

LĀNA'I TODAY

DECEMBER 2022



The Good Doctor

See page 4

Dr. John Janikowski has been a doctor of family medicine for forty-eight years, thirteen of them at the Straub Clinic, part of Hawai'i Pacific Health. Janikowski was awarded in November, 2022 Hawai'i Pacific Health's Guy C. Milnor award, which recognizes a physician's "Excellence in Clinical Practice and Community Service" and "Hawai'i's Best Physician 2022", having ranked above 94 percent in patient surveys. *Photography by Ron Gingerich*

What remains

In my first year of graduate school, I was writing a fictional short story about a young boy whose older brother, home from college one summer, unexpectedly drowns in a diving accident. His body is recovered by a fisherman. I was up for workshop the following week and the idea for the story had taken weeks to materialize.

Though the story was fictional, I intended the setting to be Lānaʻi during the halcyon days of the pineapple plantation, when summer break meant working in the fields with one’s friends. Anyone from Lānaʻi would be able to recognize the shoreline of Hulopoʻe, the tide pools at Kaunolū, the roar of the pineapple picking machine after first kaukau, the scent of plumeria, the shy closing off of mimosa leaves when you touch them. All the details of this place were in that story.

The drowning happens off the page, with no witnesses at the scene to see the older brother jumping off a high ledge into the sea, and too few clues in the story as to what might have happened to him that cloudless and sunny afternoon.

I was trying to write about how quickly a life can change. I was trying to write about despair. One day the young boy has a brother whom he adores, a brother who has taught him to surf, a brother who is funny and has a way of bringing out the best in him, and the next day, there is a bottomless hole in this young boy’s life.

The reader is left to puzzle through the death, as the boy struggles, lurching about as though he were blind, unable to make meaning from it. It was meant to be a simultaneous piecing together for both reader and protagonist, of how might you carry on, or fail to carry on, when you have lost someone you love.

I wanted the boy to be too young to understand that what he feels is grief. The boy shoplifts (a form of anger I thought fitting for this fifteen-year-old), smashes pineapples when he is working the sideline in the fields, visits again and again the ledge from where his brother has leapt, the last known spot before his disappearance. But his brother has left nothing of himself in that leaping-off place.

I was lost in the story. I was in the flow, the words coming to me as a glistening stream. If I got stuck, I would shut my eyes and try to remember whatever I was trying to describe that was on Lānaʻi, as a fidelity to place, or excavate my heart to sift through what I knew about sorrow. Very little then. The world was not broken. I hadn’t

lost anyone dear to me. Both my parents were alive and healthy and well. As were my grandparents. My sister and I were still close. There was no abyss in my life.

I was close to figuring out the ending. Of how the boy re-creates in his mind and breathes through the last moments of his brother’s life. I had only a few hours left to figure it out and get it all on the page before the submission deadline for class.

The next few seconds, when I could have pressed control save, are lost to me. I do not know what happened, but the story disappeared. I hadn’t been obsessively saving it, as I now do any work I draft on the computer. I stared at the screen, all the blood draining out of me. *What?* I said. *What?* An incomplete question whose answer I would never know. My head swam. I felt sick. I checked all of my files. Nothing. *Please please please*, I begged. But the screen remained mute. The story was gone.

I called my professor, explained the situation calmly, trying not to cry. It will be fine, he said. But he did not offer any advice of how I might get back what I had just lost, of where I might start. He gave me the weekend to finish.

I wish I had known Rumi then, for his words would have offered me solace: “Rise up nimbly and go on your strange journey to the ocean of meanings. Leave and don’t look away from the sun as you go, in whose light you’re sometimes crescent, sometimes full. . . Don’t grieve. Anything you lose comes around in another form.”

I cannot say that the second version I wrote is better than the first. But the story, *Tsunami*, got published. Even now, when I think back to that day, I do not know how I managed to rewrite the story. What remained were handwritten notes of place, the boy’s and his brother’s names, and how much the boy missed his brother, what he would give to see him again. The burden of all grief. That seemed to be enough to help me begin again.



Nelinia Cabiles



4 COMMUNITY TRIBUTES AND ACCOLADES

The good doctor



NELINIA CABILES

6 HIGH SCHOOL SPORTS

The will and drive of national physical fitness champions



NELINIA CABILES

9 PLANTATION LIFE

The way it was



BOB HIRAYAMA

SLICE of LIFE

The marathon men



NELINIA CABILES

8 LĀNAʻI HEALTH CARE

Lānaʻi Public Health Nursing’s new vision and mission



UʻI ROMERO

10 & 11

PHOTOGRAPH ESSAY

The most wonderful time of the year



NELINIA CABILES

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Safe holidays include bivalent boosters

Hawai'i Department of Health press release

New data from the Center for Disease Control show updated bivalent boosters provide significant additional protection against symptomatic COVID-19 in people who previously received two, three, or four monovalent vaccine doses.

Research also shows people twelve years old and older who have received a bivalent booster are fifteen times less likely to die from COVID-19 than people who have not been vaccinated.

Here are ways to protect yourself and loved ones during the holiday season:

- Get vaccinated and/or boosted.
- **Stay home if you are sick**, even if you just have a sore throat or runny nose.
- Wear masks indoors when you are with people from outside your household.
- Take a COVID-19 test before large gatherings or visiting those at high-risk of severe illness.
- Gather outdoors or open windows and use fans indoors.
- Wash hands frequently.
- Take extra precautions to protect the elderly.

Holiday gatherings contributed to higher COVID-19 case counts in each of the past two years.

The statewide seven-day average increased slightly from 137 new cases a day on November 30 to 182 new cases a day on December 7. It is too early to conclude this increase of 45 cases a day is the beginning of a new surge, but getting a bivalent booster now can help protect you if a surge occurs.



Cut to the chase

Community

- Applications for the **Hawai'i Rotary Youth Foundation Scholarship** are now available. (See story on page 7.) For more information or to download an application, visit <https://www.hawaiirotaryyouthfoundation.org/sitepage/apply-now>. Completed applications must be received by **February 1, 2023**. Late applications will not be accepted. No exceptions made.
- **Lāna'i Community Hospital** is hosting an *Open House*, noon to 4 p.m., January 6, 2023, offering tours of LCH's new computed tomography (CT) scanner. LCH is located at 628 Seventh Street, kitty-corner from the Straub Clinic.
- The **Lāna'i District Court**, 312 Eighth Street, (808) 565-6447, is now open for daily service from 7:45 a.m. to 4:30 p.m., Monday through Friday (except during lunch hour and on state-observed holidays). If the office is closed and you need immediate assistance, please call the Lahaina District Court at (808) 661-0970.
- Applications for the Certified Nurse Aide Training Program at **Maui Community College-Lāna'i Education Center** are now being accepted. The program introduces the fundamentals of healthcare-giving techniques through theory and practice in the classroom, nursing lab settings and actual clinical experiences at designated medical facilities. The program runs from January 9 to May 12, 2023. For information on tuition, eligibility criteria, and other information, contact Pam Alconcel, palconcel@hawaii.edu or (808) 565-7266. Application deadline: January 4, 2023.
- The **Maui Police Department-Lāna'i District** needs Christmas wrapping paper and gift-wrapping tape for its Kahiau Project. If you wish to donate these items, please drop them off between 8 a.m. to 4 p.m., Monday through Friday, at the Lāna'i Police Station, 855 Fraser Avenue.

