# LĀNA'I TODAY

FEBRUARY 2023



The Lāna'i High & Elementary School Pine Lasses basketball team finished the season as Maui Interscholastic League Division II champs for the first time in school history.

Top row, left to right: Keala Montgomery, Haley Ostrander, Kami Kanno, Katelyn Bello. Middle row, left to right: Mia Majkus, Miyah Vila, Leisha Figuerres, Shelby Ostrander, Souina Seuili. Bottom row, left to right: Trinity Simon, Veniza Jackson, Alexa Pascual, Myah Doolin.

#### Contents



3 Axis deer hunt season opens



Seeking a cure for physician shortage

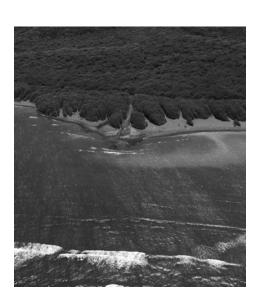


Pine Lasses take gold



4 Student filmmaker shows at festival

Lānaʻi Domestic Violence Taskforce launches Financial Assistance Program



Creating a community-based subsistence fishing area



We love our pets

#### **Cut to the Chase**

**Lāna'i Community Association** is looking for a part-time executive assistant. They are looking for a candidate who is organized, detail-oriented and passionate about Lāna'i. The executive assistant works closely with the Board of Directors to organize special events, assist with fund drives and submit grant applications. For more information, please contact Kay Okamoto at (808) 565-7519 or kay@okamotorealty.com.

Meetings are available with **Lāna'i High & Elementary School counselor**, Beth Humphreys. Each high school student is required to complete a Personal Transition Plan for guidance on what to participate in in high school and understand what is needed to enter college, military or career paths. For more information, please email elizabeth.conroy-humphrey@k12.hi.us.

Maui Police Department – Lāna'i District's "Let's Talk" sessions are opportunities for residents to express concerns and ask questions. Maui Police Chief John Pelletier will be present for the March 7, 2023 session from 9-10 a.m. at the Police Station, 855 Fraser Avenue.

**Lāna'i Public & School Library**'s Keiki Construction Zone will happen on the last Thursday of every month from 5:30-6:30 p.m. No hard hats needed. Just put on your creativity cap and use your imagination. Great STEM toys will be provided for use in the library. This free program is suitable for adults, teens and children ages 3 and up. Young children must be accompanied by a caregiver. For more information, please call the library at (808) 565-7920. Check with the library for monthly sessions as schedules are subject to change.

**MPD Lāna**'i has a job opening for a public safety aide. For more information, call or visit the Lāna'i Police Station, (808) 565-8388. To apply, go to: https://www.mauicounty.gov/jobs.aspx

**MPD Lāna'i** will host a job fair event on Saturday, March 11 from 9 a.m. to 1 p.m. in Dole Park. They will also be celebrating Women's History Month during the entire month of March. A sign waving event will be held on March 10. More details to come.

**Pūlama Lāna'i** is offering lifeguard certification for anyone ages 15 and up. 2023 certification dates are March 10, 11, 12 and March 17, 18, 19. For more information, please contact MaryLou Kaukeano at (808) 563-2703.

#### **Corrections**

Lāna'i Today strives for stories that are accurate, objective and truthful. Unintentional errors may occur during the production process. Once an error is identified, Lāna'i Today will correct it as quickly as possible. Please note the following errors:

On page 8 of the January issue (Wallace Au: raised by community), Henry Aki should be identified as harbor employee; only brother Les joined Wallace in waiting tables, and the big tanks should be noted as Standard Oil tanks.

# 2023 Axis deer hunt season opens

Contributed by Melanie Bandalan, Wildlife Technician V., DLNR-DOFAW

he 2023 State Axis Deer Hunt opened on Wednesday, February 1. This year, the hunting format is back to the original pre-COVID format of Axis deer in the spring and mouflon sheep in the fall. The season kicked off with 2 archery sessions of 12 days each with just over 300 applicants drawn for each session. The first session took place February 1-12 and the second session is February 15-26. The youth, muzzle and rifle hunts will all be 4-day sessions with hunting days open Thursday-Sunday. The youth hunt for hunters ages 10-15 will be from March 2-5. The muzzleloader hunt will be from March 9-12. Eleven sessions of rifle hunts make up the bulk of the season running from March 16-May 18. This year's bag limit is two does, one Axis deer (either sex) and one mouflon ewe. The original hunt announcement stated that doe tags must be purchased prior to an either sex tag, but this is no longer required due to a lower than

Council proposes resolutions important to Maui County youth

stablished in 2022, Maui County Youth Council was a pilot project proposed by Councilmember Kelly Takaya King and established by the Maui County Council via Resolution 21-199. The goal of the council was 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," King said in a news release. "I am inspired to see these high school students accept this opportunity to engage with their communities and learn about the local government process."

