but at the same time, always felt emotionally abandoned. My father, who I admired more than anyone else in the world, was either working or serving others. His attention was rarely focused on me. A photo of the two of us when I was a baby in his arms shows both of us smiling blissfully, as if we would rather be together in that moment than anything else imaginable. The rare times our family spent together doing something fun were incredibly precious. Yet, most of my life I felt bereft of my father's loving attention.

Sometimes, our biological family is unable to nurture us emotionally and spiritually. When that is the case, for whatever reason – alcoholism, depression, or chronic irritability, for example – it is fitting for us to take the healthy path of creating a chosen family. This could be friends or family members who bring love, affirmation, and understanding to our lives. I believe everyone needs an inner circle of kindred souls, whether or not it includes our kin; people who lift us up rather than put us down, people who see us and love us without judgment.

Whether we are seeking a closer bond with our biological or chosen family during this holy season, we can always choose to be the kind of people who give what we ourselves are seeking. We can, as Gandhi said, "be the change you wish to see in the world." The Holy Bible gives much guidance: "Bear with one another and, if one has a complaint against an-

other, forgive each other; as the Lord has forgiven you, so you also must forgive." - Colossians 3:13 "How good and pleasant it is when God's people live together in unity!" - Psalm 133:1 The Baha'i Writings say, "Let each one of God's loved ones center his attention on this: to be the Lord's mercy to man; to be the Lord's grace. Let him do some good to every person whose path he crosseth, and be of some benefit to him."

So what do the virtues of grace and unity require of us?

Avoid criticism. Speak words of appreciation and affirmation. Tell the ones you love what you especially value about them. Use virtue words, as they are the most powerful. People will light up when you acknowledge their kindness, helpfulness, wisdom or generosity.

When people are doing something that bothers you, ask them for what you do want, rather than shaming them. "It's time for some peacefulness now. Please play quietly for a while." "It would be thoughtful if you could turn the music down now. I'd appreciate it." Then later thank them for their thoughtfulness.

Put down your devices. Give someone your full, loving, focused, listening attention. The quality of your attention is directly proportionate to the degree of your concentration. Get on the floor and play with your children. Listen to Grandma's story for the 100<sup>th</sup> time as if it were the first time.

The grace of your loving presence is the true present others crave. Let this be a lifelong practice and you will magnetize abundant love and genuine 'ohana into your life. Have a blessed holiday season!

Visit Linda at [www.virtuesproject.co](http://www.virtuesproject.co) [www.lindakavelinpopov.com](http://www.lindakavelinpopov.com)

## Kahihikolo and Tabucbuc Among Winners and Nominees of County of Maui's 2019 Employee of the Year Award

The County of Maui Employee of the Year, a distinction given to outstanding county employees from Maui, Hāna, Moloka'i and Lāna'i, recognizes Kristin Kahihikolo, senior services program assistant at the Department of Housing and Human Concerns, as the *Lāna'i Employee of the Year*. Maui Police Department's Erick Tabucbuc was nominated for the award.

Other County of Maui award winner categories include Team of the Year and Manager of the Year.

"I am incredibly proud of all our winners and nominees, and so very grateful for their service to our community," Mayor Michael Victorino said. "These awards are one way we get to publicly recognize and honor their hard work and dedication to Maui County."

## Academic success begins with engaged parents and students

Contributed by Beth Humphrey, Academic/College/Career guidance counselor grades 6-12; STEMworks facilitator

It's November, already four months into the 2019 school year. Is your child on track to meet his or her goals? Are they developing good habits for school work or community service? Is he or she prepared for college, or the military, or the work force?

As the academic guidance counselor at Lāna'i High & Elementary School, it is my job to meet with students and help them catch up with and stay ahead of their academics, with the goal of smoothly transitioning to their chosen paths.

The following resources, and many more, may help your child succeed:

**Conferences.** Please schedule a meeting with me and your child to check grades and help you better understand your child's areas of strength and areas of struggle.

**Volunteering.** offers students a way to serve their community, learn about careers of professionals, and build their resumes. Check with the counseling office for opportunities.

**Google classroom.** Stay active in your child's academic life and join Google

classroom. If you need help on how to join – you will need a code for your child's Google classroom – please contact me at [lhescounseling@gmail.com](mailto:lhescounseling@gmail.com), 808-565-7910 x229, or call the school office at 565-7900. I look forward to hearing from and working with you and our Lāna'i community!