MPD-Lāna'i has job openings (full-time and part-time), including Public Safety Aide and School Crossing Guard (contract position). For more information, call or visit the Lāna'i Police Station, (808) 565-8388. To apply, go to: <https://www.mauicounty.gov/jobs.aspx>
- The Lāna'i community is invited to come celebrate **Mike Carroll Gallery's** twentieth anniversary 4 p.m.-7 p.m., December, 20, 2022, 443 Seventh Street, Lāna'i. There will be musical performances with local artists Saul Kahihikolo and Mike Weinhouse, pūpū, sweets (no cake), and specials throughout the gallery. Mike and Kat Carroll, who regard their gallery as their love letter to Lāna'i, say the anniversary celebration is an opportunity to say thanks to the remarkable Lāna'i community for twenty years of inspiration and support.
- **Pine Isle Market**, 356 Eighth Street, has new hours on Sunday, effective December 18, 2022. Its hours of operation are: Monday to Friday, 8 a.m to 7 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 9 a.m. to 5 p.m.

Corrections

From the editor of Lāna'i Today: I aim to write stories that are accurate, objective and truthful. I acknowledge that unintended errors might occasionally slip past me. When I discover an error has been published, I will correct it as quickly as possible. Please note the following errors:

On page 3 of the November 2022 edition, the phone number for the Lāna'i Baptist Church was incorrectly noted (see "Planning annual Christmas gift delivery underway"). Lāna'i Baptist Church's phone number is (808) 565-9405.

'Ōlelo No'eau - Ku i ka māna. *Like the one from whom he received what he learned.* Said of a child who behaves like those who reared him. *Māna* is food masticated by an elder and conveyed to the mouth of a small child. The *haumāna* (pupil) receives knowledge from the mouth of his teacher (Pukui 202).

The good doctor

Text by Nelinia Cabiles

On November 19, 2022, Dr. John Janikowski, who practices family medicine at Lānaʻi’s Straub Clinic, flew to Oʻahu to accept the Guy C. Milnor award, which recognizes a physician’s “Excellence in Clinical Practice and Community Service”.

As plaudits go in the medical field, the Guy C. Milnor award is a very big deal, one of the top three annual awards given by the Hawaiʻi Pacific Health organization, of which Straub Clinic is a part.

At the awards ceremony, however, Dr. Janikowski learned he had also won a second commendation, “Hawaiʻi’s Best Physician 2022” from HPC, having ranked above 94 percent in patient surveys. The surveys, part of the Hospital Consumer Assessment of Healthcare Providers and Systems’ (HCAPS) data collection methodology, have been in use since 2006 to measure patients’ perspectives of hospital care.

“It was nice to have friends and colleagues clapping and congratulating me,” says Dr. Janikowski, who has been with Straub for thirteen years. “But these are things I do every day. And what I do is bolstered by everyone.” Credit, he insists, must be given to everyone. His insistence is not false modesty. Success is a team effort, he says. “It’s not just me. It’s everyone at work,” he says.

“The Milnor award is given to people who do a lot of things for the community,” Janikowski says. “On Lānaʻi, there are things that need to be done. So, you just do it.”

Because Lānaʻi is a small community, it seems no act of kindness or service, or an instance of someone going above and beyond expectation, ever goes unnoticed.

Case in point is his recent referral of Heather and Ioane Davis to the Ronald McDonald House when their daughter, Anuhea, was born prematurely at twenty-five weeks in February, 2022 (see “The fighter: Anuhea’s story,” November, 2022). His referral helped secure their stay at the family-centered facility, allowing the Davises to concentrate their time and attention on being at the NICU at Kapiʻolani Medical Center to care for their baby.

And perhaps it is easier for a doctor like Janikowski who is so assiduously involved in the health and well-being of many of the island’s families to see what the needs are in the community, that it might be easy to forget that one could also politely decline or retreat into the shadows of indifference.

“Of course I can’t refuse to help,” says Janikowski. “Because I have a wife behind me who also has to get credit for this, because, with whatever I’m doing, she is always beside me. And sometimes, ahead of me,” he jokes, speaking of Val Janikowski, registered nurse and administrator of Lānaʻi Kināʻole. Val Janikowski is renowned in the community for her dedication to and care of her patients. And for being an unstoppable dynamo. Val knows how to get things done.

A doctor for forty-eight years (he will make the half-century mark on June, 2024), Janikowski says that what makes for an excellent doctor are knowledge and training, and “listening to and caring your patients, and figuring out what’s going on,” he says. “Which is sometimes easy to do on Lānaʻi, for we know the people, their families, their good habits, bad habits. We see what they’re buying in the grocery store.”

In addition to an osteopathic degree from the College of Osteopathic Medicine and Surgery in Des Moines, now known as Des Moines University in Iowa, a medical degree from the Chicago

Medical School, and a master’s degree in Public Health from University of Michigan-Ann Arbor, Janikowski says it is important “to learn from whomever you can. Nurses, administrators. I think I pay attention to the people around me, the nurses I work with. Some...have more experience in some things than I have.”

His advice to young doctors is to learn from everyone, not just textbooks, not just therapists. Learn from everyone.

Janikowski says his first rotation in the ICU and second rotation in the emergency room at Cook County Hospital in Chicago as an intern gave him “a lot of experiences and ability to calmly deal with stress. Very early in my training, we had a patient who was doing very badly. Doctors were sure she was going to die. But the family noticed that she blinked her eyes. The next day, we started to see a little improvement. And she recovered. What that taught me is that sometimes family members can see and know things before you do.”

In Kwajeilen, where Janikowski worked before he moved to Lānaʻi with his family, there were three family doctors and one surgeon. “That was the whole staff. If a patient needed to be transferred, we had twenty-four hours from the time we called, to the time we got the patient to Honolulu. Seventeen years ago, twins were born at twenty-six weeks of gestation. Only one of the twins survived. We had to take care of the other baby for twenty-four hours. We had a ventilator, but not a ventilator that would handle a tiny infant. We all took turns bagging that baby by hand.

“Because we didn’t do planned deliveries, every year each doctor and each nurse would spend one week in Obstetrics and one week in the Neonatal Intensive Care Unit (NICU) at Tripler Hospital. Kwajeilen was an army base, so those were the doctors that were coming out. When the NICU doctor walked into our hospital, I just knew she [the baby] was in good hands. That still gets me.

“All the nurses who weren’t working, all the doctors took turns bagging that baby. People at Kapiʻolani still know that baby as the bag baby. What we do,” he says, “is really a team effort. It’s the same here with home health with physical therapy.”

Janikowski says that all of his life, he’s received support from the community in which he’s lived. “When we were thinking of leaving [Lānaʻi], the community really let us know they wanted us to stay. That was six years ago. Staying was the right choice,” he says. “It’s been a good place for our family.”

The feedback from island residents may not have been a formal survey, per se, but as with the patients surveys that earned Janikowski “Hawaiʻi’s Best Physician” in 2022, the response was a reflection of what this good doctor (and nurse) and his family mean to our Lānaʻi community.