The youth council included 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 of Lāna'i.

The high school students met with councilmembers and community leaders to learn about county government and local issues. On December 5, 2022, the nine youth councilmembers introduced resolutions they drafted.

"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," said King.

"This project was intended to give young people a voice on issues that impact their community," says Axel Beers, senior executive assistant for Councilmember King and former social studies teacher who served as their advisor. "It explores any interest among our next generation in learning about county issues, taking a leadership role, and making recommendations to our county leaders."

Resolutions were prepared and proposed by the members of the youth council, who are high school students from across Maui County. They met in the Council Chamber to receive public testimony and deliberate on their proposed resolutions, which touched on topics ranging from housing to school funding to the mental health of teens.

Specific resolutions addressed funding for public schools, urging the county of Maui to achieve the state's commitment to become carbon net negative by 2045, and encouraging implementation of a fog drip pilot project. The meeting was in-person, but virtual access was also available.

The 10 resolutions adopted by majority vote were transmitted to the Maui County Council.

King said the resolution proposals represent policy priorities of Maui County's youth, and she hopes the issues will be addressed by the incoming council.

After the culminating activity, the youth council of 2022 has concluded. "As a pilot project, it was a success in demonstrating the ability and interest of young people to participate in local government," says Beers.

Next, the group will work on legislation to create a Youth Commission that is codified as part of the County's Boards and Commissions.

anticipated deer population. No additional free doe tags will be given. A free mouflon ewe tag will be offered with any Axis deer tag purchase due to a higher-than-expected mouflon population. Hunters can purchase tags in advance of their hunt online at gohunthawaii.ehawaii.gov or at the hunter check station.

If purchasing tags online, check in is still required at the hunter check station during the following check in hours:

#### Archery 2nd session:

• Wednesday, February 15 – Friday, February 24: 8 a.m. – 3 p.m.

#### Youth, Muzzle and Rifle hunts:

- Wednesdays: 8 a.m. 7 p.m.
- Thursdays and Fridays: 7 a.m. 9 p.m. and 1 p.m. 3 p.m.
- Saturdays and Sundays: CLOSED

Hunters may check in online using the outerspatial app if the hunter check station is closed, but in-person check in is preferred. All hunters must check out of their hunt and record harvest results at the end of each session.

#### IT'S THE LAW

#### It's the Law

Contributed by the Maui Police Department – Lāna'i District

#### The Maui County Municipal Code 10.20.450 - Mudguards states:

No person shall operate on any highway any motor vehicle, trailer, or semitrailer unless equipped with fenders, covers or devices, including flaps or splash aprons or unless the body of the vehicle or attachments thereto afford adequate protection to effectively minimize the spray or splash of water or mud to the rear of the vehicle.

Simply, this means that it is illegal to have any part of your tire sticking out of the wheel well/fender of your vehicle without proper equipment. If the vehicle body does not protect from projecting debris due to being lifted or having the tires extend past the body, then mud flaps/splash aprons or fender flares need to be installed on your vehicle.

Penalties begin from \$72.00 per tire and could total up to \$576.00. For example, if you have a lifted truck and you have four (4) wide tires that extend past the body of the vehicle, you can be cited \$72.00 x (4) for the tires for not having fender flares and an additional \$72.00 x (4) for not having mudguards/splash guards. That is a total of \$576.00 in penalties.

#### Hawaii Revised Statute 291C-150 - Bicycle Helmets requires:

That anyone under 16 years old wears a properly fitted bicycle helmet while operating a bicycle on any street, bikeway, or any other public property.

A violation of this section is punishable by a fine of not more than \$25.00, and the parent or legal guardian having control or custody of an unemancipated minor whose conduct violates this section shall be liable for

the amount of the fine imposed under this section.

Although it is not required for everyone to wear a bicycle helmet, it's recommended that riders of all ages use a helmet. While using a helmet does not eliminate the risk of injury, it significantly reduces the odds of a head injury. Studies have shown that helmets reduced the risk of head injury by at least 45%, brain injury by 33%, facial injury by 27%, and fatal injury by 29%.

#### 'Ōlelo No'eau

Kuhi no ka lima, hele no ka maka. Where the hands move, there let the eyes follow.

A rule in hula (Pukui 201).