### COMING EVENTS:

- Scholarship applications: December 2019 - May 2020
- SAT exams (on Lāna'i): December 7; March 14; May 2
- Winter Break: December 23, 2019 - January 8, 2020
- Rotary Youth Leadership Awards @ Camp Keanae, Maui: February 7-9, 2020. Sign up in the counseling office.
- Maui County Science Fair: February 20, 2020
- ACT on campus (for all Juniors): February 25, 2020. Start studying now on Khan Academy.
- College & Career Fair: April 20, 2020.

Community members are invited. Please contact the counseling office for more information.

## Sound heals and moves us into harmony

Contributed by Caroline Reese

Sound has the power to create and heal, an idea that has been around for thousands of years. Science has shown that sound can slow our brain waves from the active and alert alpha state to the dreaming state in the theta waves. Quieting our brain waves in this way, using sound intentionally and with care, can bring us back into a state of harmony.

The island of Lāna'i offers so many opportunities for such stillness. I am grateful to be able to introduce sound healing to the Lāna'i community, especially to the children of this island. Ms. Benecke, fifth grade teacher at Lāna'i High & Elementary School, invited me to her class last month to offer meditation, using sounds produced from my singing bowls; an instrument that, when struck or scraped, vibrates and emits a mellifluous sound.

I spoke to her students about mindful listening and how sound can help quiet our minds, allowing us to focus on one thing at a time. The children shared how difficult it could be to narrow their gaze on one thing when thoughts of activities before and after school competed for their attention.

Research suggests that students become more focused and responsive to their environment when they participate in mindful listening, which, among other benefits, lays the groundwork for social awareness and fosters effective communication.

This past Thanksgiving morning,



Caroline Reese

Shannon Hyem, a Lāna'i resident and mother of two young children, organized a Mommy and Me Turkey Trot at Lāna'i's Cavendish Golf Course.

Before the Turkey Trot, I played the singing bowl and then struck the Tibetan Tingshas chimes together, creating clear peals of sounds that gave us the quiet space to share what we were grateful for.

Sound healing allows us to unravel in the places within us that have become knotted and unbalanced. My wish for everyone is to take the time to listen with intention to sounds. Sound heals disharmony and is able to touch us where hands and words cannot reach.

For more information about sound healing or to set up a sound healing session, contact Caroline Reese at (414) 336-1435 or email [caroline@carolinereese324.com](mailto:caroline@carolinereese324.com).

"Do you know that our soul is composed of harmony?" - Leonardo da Vinci

Share your family's photographic treasures with



### LANAI TODAY

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 [ncables@lanaitoday.com](mailto:ncables@lanaitoday.com), in high-resolution (1 MB min), with caption describing who's in the photo, location, date, and historical significance.

## STARTING A NEW BUSINESS?

We'll write a FREE article about your business!

Call Nelinia at 563-3127 to set up an interview or email me: [ncables@lanaitoday.com](mailto:ncables@lanaitoday.com)

# Four Seasons' Employee of the month

## Front of the House -- Garry Mendoza

Garry is the activity attendant in the Beach department. Hired on August 25, 2016, Garry has emerged as a rising star in his department by being flexible with his work schedule. Over the past few months, Garry has worked nine to 10 hour days, six days a week, forgoing his days off, and even canceling his vacation to cover shifts because of a staffing shortage in the Beach department. The extra shifts and long hours did nothing to dampen Garry's cheerful attitude nor weaken his work ethic. Garry maintained a stellar work performance.



From L to R: Wendy Kaopuiki, Tuma Fauatea, Dan Mizrahi, Garry Mendoza, Alastair McAlpine, Lauren Snow, Ewan Knowles, Bradley Russell

## Heart of House -- Rolando Etrata

Rolando, a.k.a. Lando, is the jack-of-all trades in the Laundry department. Hired on October 1, 2005, Lando is as hardworking as they come. Whether he wears a cap as a laundry attendant, washer or driver, Lando knows his jobs and never fails to take initiative. He is speedier than a machine at folding towels, efficient at maintaining production and productivity, and consistent with his deliveries. He was key in helping the Kō'ele Retreat open, doing everything from pulling items from the warehouse, making extra deliveries and running errands for Kō'ele Housekeeping and the Sensei team. Lando's willingness to adjust his schedule to ensure Laundry has staff coverage makes him a pleasure to work with and an excellent team player.