Dr. John Janikowski, a family medicine doctor at Straub Clinic on Lānaʻi, with Hawaiʻi Pacific Health’s Guy C. Milnor award, which recognizes a physician’s “Excellence in Clinical Practice and Community Service” and Hawaiʻi’s Best Physician 2022”, having ranked above 94 percent in patient surveys. *Photography courtesy of John Janikowski*

Slice of Life - The marathon men

Text by Nelinia Cabiles

Photograph courtesy of Kimo Hanog

There is something irresistible about the Honolulu Marathon that keeps Kimo Hanog and his son, Kalei, returning to it. The 2022 Honolulu Marathon will be Hanog’s twenty-fourth race (his first was in 1976) and the seventh for Kalei.

Hanog, a Distributed Systems operator II at the Lānaʻi Water Company, ran his fastest time at the Honolulu Marathon in 3 hours and 25 minutes, back in 1977. Kalei, a recreation center assistant, Pūlama Lānaʻi, ran his fastest time in five and a half hours.

The forty-six years of running have not softened Kimo Hanog’s competitive drive. Far from it. He still sets goals when he runs this 26.2 mile foot race on Oʻahu that climbs up Diamond Head and shoots to Hawaiʻi Kai, finishing at Kapiʻolani Park. Hanog’s goal was to finish the 2022 race in under nine hours. He and Kalei crossed the finish line in 8 hours and 10 minutes. Mission accomplished.



O ka pono ke hana ʻia a iho mai na lani. *Continue to do good until the heavens come down to you.* Blessings come to those who persist in doing good (Pukui 266)

Hawai‘i to receive federal funding to expand high-speed internet access

Office of Senator Brian Schatz

United States Senator Brian Schatz (D-Hawai‘i) announced November 30 that Hawai‘i will receive \$5.6 million in new federal funding from the U.S. Department of Commerce to expand high-speed internet access in unserved and underserved communities.

“Everyone in Hawai‘i should have access to high-speed internet,” said Senator Schatz, a member of the Senate Appropriations Committee. “This funding will allow us to expand broadband infrastructure across the state, and help make sure families and small businesses can get affordable, dependable broadband service.”

The funding comes from the Broadband Equity, Access, and Deployment (BEAD) Program, which expands high-speed internet through planning, infrastructure deployment, and adoption programs. The first phase of the BEAD Program will support a dedicated broadband office, employee training, technical assistance, and outreach for the program to encourage community engagement, determine eligibility, and ensure successful implementation.

The BEAD Program was created by the Infrastructure Investment and Jobs Act, legislation signed into law by President Biden last November that will bring at least \$2.8 billion to Hawai‘i for infrastructure improvements.

Youth Council to deliberate on 2022 final youth legislative package

Contributed by Councilmember Kelly Takaya King

The Maui County Youth Council of 2022 will hold its final meeting on December 5. The Maui County Youth Council, a pilot project proposed by King, was established by the Maui County Council via Resolution 21-199 to explore youth engagement in county government.

“It was my hope the youth council would provide an avenue for young people to express their stance on issues facing the next generation of our community,” said King. “I am inspired to see these high school students accept this opportunity to engage with their communities and learn about the local government process.”

King said the body of high school students met with councilmembers and community leaders to learn about county government and local issues over the past few months. On December 5, the nine youth councilmembers will introduce resolutions they drafted during the previous year.

Resolutions, which are adopted by a majority vote of the youth council at its final meeting, will be compiled into the “Youth Legislative Package of 2022.” This will be transmitted via county communication to the Maui County Council at its Dec.16 meeting.

Axel Beers, senior executive assistant for Councilmember King and former social studies teacher, is the youth council advisor.

“This project was intended to give young people a voice on issues that impact their community,” Beers said. “It explores any interest among our next generation in learning about county issues, taking a leadership role, and making recommendations to our county leaders.”

“Through working with the youth council and reviewing their draft resolutions, I believe there is a strong interest among youth to contribute ideas for bettering our community,” Beers said.

The youth council includes Chair Therese Nicholle Ignacio, Vice-Chair India Buchanan, and Officer Pro Tempore Natalie Petty, who were nominated and elected by the youth councilmembers, and Dylan Arisumi, Raje Bluml, Dylan Bowen, Grace Crowe, Anna Galbreath, and Jacob Janikowski, a senior at Lāna‘i High School.

The meeting will be held in person in the Council Chamber at Kalana O Maui and at bluejeans.com/673413908. Public testimony will be accepted.

“I encourage the public, and young people especially, to attend and provide testimony on the proposed youth council resolutions,” said King. “Civic engagement and education are important for a robust government, and by supporting this initiative, we can help to ensure that Maui County is representing and serving its next generation.”

Maui County Mayor-Elect Bissen seeks individuals for his administration

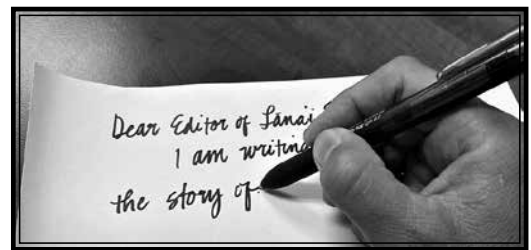
Richard Bissen Transition Team press release

Mauui County Mayor-Elect Richard Bissen is seeking individuals statewide who wish to serve their community as County Department Directors and County Deputy Directors in the following departments: Planning, Parks and Recreation, Housing and Human Concerns, Finance, Environmental Management, Agriculture, Water Supply, Public Works, Budget and Transportation.

Some of these positions require a degree and/or five years of experience in an administrative capacity. Please see the Maui County Charter for more specific qualifications for each department. An interested applicant should send his or her resumé and a brief description of the department to which he or she is applying, to aloha@bissenmovement.com

The Executive Review Committee will review resúmes and conduct interviews. The committee will accept resúmes until Mayor-Elect Bissen finds suitable candidates for these positions. If you have questions, please email Charlene Schulenburg at schulenburgchar@gmail.com

LETTERS TO THE EDITOR



I enjoyed reading the article on Ricky Tamashiro’s tribute to his cousin Wallace Tamashiro.* What a nice write-up.

Ricky (we called him “Tama”) was always respectful to my husband Vince and me. I’ve known all the Tamashiro boys since they were babies – then playing Little League baseball, and eventually, high school sports, along with my sons. They were all good athletes. Neal was once the head coach of the Lāna‘i High School baseball and basketball teams in which my son, Alan, was a team member in both sports.

Thank you, Ricky, for the donation of benches to our church (I have already sat on it!). Thank you, also, to those who helped you build it and made it a reality. What a wonderful tribute to your cousin, Wally – one in which he will always be remembered. Mālama pono.

Love & aloha,

Eleanor Ozoa

(*Editor’s note: see “Honoring Wallace Tamashiro”, November, 2022)



Pair of benches at the Lāna‘i Sacred Hearts Catholic Church, made in memory of Wallace Tamashiro
Photography by Nelinia Cabiles

Ku a mālo‘elo‘e, lālau na lima i ka hoe nui me ka hoe iki. *Stand up straight; reach for the big and little paddle.* Said to young people—be prepared to weather whatever comes your way (Pukui 201).

The will and drive of national physical fitness champions

Text by Nelinia Cabiles

In May, 1974, the Marine Corps approached Earl Hotta, a guidance counselor at Lāna‘i High School, to put together a team to compete in the state physical fitness championship meet, a five-event sport that includes sit-ups, push-ups, pull-ups, the standing broad jump and 300-yard dash, with a three-minute recovery time between events. The Marines wanted full representation of high schools in all of the counties in Hawai‘i.