#### Student film selected for Hawai'i International Film Festival

f you think a black and white film without dialogue isn't your cup of tea, then you probably haven't watched "The Artist's Subject," a five-minute short film by Lāna'i filmmaker and high school student, Lucie Reese. The film, shot on Hulopo'e Beach, was an official selection of the 2022 Hawai'i International Film Festival.

Beautifully shot, carefully constructed, and sensitively acted, "The Artist's Subject" is Reese's follow up to "First Base," her earlier short film that premiered at the Lāna'i Theater in September 2022. The prior film, shot over several months in 2022, starred multiple Lāna'i community members and relied on a crew of volunteers. In contrast, "The Artist's Subject" had a cast and crew of just one person, Reese, who plays the only two roles in the film.



Lucie Reese in "The Artist's Subject"

"It's a film about perception," says Reese. "There's an artist and there's a subject. The artist is painting who they think they are — their perception of how they see themselves."

Reese shot the film in 2022 in under three hours, using a camera and tripod borrowed from her parents.

"I would set up the tripod, go behind the camera and take a few test shots," says Reese. "There was no one else to help me. I was filming by myself."

Her only company during the shoot were a few guests of the nearby Four Seasons Resort Lāna'i who wandered by and stopped to ask what she was doing.



Louis-John Romero (left) as Rich Reese and Garry Mendoza as Earl in "First Base"

She edited the film on her laptop, often using "little specks of time between classes" at high school.

Reese made the film as part of a class she took online from Hawai'i Women in Filmmaking "Making Media That Matters." She credits the organization with providing practical support and for submitting her finished work to the film festival.

Reese learned "The Artist's Subject" had been accepted to the festival the night before "First Base" premiered in Lāna'i to an audience of 180 community members. A few weeks later, she was attending the screening of her film at The 2022 Hawai'i International Film Festival.

"It was the first time I had seen it on the big screen," says Reese. "It was emotional for me. Ever since I was young, I've always wanted to act. I always had that vision of seeing myself on the big screen with people watching me. The moment the screen came on, my second-grade self was proud."

"The Artist's Subject" was part of the festival's Student Showcase.

Today, Reese is submitting her earlier film, "First Base," to multiple festivals and working on her next film project.

"I'm really excited for it because [the new film] is really different than 'First Base," says Reese. "I have the outline done, and I'm almost done with the script."

Similar to "First Base," she will be relying on members of the community to help with the project.

"It's just amazing what this community has done. Such a positive community and I'm so grateful. I want to thank the community because without them 'First Base' wouldn't be what it is."

"The Artist's Subject" and the trailer for "First Base" are free to watch on Reese's YouTube channel, Lucia Cinema (youtube.com/@LuciaCinema).

Photography courtesy of Lucie Reese

# Supporting victims of domestic violence with immediate financial support

or victims of domestic violence, the decision to leave an abusive relationship is never an easy one. Many serious factors contribute to a victim's thought process when assessing their options, such as the threat of increased abuse, how leaving will impact other family members, whether they have a safe place to go, and if they have the monetary resources to leave

The Lāna'i Domestic Violence Taskforce's new Financial Assistance Program aims to remove some of the financial barriers that prevent a victim from leaving an unsafe situation.

"Many times, it starts with creating their own personal plan which could include expenses," says Kelli Maltezo, a child and adult protection specialist for the state of Hawai'i and a member of the Lāna'i Domestic Violence Taskforce (LDVTF). "My car hasn't been working and I need to get it fixed first, or I need to set up my own cell phone plan.' All of these thoughts are going through these victims' minds, and we want to support all victims whether they are planning to leave a relationship or are already in the process of leaving."

Through the Financial Assistance Program, victims of domestic violence can apply to receive up to \$500 which may be used on monetary expenses that support their needs. Examples include purchasing a plane ticket to another island where a victim's family is located, using the money as a security deposit for a separate place to live, or using funds to establish a bank account.

Applications will be reviewed on a first-come, first-served basis and LDVTF will make a determination in three working days. "If someone is in an emergency situation on Lāna'i, we want them to have a place they can turn to to access funds quickly," explains Maltezo.

In addition to the program being Lāna'i-based and for Lāna'i residents, another benefit is that applicants do not have to already be signed up with a social service provider. The program is a stand-alone financial program, but the taskforce hopes it can direct victims to other social service agencies for additional support and resources.