Rolando Etrata, fourth from the left, holds his Four Seasons' Employee of the Month award, with Lauren Snow, Janelle Kaukeano, Wendy Kaopuiki, Alastair McAlpine, Dan Mizrahi, Ewan Knowles

## Francis R. Hashii - May 22, 1950 - November 5, 2019

Francis R. Hashii, a longtime resident of Lāna'i, passed away on November 5, 2019 in his home. Born in Santa Barbara, Calif., Frank lived in the Los Angeles area until he sailed to Hawai'i in 1986. He lived on Lāna'i, working on construction of the Mānele Bay resort and the Lodge at Kō'ele for a few years, and later joined the Maui County Fire Department, working in the Lāna'i firehouse. He moved to the Big Island, commuting to Lāna'i to work on his house during his time off. He was finally able to realize his dream of moving back to Lāna'i, his paradise, to make it his permanent home. In 2005, he retired as captain from the fire department. A veteran of the Vietnam War, Frank was preceded in death by parents, Jerry and Teru Hashii. He is survived by his sisters, Kimi Krause (Steve Krause) and Patrick Hashii (Brad Barnett); brother, Michael Hashii (Mayumi Hashii); niece, Molly Krause (Liya Murphy), and nephew, Daniel Krause (Mahtab Krause). He also leaves several grandnieces and grandnephews and many dear friends. Aloha, Frank!



# Start reading gardening books now!

By Alberta de Jetley

The new Lāna'i Community Garden area is being graded and fenced now. If you've ever wanted to plant your own vegetables, this is a good time to start reading gardening books and admiring the beautiful vegetables pictured in seed catalogs.

Approximately 80 home gardening lots which are to be 20 by 50 ft. are being prepared on the land behind Central Services. Access is by using the road to the Maui County's Public Works baseyard. As heavy equipment is being used to prepare the lots, please stay out of the area for now.

In previous Pulama Lāna'i community meetings, it was announced that the rate for each lot will be \$50 per month and includes water. Lots for gardening or raising farm animals will be separated and dogs, cats, and hogs may not be kept in the community gardens. The perimeter of the community gardens will be fenced to keep out deer and each individual lot will also have a lower fence and entry gate.

Present tenants of the community gardens will receive letters from Pulama Lanai's Facilities Department to offer them new lots sometime in January. All others may stop by the Facilities office to pick up an application; it is located next to Lanai Lumber and Hardware Store on Fraser Avenue.

If you are new to gardening and would like to join a gardening club, please contact Alberta de Jetley at [adejetley@gmail.com](mailto:adejetley@gmail.com) or text her at (808) 649-0808.



It won't be as big as Alberta's Farm in this photo taken in August 2013 but a properly managed garden plot of 20 x 50 ft. can yield more than enough vegetables to feed a family.



Eggplants aren't usually this size but healthy soil will produce great veggies!

## LANAI YOUTH CENTER

### Our Programs

Teen Night - Education - Health Skills - Character Building - Culturally Diverse - Alternative Activities - Ages 8 - 17  
Free membership! - days of fun-filled activities

For more information, call 565-7675 or visit our website: <http://lanaiyouthcenter.org/>



Let the kids do it!  
School Frame Shop can  
MAT, MOUNT & FRAME!  
contact  
[lisa.on.lanai@gmail.com](mailto:lisa.on.lanai@gmail.com)  
or come to the ART ROOM!

## LĀNA'I CULTURE & HERITAGE CENTER

E Ho'ohanohano 'ana i ka wā mamua, a e Ho'olako 'ana i ka mua aku!  
(Honoring the Past, and Enriching the Future!)

Monday - Friday, 8:30 a.m. - 3:30 p.m.