Hotta assembled a clutch team of six: Jeffrey Cabiles*, a freshman and rising star, whose track team captured two gold medals and set records in the 100-meter run at the state track meet when he was in the fifth grade, and who, himself, knocked out 28 pull-ups in one go at that meet; Abraham Amby, Johnny Alvarez, Frank Laporga, Malcolm Leonillo, and Abel Ganer. All had raw talent. But the clincher was a free trip to O‘ahu. Who could say no?

With only two weeks of training, Lāna‘i’s ragtag team faced off against fourteen high schools at the state meet at the Marine Corps base in Pearl Harbor, including big guns Punahou, Kamehameha Schools, Nānākuli, and Kaiser. Even Moloka‘i High showed up.

“We came in fourteen out of fourteen. Dead last,” says Cabiles, embarrassed about their performance, but who also refused to use their scant training as an excuse.

Embarrassment can be dispiriting and enervating, and sink, over time, into shame. For Cabiles, embarrassment became a motivating force. “I told myself we will never again be last,” says the now 64-year-old pastry chef at the Wailea Beach Resort.

In physical fitness, size does not matter. The events are their own tough nuts to crack. Can you do a hundred each of sit-ups and push-ups and pull-ups with hard-nosed Marines giving count, dispensing or denying you points based on your form? Can you jump nine feet, ten inches and run the 300-yard dash in forty-four seconds? How hard are you willing to work to achieve perfection?

By February, 1975, Cabiles had rallied twelve boys to join the PF team, enlisting Frank Chester, Industrial Arts instructor at LHS, to coach. The boys trained for six weeks by the time the state meet rolled around in May. Again, Lāna‘i squared off against powerhouse schools. But this time, against all odds, Lāna‘i came in second.

“Everyone was shocked. They couldn’t believe it,” says Chester, now retired from teaching building trades and sculpture at Porterville College in California.

This is not a Cinderella story about the trajectory of the Lāna‘i physical fitness team from dead last to first in the nation – although that did happen in 1981 when the first PF girls’ team captured the title (see June, 2020, Lāna‘i Today). This is about the beginning of that fledgling program, about a moment when a group of boys, fledglings themselves, crossed the threshold of pain and doubt and exhaustion, and discovered not only what they were made of, but what the journey to greatness required, and that they could endure it all. There would be no looking back.

In Fall, 1975, forty-two LHS boys, excited to join the PF team, showed up at eight o’clock Friday evening for a 24-hour practice in the Pedro Dela Cruz gym. They did not know what to expect, but their parents had given Chester their permission.

Chester announced that practice would end at eight o’clock Saturday evening. The doors would be locked, the windows shut. “The only way to get out was to quit,” says Cabiles.

Then practice began. No one spoke. The only sounds were of boys running, doing pull-ups, jumping the bleachers, working through



The 1976 National Physical Fitness Team, who placed fourth in the nation. Front row: Frank Chester, Bruno Amby, Ben Caberto. Back row: David Ige, Bernabe Cabanban, Jeff Cabiles, Donald Ohashi. Photograph courtesy of Jeff Cabiles

sit-ups, push-ups, sitting cross-legged for thirty minutes to meditate, only to have Chester slamming boards on the floor, trying to break their equanimity. After five hours of working out, the boys went to sleep on the mat. Chester awakened them an hour and a half later. Get up! he yelled. It was time again to practice. And so the circuit continued, hour after hour.

Chester had studied Zen and was applying what he had learned, teaching the kids how to concentrate with all kinds of distractions, to show them that no matter what was happening around them, they could train their minds so that nothing could touch their inner resolve.

After eight hours and an unappetizing spinach soup dinner, twelve people left. The workout continued, increasing in intensity. Boys were falling down, beyond exhausted. Their legs were numb, their arms ached. After another hour or so, fifteen more boys called it quits.

That left twelve boys – Alejo Atacador, Bruno Amby, Bernabe Cabanban, Ben Caberto, Clive Cabiles, Jeff Cabiles, Jason Fabrao, David Ige, Marco Magaoay, Donald Ohashi, Vernon Ranis, Arthur Villamor. Chester, who says he felt everything the boys were feeling, says that what distinguished these boys “was the kind of environment they had at home that involved a striving in the individual, one that had something to do with their future. I had nothing to do with what they brought to the experience,” Chester says. “They weren’t afraid of hard work. They didn’t expect that things would be given to them.”

Clive Cabiles*, the only athlete to achieve a perfect score of 500 points at a later meet, says that what that experience taught him was that “when you focus your mind, you see that you have so much left in you. I learned that whatever is in front of me, I’ll overcome it. It always comes down to your mind, to what you believe is possible. Chester trained us to have that mindset for life.”

Amby, Cabanban, Caberto, Jeff Cabiles, Ige and Ohashi would make the national team in 1976, though Caberto would be felled by an emergency medical issue that prevented him from making the trip. Even with only five on the team, the Lāna‘i boys would go on to win fourth place in the nation, thus setting the bar to which generations of Lāna‘i athletes would strive to reach.

*Editor’s note: Jeffrey and Clive Cabiles are my brothers.

LIGHT
SIDE
UP
an
EQUIS
WORLD
By Nina Amby



Mele
Kalikimaka

a me
Hauoli
Makahiki
Hou

May the joys of
the holiday season
not just be mountains
of things tall and wide
but be the shining
warmth and glowing
love that keeps the
wonder and awe of
winterfest bright
and strong*

O ka uhiwai no ka i ‘ike i ka ‘ino o ka wai. Only the mists know the storm that caused the streams to swell. Only those who are close to a person know his problems (Pukui 266).

Free coding classes for youth

Tech Outreach Hawai'i press release

College students from ICSpark, a computer science club at the University of Hawai'i-Mānoa, will be providing free youth coding classes, both in-person and online, from 9 a.m. to 12 p.m., every Saturday, starting February 4 through May 6, 2023. For students looking to test run the class before signing up for the program, mentors will also offer coding workshops in December, 2022.

The three-month introductory coding class will be on web development (e.g. how to create websites) for sixth- to twelfth-grade students. In-person classes will be at the University of Hawai'i at Mānoa. No coding experience is required.

"Going online allowed us to reach students on neighboring islands and we are really looking forward to continue that. But we also are excited to be offering in-person classes as it is much easier to see how students are doing when we can be around them to help," says Preston Garcia, president of ICSpark, whose mission is to provide motivated students with a fun, non-intimidating coding environment and access to coding mentorship.

Classes are highly interactive and project-based. Brief mini-lectures are followed by "live-coding" sessions where the instructor codes and asks participants to follow along by typing on their own screen. Students then work on projects with guidance from mentors. By the end of the course, students will create their very own website and be equipped with resources to continue learning.