The Financial Assistance Program was established from LDVTF's annual fundraiser which has garnered tremendous support from the Lāna'i community. Funds raised traditionally cover expenses related to hosting workshops, presenting at community events, and training taskforce members to provide outreach to other providers in the community, such as health care workers and clergy members. After the 2021 fundraiser, the taskforce wanted to create its own program that would directly impact people in the community. "We have so many great donors that support our fundraiser each year," says Maltezo. "We want to be able to show our donors and supporters that this is where your money is going to. Something very tangible."

Maltezo hopes that the new program also sheds light on the very real issues of domestic violence on Lāna'i. "I hope the community recognizes that domestic violence is prevalent on Lāna'i even if it's not actually visible," says Maltezo. "Many times, people think of domestic violence as just physical violence, but a huge part is also emotional, psychological and financial abuse."

For Financial Assistance Program qualification requirements and to request an application, please email lanaidvtf@gmail.com. Applications may also be picked up at the Lāna'i Police Station, Women Helping Women, Parents and Children Together and Lāna'i Child Welfare Services. Interested donors may also contact lanaidvtf@gmail.com.

# Seeking a cure for physician shortage

awaiʻi's physician shortage has long been a challenge, most recently exacerbated by the COVID-19 pandemic as physicians battled with uncertainty and burnout. The need for physicians is felt more acutely in rural communities like Lānaʻi. According to the 2022 Annual Report on Findings from the Hawaiʻi Physician Workforce Assessment Project, there is a shortage of 776 physicians in the state, with Maui County looking to fill 167 of those spots.

A partnership between the University of Hawai'i's John A. Burns School of Medicine (JABSOM) and Pūlama Lāna'i aims to help reverse the shortage by exposing medical students to rural health care in hopes that they will eventually decide to practice in rural communities.

Established in 2011, JABSOM's Hawai'i Rural Health Program gives first-year medical students the chance to provide health care in rural areas of Hawai'i Island. Since then, it has expanded to Kaua'i, and in 2022, a grant from Pūlama Lāna'i brought the program to Lāna'i.



Members of the John A. Burns School of Medicine's Hawai'i Rural Health Program will spend two months on Lāna'i.

"A big part of this program is living in a rural community and seeing what it's like," says Jill Omori, MD, director, Office of Medical Education at JABSOM. "Our first Lāna'i cohort got to experience the challenges, but also the benefits, of working in a rural community. The students felt that the community was so supportive and friendly."

Six second-year medical students make up the second Lāna'i cohort currently living, learning and providing care on island. Cohort participants are from JABSOM's rural health interest group.

While growing up on Guam, cohort member Eduardo Biala, Jr. experienced firsthand the challenges people in rural areas face when it comes to health care. "When the opportunity was announced to our class that we could spend our MD7 unit on Lāna'i, I immediately hopped on the opportunity and applied," says Biala, Jr.

The cohort members participate in virtual JABSOM lectures based on Oʻahu, learn from tutorial sessions with a Lānaʻi physician, and gain clinical experience interacting and assisting with patients at Lānaʻi Community Hospital, Straub Medical Center – Lānaʻi Clinic, and Lānaʻi Kināʻole.

"We have learned so much about what health care is like here," says Biala, Jr. "Working with the folks at Lāna'i Kinā'ole has been an eye-opening experience for me, learning how integral of a role they play in ensuring the health care needs of the residents are met in the face of obstacles and challenges, such as transportation access."

In between lectures, studying and clinic time, the cohort has been able to enjoy some of what makes Lāna'i special, including stargazing and deer sightings.

"Being here reminds me so much of my home in Guam," adds Biala, Jr. "Everyone knows each other, and you definitely feel the sense of community and 'small town' living that doesn't exist anywhere else but Lāna'i."

## Latest news from Four Seasons Resort Lāna'i

#### Gold certification for organic landscaping

Four Seasons Resort Lāna'i was awarded gold certification for its organic landscape management by Maui Nui Marine Resource Council (MNMRC), making it the first property to receive accreditation for reef-friendly landscaping.

MNMRC's Reef Friendly Landscaping (RFL) Program aims to prevent polluted runoff originating from the use of synthetic fertilizers, herbicides and pesticides from resorts, golf courses,

businesses and residential areas. Research has shown that traditional pesticides, fungicides and fertilizers can negatively impact marine ecosystems and can cause cancerous growths in sea turtles and other marine life.

MNMRC worked with Robert Woodman, director of landscaping at Four Seasons Resort Lāna'i, to incorporate plants that are less water



and labor intensive, and those that can thrive in the specific microclimate around Hulopo'e Bay. Woodman has been leading the landscaping team for seven years, managing 12 densely planted acres of gardens, which includes several native Hawaiian plants.