(808) 565-7177 • [info@LanaiCHC.org](mailto:info@LanaiCHC.org)  
• [www.LanaiCHC.org](http://www.LanaiCHC.org)

P.O. Box 631500 • Lāna'i City, Hawai'i 96763

A Non-Profit Charitable, Museum, Research and Educational Organization

Ka Lokahi i ka Mana'o'i'o a me ke Aloha o Iesu Kristo Church

"The Church at Koele"  
Sunday Service  
11:00 a.m.  
Service in Hawaiian & English

Office Hours 8 a.m. to 2 p.m.  
Mon. to Fri. excludes holidays  
Office: 565-9409  
Rev. J. Keola Freitas



## Praise Chapel Maui County, Pu'uhoonua

Place: Lanai High & Elementary School Cafeteria

Sunday Group Prayer: 9:30 a.m.  
Church Service: 10 a.m.

Pastors Mark and Charmaine Orbistondo

website: [praisechapelmauicounty.com](http://praisechapelmauicounty.com)

Monday, Dec. 16, and Tuesday, Dec. 24: 5 a.m. - Misa de Gallo

## Sacred Hearts of Jesus and Mary Catholic Church

Tuesday, Dec. 24: 6 p.m. - Mass and RE Children's Pageant  
11:15 p.m. - Caroling  
11:45 p.m., Midnight Mass  
Wednesday, Dec. 26: 10 a.m. - Mass  
Fr. Jose Macoy  
Rectory: 565-6837  
Cell: 808-281-1987



All welcome. Located on Fraser Avenue in the middle of Lāna'i City.

## Lanai Baptist Church

Join us Sundays at 10:30 a.m. for worship and then stay for our "aloha time" where we have fellowship and food.



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

Located on Sixth Street

Pastor Tim Belcher

## Friends of Bill W.

Meetings at Lanai Union Church, 5 nights weekly 6 p.m. - 7 p.m., Sunday, Tuesday - Friday

Fraser at 8th Street - Upstairs

For more information, Call Rita at 760-419-0785

# Around Town - Christmas tree & wreath fundraiser

## November, 2019

Photography by Nelinia Cabiles, Kerri and Matt Glickstein

### Firs and boughs of pine usher in the holiday season at 2019 LHES fundraiser



Julia Medeiros, Hieden Joy Ocharona, pose with Kerri Glickstein

Julia Medeiros, Hieden Joy Ocharona, pose with Kerri Glickstein, coordinator of the Christmas Tree and Wreath Pick-Up, an annual fundraiser run by LHES staff who not only do the administrative legwork: creating tickets; organizing sales lists; tracking incomplete orders, etc., but also, along with parents, students and community volunteers, unload the container and help distribute the trees and wreaths. Fundraising proceeds benefit the Lānaʻi High School and Elementary's 170-member band program, and help cover both costs of travel to 8<sup>th</sup> grade and high school band festivals in Maui County, and the expense of new instruments and equipment. Over the course of the fundraiser's run, since 2007, about 100 new instruments have been purchased. Glickstein, who, in 2010, inherited the fundraiser mantle from former Vice Principal, Martha Evans, uses music to teach lessons about life. Music, she says, builds a strong work ethic: "Don't expect instant gratification. You will have to work hard to be really good at this. It'll pay off later. Do the work now."



A successful Christmas tree and wreath fundraiser inspires students to be garlanded in wreaths: Kalei Kahooalahala, Allyna Teppang, Shennie May Bacalso Vicente, Johndel Olbinado, Jacob Janikowski, Samantha Villa, Jaymon Magaoay.



Steve Gelakoski (in truck) and Ben Noble volunteer to help unload a total of 190 trees and 354 wreaths sent from Washington.



Jen Pay, bedecked and be-wreathed in holiday greenery.



With towering pines behind them, Ron Ihre, son Max (on his shoulder), daughter Ciara, and friend, Dillon, handpick the Ihre's Christmas pine.



Michelle Kapua Weinhouse and Yvonne Urbas-Leboeuf do double duty as LHES staff and Christmas Tree Pick-up volunteers.



Zac Amby happily shoulders his Christmas load.



Eunica Espiritu, Aira Olbinado and Ayan Bringas with their 6-foot piney charges.



Jannylle Olbinado, Kiana Kaniho Batoon, Rayna Ambida, Myah Doolin, Lia Lipan, Yvonne Urbas-LeBoeuf, Erin Nakano, Allyna Teppang, Kalei Kahooalahala, Abigail Manuel, and Balian Garbin at the wreath distribution table.



**Mahalo to everyone who supported the annual LHES Band Fundraiser with great trees and wreaths for the holiday season!**



"Around Town" is proudly sponsored by Lānaʻi Oil Company