Seats are limited and registration is accepted on a first-come, first-serve basis. Registration opens December 1, 2022 and closes January 14, 2023. Register at <https://bit.ly/icspark>. Students are encouraged to attend the in-person December workshop to meet ICSpark mentors and get a taste of the course's content and style before signing up for the program. Workshops run 9:30 a.m. to 11:30 a.m., December 19, 21, or 23, at the Entrepreneur Sandbox, 643 Ilalo Street, Honolulu. Refreshments will be provided. Sign up by December 10 at <https://bit.ly/icsparkw>

ICSpark, part of Technology Outreach Hawaii (TORCH), a 501(c)3 non-profit organization, is driven by a passionate team of talented computer science and engineering undergraduate students looking to give back to their community. It aims to promote technology education, mentorship, collaboration, and service across Hawai'i. Follow @techoutreachhi on Facebook, and @hitorch on Instagram and Twitter for updates. Learn more at <https://hitorch.org>

Although the registered organization (ICSpark) has members who are University of Hawai'i students, the registered organization is independent of the University and does not represent the views of the University. The registered organization is responsible for its own contacts, acts, or omissions. Questions and comments can be directed to the ICSpark team at icspark@hawaii.edu

HRYF scholarship application due February 1, 2023

Applications for the Hawai'i Rotary Youth Foundation Scholarship are now available. Applicant must be a 2023 graduating Hawai'i high school senior who will be attending full-time an accredited four-year college or university in Hawai'i or on the mainland to earn a baccalaureate degree. A full-time student is defined as taking a minimum of twelve credit hours per semester or equivalent. Applicant must be a citizen of the United States and a legal resident of Hawai'i prior to application submission.

Completed applications must be received by **February 1, 2023**. Late applications will not be accepted. No exceptions made.

Participating Rotary Clubs will select a student to receive a \$5,000 HRYF scholarship. From that pool of awardees, an HRYF committee then selects one student attending a mainland university to receive a \$10,000 Maurice J. Sullivan scholarship and one student attending a university in Hawai'i to receive the Joanne L. Sullivan scholarship, superseding the \$5,000 awards.

The main objective of the Hawai'i Rotary Youth Foundation, a non-profit charitable corporation founded in 1976, is to provide Hawai'i youth with scholarships to further their education beyond high school.

For more information or to download an application, visit <https://www.hawaiirotaryyouthfoundation.org/sitepage/apply-now> or contact Beth Conroy-Humphrey, Lāna'i High & Elementary School secondary counselor, lhescounseling@gmail.com, or Greg Sturm, Lāna'i's HRYF Scholarship chair, gregssturm@gmail.com.

President signs bill to expand marijuana research into law

Office of U.S. Senator Brian Schatz press release

United States President Joe Biden signed the Medical Marijuana and Cannabidiol Research Expansion Act into law December 2, 2022. The new law, authored by U.S. Senators Brian Schatz (D-Hawai'i), Dianne Feinstein (D-Calif.), and Chuck Grassley (R-Iowa), will expand research into marijuana-derived medications.

The goal of the law is to facilitate research on marijuana and its potential health benefits. The Medical Marijuana and Cannabidiol Research Expansion Act will accomplish this by streamlining the application process for scientific marijuana studies and removing existing barriers for researchers that frequently slow the research process.

"The medical community agrees that we need more research to learn about marijuana's potential health benefits," said Sen. Schatz. "Our new law will remove excessive barriers that make it difficult for researchers to study the effectiveness and safety of marijuana, and hopefully, give patients more treatment options."

In addition to Schatz, Feinstein, and Grassley, the Senate bill was cosponsored by U.S. Senators Dick Durbin (D-Ill.), Amy Klobuchar (D-Minn.), Thom Tillis (R-N.C.), Tim Kaine (D-Va.), Joni Ernst (R-Iowa), Kevin Cramer (R-N.D.), Jon Tester (D-Mont.) and Lisa Murkowski (R-Alaska).

Cannabis containing more than 0.3 percent delta-9 tetrahydrocannabinol (commonly known as THC) is currently classified as a Schedule I drug. As a result, medical research is subject to stringent regulations that have impeded progress. Few marijuana-derived products have been FDA-approved, and there is little available information about their interactions with other medications, appropriate doses or delivery mechanisms.

The goal of the Medical Marijuana and Cannabidiol Research Expansion Act is to ensure that research on CBD and other potentially beneficial marijuana-derived substances is based on sound science while also reducing regulatory barriers associated with conducting research on marijuana.

The new law also requires the Department of Health and Human Services and the National Institutes of Health to submit a report to Congress on the potential harms and benefits of marijuana use.

IT'S THE LAW

Contributed by the Maui Police Department - Lāna'i District

Youth bicyclists must wear helmets

Under H.R.S. 291C-150, it is a requirement for all bicycle riders ages 15 years old and younger to use bicycle helmets.

Concerned community members have brought to our attention that not all children are using helmets.

We ask for your assistance in keeping all the children of Lāna'i safe. No helmet, no riding.



Reserve Officer Tod Wong with BikeEd program cyclists, May 7, 2022. Photography by Nelinia Cabiles

'Ike 'ia e ka nui mana. *An expert is recognized by the altar he builds.* It is what one does and how well he does it that shows whether he is an expert (Pukui 131).

Lana’i Public Health Nursing’s new vision and mission

Contributed by U’i Romero

Warmest greetings of this festive season and best wishes for happiness for the new year from the Lāna’i Public Health Nursing Branch (PHNB). Who are we and what do we do? The Lāna’i PHNB is a dynamic team of two on island who collaborate with local and external agencies to ensure that our work empowers our community and is transparent. Ciera Eguia, Public Health nurse (PHN), joined the department June 7, 2022; Jewel “U’i” Romero, Para Medical assistant (PMA) joined in May 2020. The PHNB is located at 905 ‘Ilima Avenue (corner of ‘Ilima and Ninth Street).

We would like to share PHNB’s new vision and mission, which is part of our new strategic planning for the next five years.

PHNB Vision: Healthy, empowered communities for a better future

PHNB Mission: Through excellence in public health nursing practices, we will empower communities to support a healthier, safer, and higher quality of life for all

Values: Humility, Empathy, Aloha, Respect, Trustworthiness (HEART)

The PHN is completing her community assessment, meeting with local agencies to find out how we can fill in the gaps and staying occupied with school health matters and coming workshops. I continue to support the PHN, plan outreach/workshops and create projects.

UPCOMING WORKSHOPS:

Stand Tall, Don’t Fall

Save A Life-CPR/Stop the Bleed

Advanced Care Planning/Getting Your Affairs In Order

Road Safety

We would like to thank everyone who stopped by during our October open house. If you’re interested in our exciting ventures or if you want to stop by to talk story, feel free to visit us at our next open house 2 p.m. to 4 p.m., December 23.

PHNB’s 2022 year in review:

January-May: PMA assists in COVID response for Maui County



The team at Lāna’i Public Health Nursing Branch: U’i Romero, Para-Medical assistant; Ciera Eguia, Public Health nurse *Photograph courtesy of U’i Romero*

April 23: Spring Fair Outreach at Dole Park – the first such outreach since pandemic started

June 7: Ciera Eguia is named new Public Health Nurse

July 2: Meet/Greet new PHN at 2022 Pineapple Festival

October 4: Tuberculosis (TB) Clinic resumes*

October 25, 27, 28: School outreach: Halloween safety tips and Fentanyl warning

October 28: Open house; Hearty Haunted House; Halloween safety tips and treats

November 10: Lāna’i High School Career Fair

November 21: Collaboration with Moloka’i Public Health Nursing; meet with Na Pu’u Wai Medical Director

December 13, 20 and 27: TB Clinic available. Call (808) 565-7114 to make an appointment.