#### Sensei Lāna'i, A Four Seasons Resort ranked top 10

Organic Spa Magazine, the paramount media source in natural beauty and wellness, recently ranked Sensei Lāna'i, A Four Seasons Resort as one of its Top 10 wellness travel destinations. Each year, the publication's hospitality experts investigate the best and brightest experiential spas and transformational hotels across the globe to bring its readers the best in wellness travel.

#### Amir Nematipour appointed to director of food and beverage

Previously executive chef at Four Seasons Resort Lāna'i, Nematipour will oversee all food and beverage operations.

"We are so pleased to welcome Amir into this role, a new chapter for him," says Alastair McAlpine, general manager of Four Seasons Resort Lāna'i. "His culinary positions have provided valuable experience delivering high-level, luxury service to restaurants as well as for social occasions



Amir Nematipour, director of food and beverage

such as group events and festive weddings. We look forward to seeing him leverage his creativity and keen management skills to develop innovative experiences and a strong team on property."

Prior to Lāna'i, Nematipour served in several high-end kitchens in Los Angeles, the Middle East and Europe.

Photography courtesy of Four Seasons Resort Lāna'i

#### Slice of Life: Football All-Stars

hree Lāna'i High & Elementary School football players were selected to The Maui News 2022 MIL 8-Player Football All-Stars. Senior offensive lineman Shawn Abraham and junior running back Diesel Del Rosario made the first team offense selection, and senior defensive back Aiden Hough made the first team defense selection.

Even more impressive is the relatively short time all three students have been playing football for LHES. This was the first full year Hough and Abraham played LHES football and second year for Del Rosario.

The future looks bright for these young men. After high school, Hough hopes to play baseball for a D1 or D2 college and eventually make it to the MLB. Abraham plans to continue playing football in junior college after taking a gap year to work.

Honorable mentions include Ryan Noble and Reece Etrata.



Diesel Del Rosario



Aiden Hough



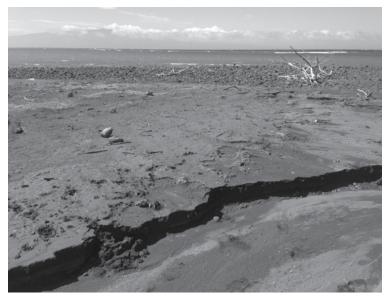
**Shawn Abraham** *Photo courtesy of The Maui News* 

#### Fish for the future

The community is coming together to ensure Lāna'i has plenty fish for the next generations

Contributed by Lesa Griffith

lmost 500 years before Captain Cook stumbled on Hawai'i, islanders were catching as much fish as today's fisherman — while keeping fish stocks healthy. They achieved that balancing act by following the rules of the kapu system that controlled catches. Meanwhile, over the last 100 years, catch reports for some Hawai'i fish have decreased by 90 percent. So, the state has been looking to traditions of the past to improve the future outlook for island fisheries.



Example of siltation on Keōmoku coastline from just one rain episode

In August 2015, Gov. David Ige signed into law the state's first community-based subsistence fishing area (CBSFA) in Hā'ena on Kaua'i's north shore. CBSFAs are a state-recognized avenue for local community groups to mālama 'āina by proposing regulatory recommendations and management activities to sustain the health and abundance of marine resources for current and future generations. This type of initiative uses traditional knowledge as a strategy for resource management. On Kaua'i, Hui Maka'āinana o Makana, an association of fishing families ancestrally tied to the area, works with the state to successfully manage fishing and educate the public. Hā'ena has become internationally recognized for this groundbreaking work. Then last June, Miloli'i on Hawai'i Island became the state's second CBSFA.

Now other fishing communities throughout the islands — including on Lāna'i — are exploring becoming CBSFAs. On January 25, eight people gathered at the Lāna'i County District Office to discuss establishing the entire island of Lāna'i, where fishing and hunting are a way of life, as a CBSFA.

"The group was small, but two main themes were dominant," says lawai'a (fisher) and hunter Stanley Ruidas who is spearheading the effort. "One was creating a plan to sustain the lifestyle that is uniquely Lāna'i and to maintain the shoreline and waters surrounding Lāna'i for our children and our children's children. It was said repeatedly during the meeting that this initiative will not be for us, but for the future generations. Secondly, collaboration."