December 23: Open house; Rudolph’s Jolly Workshop, 2 p.m. to 4 p.m.; distribute holiday treats; share our journey with the public

* FREE TB Skin tests available on Tuesdays. Call (808) 565-7114 to make an appointment.

COMMENTARY

Cultivating agriculture on Lāna’i

Contributed by and photography courtesy of Michele Weinhouse

One of the positive impacts of the pandemic on communities around the state is the realization of how food insecure our communities are. We are too dependent on imported food, with over 80 percent of our food coming from out of state. Our farmers realized that without the hotels, they lost their customer base and, therefore, their income. Here on Lāna’i, that was actually a benefit, with locals being able to buy organic papayas weekly from Lisa Grove and Stephen Becker’s farm that were usually reserved for hotel guests.

Many other communities around the country also came to the realization of how food insecure their communities were and that has spurred an availability of federal and state grants to inspire home gardeners to farm their own food. Here on Lāna’i, that is not easily possible with most of the land being owned and managed by one entity.

How does one farm on Lāna’i? This question is not easily answered, but there are resources who want to work with the community to bring back agriculture to Lanaians. One of those resources is the Lāna’i Chapter of the Hawai’i Farmers Union United (HFUU) and was founded in May, 2022 with President Negus Manna at the helm.

Manna, as he prefers to be called, took over the Grove/Becker farm at the beginning of the year. On November 10, 2022, the HFUU partnered with UH CTAHR (University of Hawai’i Center for Tropical Agriculture and Human Resources) to bring to Lāna’i presentations on pest management and 4-H activities (headed up by Robin Rosenbalm). Two dozen people attended the event, which was held at the Filipino Club House on Lāna’i.

CTAHR handed out ‘uwala cuttings, pest management information and bait for homemade traps. At the Hawai’i Ag Conference in September, held at the Honolulu Convention Center, the vibe was all about local food for local people.

From cattle to medicinal herbs, farming is complex. Having Hawai’i return to farming to be able to feed its own people, to become a food oasis as it once was, will also have global effects, such as minimizing our carbon footprint and strengthening the state economy. Think about the fuel it takes to transport the South American bananas you find at



Rosemary Gutierrez-Coarite (UH CTAHR Extension agent) discusses pest management with Monique Bolo and Jacob Wahl.

Richard’s! Growing local foods can provide jobs to those wanting to stay in Hawai’i. Agriculture goes beyond conventional farming. There are jobs in policy-making and enforcement, agriculture technology (Ag Tech), education and small businesses in value-added products.

The HFUU Lāna’i Chapter has about twenty members. Currently, five of its members are enrolled in FAM, its farmer apprenticeship program; the chapter is working to bring the Saturday Farmer’s Market back and getting more access to land to farm. If you would like to become a chapter member, please email: lanai@hfuu.org. There will be more community workshops and events organized by the HFUU to help our community grow all types of farmers, from the home gardener to profitable agricultural businesses.



L to R: Robin Rosenbalm (4-H); Nancy Ooki, and Rosemary Gutierrez-Coarite (UH CTAHR Extension agent)

Malu ke kula, ‘a’ohe ke‘u pueo. The plain is quiet; not even the hoot of an owl is heard. All is at peace (Pukui 232).

The way it was

Contributed by Bob Hirayama



Editor's note: As a way to honor Lānaʻi's past, and those who shaped and helped make this place what it is, I asked Lānaʻi Today readers in the September 2021 edition to submit stories of the pineapple plantation era. It is the hope that these stories might provide context for a way of life that is gone, and illuminate the values and traditions that helped form our island's culture. A reader (and former Lānaʻi resident) responded to the call

for submissions with his written recollections of that time. Part four of a four-part series, volume two

The Mānele (white sand) wading pool is nice when the ocean is calm with high tide. But when it is rough and it is at high tide, you cannot see the pool at all. It will be under water and the waves will be banging against the stone wall.

One time when it was rough, I saw a boy in the deep end of the pond going up and down like he was playing against the waves. I watched him for a while before I realized he was in trouble. I went and grabbed him and he just hung on to me. He drank enough salt water that he couldn't cry. Later, his brother came for him. Over fifty years later, I saw that boy at the service station, and I asked if he once was in trouble at Mānele pond, and he said yes, but didn't know who pulled him out. He was happy that he now knew who had pulled him out.

We once had an exchange Boy Scout from Turkey and he stayed with me. We knew it was against their religion to eat meat or pork. The Boy Scouts had a barbecue cookout at Mānele white sand. We had hamburgers, hot dogs, and chicken. All the boys were eating hot dogs and hamburgers and [the boy] asked if he could try the hot hog. One bite and he was so happy that he wanted more. He tried the hamburger and he was sold. I offered him the chicken, but he just wanted hotdogs with pickle and mustard and hamburger with onion and ketchup. He was one happy Boy Scout going back to Turkey.

Back to my good friend, Herbert. When we were young, we had small firecrackers to play with and the older boys, like Herb's older brother, had the bigger firecrackers. Herb's older brother carried the big firecrackers in his pocket. We carried the smaller firecrackers in our pocket, too. While we were all playing, Herbert threw a small firecracker into his older brother's pocket, which was full of big firecrackers. That set off all the large firecrackers. His brother was badly burned and had to be taken to the hospital.

Wait, wait, I have another good one. No. not Herbert. While working in the pineapple field, the south (Kona) wind was blowing. You could see millions of pineapple bugs looking for food, like your kaukau. I remember seeing pineapple bugs in dead rats, cats, birds, and anything dead or rotten. So, when you eat you try to cover your kaukau tin with your hands to keep the bugs off and out? IMPOSSIBLE! In school, the bugs used to climb the windows, making the window black. A pineapple bug is the size of a grain of rice and if it got into your eyes, it burned. Just the thought of what the pineapple bugs ate and lived in!

If anyone has forgotten, we used to have a newspaper called *The Lanaiian*. It covered everything about Lānaʻi like sports, fishing, hunting, obituary, movie schedules, wedding, et cetera. It was a very good newspaper. Just like *Lānaʻi Today*.

We used to follow the sport season, like baseball, football, and we would play it on the street. The same with pee wee and marbles. But marble season was a headache for our mothers, who had to scrub our clothes, especially the knee, seat, and pockets. We played all kinds of marble games like ring, quanto, bang wall, five holes, and even guess hand in class. After marble season, we used the marbles with our slingshot. I remember

I remember shooting a marble straight up in the air only to have it fall on our grouchy neighbor. She came charging to my house, but I said, "wasn't me."

shooting a marble straight up in the air only to have it fall on our grouchy neighbor. She came charging to my house, but I said, "wasn't me."

Funerals were a little different. We had a big funeral at church and after the service, everyone went outside to take a funeral picture. Somehow, it was a long picture. As the years went by, we had funeral service at home with the coffin inside the living room and with as many people that could fit into the room.

In the early fifties, our agriculture teacher took a few older boys to the bottom of Maunalei Gulch to harvest honey. I don't know what happened, but as they were boiling the honey, something exploded, and all of the boys and teacher were badly burned from the hot honey. One boy, who wasn't too badly burned, drove the truck with all the burned people to the hospital. And when the truck made it to the front of the hospital, it ran out of gas.

Students from agriculture took a field trip with the teacher, Mr. K. Takata to Mr. H. Look's Piggery. Mr. Look showed us how to be a pig farmer. He had some very big and heavy pigs that could only lie down. They could hardly move. Got up only to eat.

Lānaʻi also had a gun club. The big guns were shot at the range below the airport, so with skeet shooting. The pistol and small-bore guns were in the back of the rubbish dump. Whenever we had pistol competition, a girl named Marlene M.M. always came in first place. She was an excellent shooter.

One night after we had graduated [from high school], I had my first taste of booze. We went down to Mānele, and Edwin N. brought a bottle of Vodka and orange juice and we suck'um up. [I was] getting ready for Wisconsin where the drinking age was eighteen.

I guess I've been long-winded and taking up too much space, but I can't help it because I learned how to be long-winded from class of 1957 girls like Gladys, Shirley, Carol, and many more. BUT the winner goes to the class of 1959 girls, which had Leatrice, Margie, Janet, and again, many, many more.

They were not long-winded, but long hurricane. Too bad can't be like Sonya.

With this, I'll say thank you. It was a privilege and honor to write in *Lānaʻi Today*. Many special thanks to Nelinia Cabiles. – Mahalo and aloha, Bob

Whenever we had pistol competition, a girl named Marlene M.M. always came in first place. She was an excellent shooter.



THE MOST WONDERFUL TIME OF THE YEAR

The morning of December 3, 2022 was cool and overcast, with rain showers that ranged from light to drippy.

If organizers of Lānaʻi’s 2022 Christmas Tree Lighting event felt anxious that the cold, soggy weather might keep people away, there was no need for angst. The crowds came out, in spite of the rain, clearly thrilled the event had returned to its pre-pandemic, festival-like spirit of mingling and roaming through Dole Administration Building’s lawn to peruse holiday gifts for sale, many of them handcrafted and home-made.

“We were all pleased with the turn out,” says Kay Okamoto, president of the Lānaʻi Community Association (LCA). “The normal number of vendors is usually about 20 to 24. We had 32 vendors this year. The entertainment seems to be the best that we have had.”

Part of Lānaʻi Avenue was closed off, the roadway turned into a stage for performers who ranged from Tamatea Nui dancers to Tai Chi students to youth celebrating Samoan culture. Not to be out-dazzled, Santa Claus rolled in with a bit of leading man flair, with a yellow fire truck as a stand-in for his customary sleigh. Damon Pham, a frequent guest at Four Seasons Resort Lānaʻi, provides the gifts for the children. This is the third year he has been so generous, says Okamoto.

The holiday event was so successful, Okamoto says they are planning to start earlier next year. “Maybe one or two o’clock in the afternoon, so that vendors have more time to sell their items,” says Okamoto.

Rain or shine, earlier or later, and perhaps as a response to the easing of pandemic restrictions, this holiday celebration on Lānaʻi has become a tradition to celebrate the many joys and gifts of the giving season.



Vendor booths at the 2022 Lānaʻi Christmas Tree Lighting event, December 3, 2022



Samoan dancers



Tamatea Nui dancers



The Dugay kids



Lyzie Tabucbuc, Lilinoe and Anuheia Barfield



Kendra Medeiros of Hinu Rise



Aizee Baldeviso and Ali Ka'aikala



Feeding time for a little kid



Sifu Hung Nguyen



It's All Fun N Games for this vendor team



Johnny Orlando, Kimiko and Kert Shuster of Rainbow Pharmacy

Text and Photography by Nelinia Cabiles



The line to see Santa Claus



Bella and Aimee Hanog with jolly old St. Nicholas



Jullerino Pablo gets the finishing touches on her Tahitian dance costume.



Mikala Enfield (front right), daughter Naupaka (left), and Russell Barcena (back) sell T-shirts for Kula Kaiapuni 'o Lāna'i.



Isidro Bacalso



Gianna Nohara, Aimee Hanog, Kehau Hanog



Sergeant Kim Masse with Maui Police Department merchandise



Ten minutes to show time



Travis Sparks of Creative Sparks Design



Animated characters come to life



Momi Suzuki displays her hand-made earrings.

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This year, the *Lāna‘i Community Health Center’s (LCHC) E Hanu Lāna‘i tobacco cessation program* has been recognized by the Coalition for a Tobacco-Free Hawai‘i (CTFH) as an *Outstanding Organization Provider in Tobacco Control recipient*. LCHC’s E Hanu Lāna‘i (Breathe Lāna‘i) tobacco cessation program consists of an integrated team of medical, behavioral health, and community health workers, whose overall goal is to assist patients with quitting all forms of tobacco and to educate our youth and community on tobacco prevention. We currently have five TTS-trained medical providers, two TTS-trained psychologists, and one TTS-trained community health worker. Our team has also developed social media campaigns focused on the harmful effects of vaping on youth, educating parents on current ESD and flavors targeting youth, tobacco education and importance of cessation on health and the environment, and encouraging community to engage in smoke-free activities.



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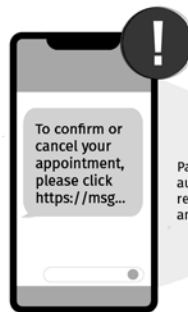
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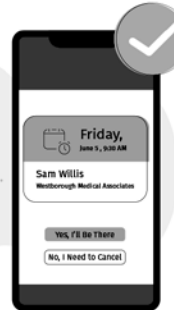


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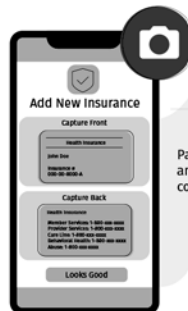
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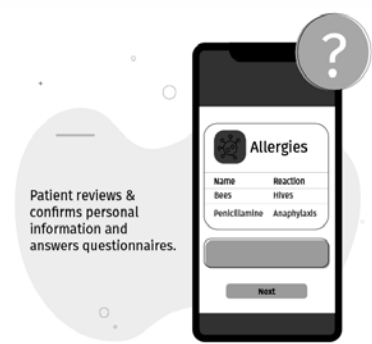
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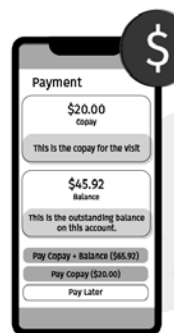
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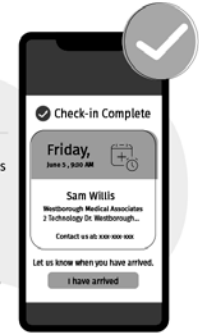
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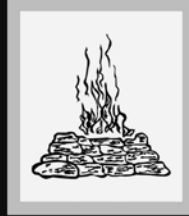
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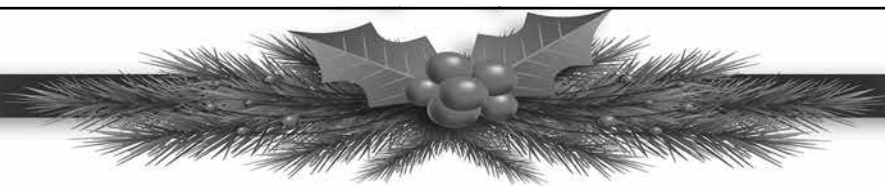
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As we reflect on the past year, let us give thanks for what we have and never forget that what keeps a community resilient, vibrant, and strong, are people who care for and are kind to one another. Wishing you all of the hope, wonder, joy and gratitude that the season can bring! Mahalo and aloha from the Pine Isle Market family



Kneeling (left to right): Aaron Sabino, Ferdinand Espiritu with Karden Espiritu, Kelsie Inaba with Austin Inaba, Corie Honda with Kaleigh Espiritu, Leonor Amby
Standing (left to right): Cindy Honda, Andrew Inaba, Alexcel Vega, Pauline Jack, Cathy Lamay, Melanie Manuel, Benilda Etrata, Helen Dinong, Justin Honda, Kerry Honda

PINE ISLE MARKET
Your neighborhood grocer since 1949

Located on Dole Square in the heart of Lāna'i City

Open Monday - Friday - 8 a.m. - 7 p.m.
Saturday - 8 a.m. - 6 p.m.
Sunday - 9 a.m. - 5 p.m.