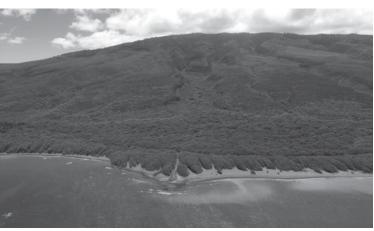
Ruidas cites the importance of the Lāna'i fishing community, Department of Land and Natural Resources (DLNR), Department of Aquatic Resources (DAR) and Pūlama Lāna'i working together to ensure the protection of the island's resources.

To establish a CBSFA, the community needs to come together to identify "an overall goal to regulate the specific needs for their aquatic sustainability and to establish the guidelines to maintain it," explains Ruidas. "CBFSAs are never created to be a one-size-fits-all [initiative]." Instead, it is tailored from the wants and needs of each community.

"Most CBFSA's have the same foundation — establishing seasons for catching certain types of fish or the gathering of 'opihi and limu, and determining what counts as offshore waters and what steps will be taken to protect the shoreline and outward," says Ruidas. "It is also a reminder — which was stressed to the new participants — that the CBFSA initiative at its very core is community based, so their input is critical and feedback is necessary to establish the guidelines that will protect our waters."

"Pūlama Lāna'i is very much interested in seeing a community-based subsistence entity in place," says Jonathan Sprague, director of conservation for Pūlama Lāna'i. "It would be great for the island's resources."

He points out that the Kuahiwi a Kai: Lānaʻi Watershed Program already supports the goals of a future CBFSA on the windward side, where the nearshore reef is heavily impacted by silt. "One of our big goals is to reduce the amount of sedimentation running off of the slopes onto the reef," says Sprague. "You support the health of the reefs by supporting the health of the land." That support includes reducing the number of ungulates and restoring native vegetation.



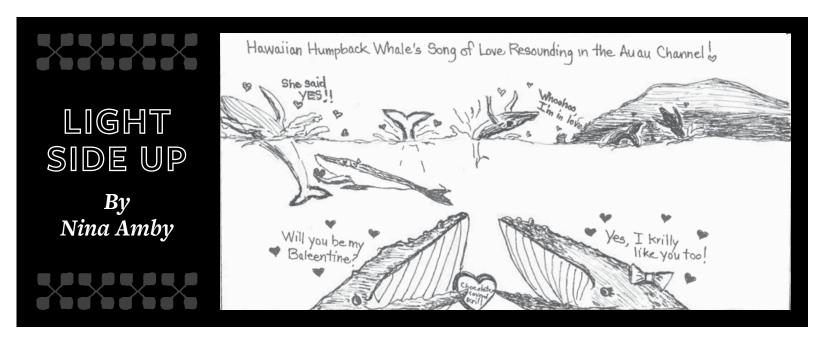
Keōmoku shoreline accretion

As on many islands, Lāna'i residents rely on the natural resources. "Because we have a relatively low population, the fishery is still pretty healthy," says Sprague. "Getting ahead of the curve and protecting ocean resources now [with a CBFSA] is a lot of good foresight."

"You support the health of the reefs by supporting the health of the land."

Ruidas says more meetings

are coming and next steps are to establish guidelines that will cover everything from regulating seasons to designating offshore limits, as well as to "brainstorm on innovative ways we can work together to use technology instead of just manpower to monitor the waters around the island."



#### Pine Lasses take gold

LHES girls basketball team makes history with first league championship

hat, if any, are the advantages of having a team of shorter basketball players? It is a question MaryLou Kaukeano and Christian Yumol, the two co-head coaches of the Lāna'i High & Elementary School girls basketball team, answer without hesitation and in perfect unison, "Speed!"

They should know. Their team, the Pine Lasses, won the Maui Interscholastic League Division II tournament this past January for the first time in school history. They did it with a team of players whose heights range from 4'10" to 5'10".

"Most are under five foot, six inches," says Yumol. "We're the smallest."

They may also be the fastest. The team put that advantage to use during their games with "a lot of fast breaks, running up and down the court. A lot of possessions."

"If we're going to talk about speed, we've got to talk about Veniza Jackson," Yumol says about the junior who scored 22 points during the championship game. "I call her the Road Runner. She's just zooming back and forth on court. She's probably one of the fastest players in the state."

Speed isn't the team's only advantage. The Pine Lasses also bring cohesion and experience. Kaukeano and Yumol have been a coaching duo for a decade. The two have been continuously coaching some of their senior



Veniza Jackson

players for the majority of that time.

"This group of juniors and seniors we've tau

"This group of juniors and seniors, we've taught many since middle school," says Kaukeano.

"We had a very strong team coming back this year," says Yumol. "That was the only way they were going to get the title. Every year we're always kinda fighting for first place. They were so close last year and heartbreakingly lost. From that very day we said, 'The championship is ours and we're not settling for anything else.' They did exactly what they were supposed to do."

During the preseason, the team came together for practices five days a week. Once the regular season started, they dropped down to four practices a week to make time for traveling to games.

At practice "everything is on repeat," says Yumol. "Repetition is everything. You've got to keep working on your craft until you master it. Keep doing the same thing until you feel so good about it that it's time to move on."



Keala Montgomery

All that practice paid off.

"The one compliment we always get about the whole team is their chemistry," says Yumol. "They know how to find each other. They know where they're going to be. When they're moving and shaking it's a beautiful thing to watch."

The Pine Lasses also benefit from cohesion that extends beyond the team and their coaches — all the way into the community.

"Anything to do with youth sports, this community is extremely supportive," says Kaukeano. "When we have bake sales, they are more than giving."

"Everyone is so generous" when it comes time to do fundraising, says Yumol. "We live in the middle of the Hawaiian Islands. When we go on a trip, we have to pay for everything. It's a lot of money to get off the island. It's \$300 [per person] just to get to Oʻahu. It's a tremendous amount of money [for the whole team]."



Haley Ostrander

Sometimes, even with all the community support the budget won't stretch for a hotel.

"If we aren't able to raise the money, we sleep in the gym...and I'm on an Aerobed," says Kaukeano who clearly loves coaching, but not spending the night on gym floors.

Community support went into overdrive when the girls arrived home with their gold medals, having won all 10 of their league games.

"They had a little parade for us when we got home," Kaukeano says. "Fifty or sixty people greeted us by the basin."

Now, about that championship game against Moloka'i.

"You could just see it on them," Yumol says. "They were the team that got the message. I told them, 'Look, do it for the island. Do it for every team before you, because no one else has done it."

By the end of the first quarter, the Lasses led Molokaʻi 15-8.

#### **Player Spotlights**



Senior **Haley Ostrander** has been selected to participate in the Mufi Hannemann Invitational Girls Basketball Jamboree, a unique all-star tournament which showcases Hawai'i's female basketball players.

Ostrander is the first player from Lāna'i to be invited.



Senior **Keala Montgomery**, who also excels at softball and plans to play the sport in college, is deciding between Lawrence University in Wisconsin and Kenyon College in Ohio.

"They let it all out," says Yumol. "They were hell bent on making sure they were not going to be denied. Some of our seniors were overcome with emotions from the third quarter. I said, 'You guys gotta chill out."

At that point the team was ahead by more than 30 points, allowing the coaches to relax a little and change strategy.

"Pretty much everyone played," says Yumol. "We pulled the starters and got some of our freshmen and other players playing. I didn't necessarily have to coach the team, because they knew what they were doing. Some of the girls that don't typically shoot were shooting and making shots. It was crazy. We could do no wrong."

At the end of the game, Lāna'i led Moloka'i 62-31.

"You chase something so big, and then when it's there, and it's inevitable, it's surreal," says Yumol. "It was really nice to watch. Relief. Joy. All at once. It was an unbelievable season. I couldn't be more proud of them."

#### Players on this year's history-making team:

Katelyn Bello, Myah Doolin, Leisha Figuerres, Kamrynn Kanno, Veniza Jackson, Mia Majkus, Keala Montgomery, Haley Ostrander, Shelby Ostrander, Alexa Pascual, Souina Seiuli, Trinity Simon, Miyah Vila.

Co-head coaches MaryLou Kaukeano and Christian Yumol are joined by two volunteer coaches, Gina Anton and Mahina Romero. Yumol's daughter, Kylie Yumol, helps out by recording all the games.

# We love our pets!

In celebration of National Love Your Pet Day on February 20, Lāna'i Today put a call out on social media and asked community members to send in photos of their pets — and the photos came rolling in! As we read through the submissions, one thing became apparent: our pets play an important role in bringing happiness to our everyday lives.