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Join Sensei Lāna'i and take your career to the next level with a world class team dedicated to supporting guests on their journey towards wellbeing.

We're currently hiring for a variety of roles including:

- **Fitness Practitioner**
 - Contractor
- **Meditation Practitioner**
 - Full time & Contractor
- **Massage Therapist**
 - Full time & Contractor
- **Aesthetician**
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We're looking for seasoned and experienced candidates with the passion and skills to create a memorable wellness experience.

Review job descriptions for the above and apply at www.sensei.com/careers Direct inquiries contact: Alison Harding at aharding@sensei.com

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BIKE INVENTORY SALE

Up to 50% off prior season bikes
Both electric and non-electric bikes available.

STARTING: FRIDAY, DECEMBER 9TH
Lāna'i Adventure Park is now a complete
Bike Repair Center and Retail Store

Featuring: Kona, Dakine, QuietKat and tons of other accessories!

***Open 9-4 daily**
(808) 563-0096

info@lanaiadventurepark.com





LĀNA'I CITY
BAR & GRILL

FESTIVE BRUNCH

DECEMBER 18 & 25
JANUARY 1 & 8
10:30 AM TO 2:30PM

CLASSIC BRUNCH BUFFET
& A LA CARTE SPECIALS
FOOTBALL IN THE BAR AREA
LIVE MUSIC & CLASSIC HIGHBALLS
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SENSEI FARMS

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

We provide:

- Full-time positions
- Monday to Friday schedule
- Perfect Attendance bonus
- Up to \$1,000 signing bonus
- 100% paid Medical, Vision and Dental Insurance
- 401(K) plan
- Appreciation events

Open position

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Apply at sensei.ag/careers if you're interested in joining the team.

For direct inquiries please contact:
Christian Ibanez at
christian.ibanez@sensei.ag



Spiritual Connection Corner

Alcoholics Anonymous & Narcotics Anonymous
Rita (760) 419-0785

Baha'i Faith
Secretary, Local Spiritual Assembly of the Baha'is of Lāna'i,
(808) 563-0805, lanaibahai@gmail.com

Church of Jesus Christ of Latter Day Saints
348 Jacaranda Street, Lāna'i;
Tumama Fauat'ea, (808) 726-3717

Ka Lokahi O Ka Mālamalama
1 Keōmoku Highway, Kahu Freitas

Lāna'i Baptist Church
corner of Sixth and Gay Streets;
Pastor Chris Komatsu, (808) 565-9405

Lāna'i Seventh-day Adventist Church
628 Ninth Street, Lāna'i
Pastor Ron Taylor, (808) 565-7881

Lāna'i Union Church
751 Fraser Avenue, Lāna'i, (808) 565-6902
Pastor Ben Sheets, (808) 565-6902

Pastor Saul Kahihikolo, (808) 563-0830

Sacred Hearts of Jesus and Mary Catholic Church
815 Fraser Avenue, Lāna'i, (808) 868-8562

Holiday fireworks safety tips



Make sure your New Year celebrations are safe for family and friends.

- Do not set up and use fireworks near overhead power lines
- Do not string fireworks on utility poles
- When using a ladder or other tools to string fireworks, stay at least 10 feet away from power lines

Don't try to free objects tangled in an overhead power line. Call Hawaiian Electric's Lāna'i Trouble Line at 1-877-871-8461 toll free.



Hawaiian Electric



THE LAST WORD

Photography by Nelinia Cabiles

What is the most meaningful gift you have ever received or given?



Ānela Fernandez, senior, Lāna'i High School: Most meaningful gift I've received: My family. Most meaningful gift I gave: being kind to people who are or who feel left out.



Val Janikowski, administrator, Lāna'i Kīnā'ole: Most meaningful gift I've received: My kids. I hope they're also the most meaningful gift that I've ever given, to the world.



Edward Valencia, Blue Ginger Café: Last December, my kids gave me pants and shirts. And my grandkids gave me a Christmas card.



Michael Weinhouse, bassist, Hoaloha: Most meaningful gift received and given: the values that my parents taught me.



Kathleen Amoncio: Most meaningful gift received and given: love. I give love every day to my friends and family. Every day is Christmas.



Saul Kahihikolo, Lāna'i Senior Center: Most meaningful gift received: children. Most meaningful gift given: love to my community.



Pam Alconcel, coordinator, University of Hawai'i Maui College: The most meaningful gift I have ever received is love. The most meaningful gift I have ever given is time.



Tulpe Pablo, certified nursing assistant, Lāna'i Kīnā'ole: Most meaningful gift I've received: Having the opportunity to work in the health-care field and getting to know my patients. Feeling that connection. Most meaningful gift given: feeling that same connection to my community and co-workers.



Shayne Kunimitsu, Four Seasons and Hotel Lāna'i: Most meaningful gift I've given to myself: The path to find myself back here on the island. To come back and find a sense of home, to be with my family.



Mia Majkus, ninth grader, Lāna'i High School: Most meaningful gift I've received: a basketball hoop. It's my most favorite gift. Most meaningful gift I've given: a postcard to a friend.



Danny Correro, visitor to Lāna'i: Most meaningful gift I've given: We [he and his girlfriend] just got engaged a few days ago, and I got her a beautiful engagement ring. Most meaningful gift I've received: I do a lot of favors for people. I'm very generous. My friend did something for me recently. He gave me this watch. He knew I liked watches. No one has ever given something so valuable. It's a really nice watch. I'm a pharmacist and I helped save his pet cat.



Jazmine Birciu, visitor to Lāna'i: Most meaningful I've ever received: a pack of sprinkles. I mentioned to my friend that I was really getting into baking and decorating cookies. And she sent to my house one day a package of sprinkles from this place called Fancy Sprinkles. It was so thoughtful. She was listening to the conversation, and paying attention to what I like. Most meaningful gift I've ever given: A handmade craft. I like to be creative and it's always one of a kind. And because it comes from the heart.



Uri Cabatu, certified nursing assistant, Lāna'i Kīnā'ole: The most meaningful gift I received was when someone gave me something to help my patients. The most meaningful gift I've given is to help somebody who is [dying], to be an advocate for whatever a client wants. I feel relieved when a family actually grants [the client's] wish. We want our brother or sister or family to stay with us forever, but they cannot. And I feel blessed to have that [grace].