Max, 10 years Owner: Gianna Reilly



Kiwi (Green Check Parrot), 1 year & Zoey (cat), 4 years Owner: Joy Maggard



Coco, 5 years Owner: Janet Cortez



Kong, 5 years Owner: Josh and Maria Bunting



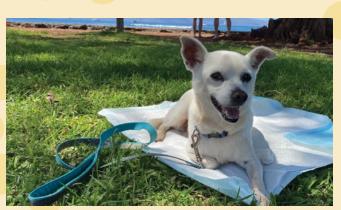
Snickers, 16 years Owner: Diane Irons



<mark>Frank</mark>ie, 3 years Owner: Anne Van Valkenburg



Roxy (left), <mark>16 years and Snookje (rig</mark>ht), 14 years Owner: Alec & Rain<mark>e Pascua</mark>



BJ, 18 years Owner: Levina Inaba



Mopsey, 1 year Owner: The Kahihikolo Family



Dash Masuno, 6 years Owner: Jolene Sugiyama-Segault



Bliss, 12 years, Owner: Edward and Terri Lynn Cousley



Whisky Plunkett Masicampo, 5 years Owner: Josette Plunkett



Bubbles, 5 years, Owner: Anita (Saranillo) Fuertes & Dennis Fuertes



Lena (mom), Loki (uncle): 8 years, Wielo (dad): 4 years, Odin, Cotton, & Missy (Lena's & Wielo's offspring): 3 years Owner: David Carlson



Ludo, 3 years Owner: Jolie Hamm



Kimbo, 13 years Owner: Shelly Barfield



Toulouse, 18 years Owner: Kathy and Mike Carroll



Cat, 16 years Owner: Genalyn and Duke



Luna, 4 years Owner: Genalyn and Duke



Maka, 1 year Owner: Harrilynn and AJ



Yoona, 3 years Owner: Mindy Bolo



Kobe, 4 years Owner: Jolene Sugiyama-Segault



#### Community invited to activities at Lāna'i Hongwanji Mission

he Lāna'i Hongwanji Mission lends its facilities to various community groups that host a range of classes. The community is invited to come out and try any of these activities taking place throughout the week:

- Lāna'i Jiu Jitsu and Kickboxing adult and kid classes held Mondays, Tuesdays, Thursdays, Fridays and Sundays. For a full schedule, please visit lanaijj.com.
- Therapeutic Yoga Wednesdays at 5:30 p.m. Certified instructor Deborah Scarborough's style is slow and gentle but can be as advanced as the student prefers.
- Tai Chi and Gymnastics Sundays at 2 p.m. and Mondays at 4 p.m., taught by Sifu Hung.



The community is welcome to attend service typically held at 9 a.m. on the second Saturday of each month. Please check the board in front of the temple for the schedule. Lāna'i Hongwanji is also planning a bento fundraiser in April and its annual bon dance festival in July.



443 7th Street (next to the Pharmacy) Open M-Th 10-5, F-Sat 10-6, Sun 10-2) • 808-565-7122 10% Kama'aina Discount! MikeCarrollGallery.com



#### 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 Appreciation events
- 100% paid Medical, Vision and Dental Insurance
- 401(K) plan

#### Open position

#### Maintenance Farm Associate I

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





#### **Executive Assistant**

The Lāna'i Community Association is looking for a Part-Time Executive Assistant! We are looking for a candidate who is:

 $\Rightarrow$  Organized  $\Leftarrow$ 

 $\Rightarrow$  Detail-Oriented  $\Leftarrow$ 

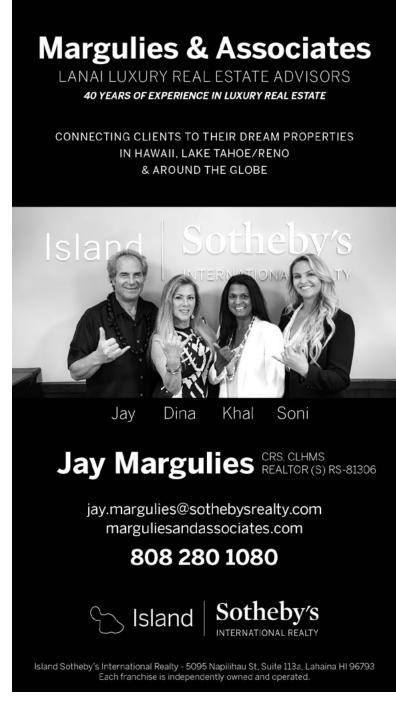
⇒ Passionate about Lāna'i ←

Our Executive Assistant works closely with the Board of Directors to organize special events, assist with fund drives, and submit grant applications.

#### For more information contact:

Kay Okamoto President, Lāna'i Community Association (808) 565-7519 kay@okamotorealty.com







### Lāna'i Community Health Center

#### LCHC welcomes new Executive Director Rahnia Boyer

ahnia Boyer joined LCHC in March, 2022 as the Associate Executive Director with 17 years of healthcare operations and administrative management and leadership experience from rural Alaska. Rahnia started in the healthcare field as a student intern which led to her working directly in chronic disease prevention and management, where she received the opportunity to not only offer patient care and community education but was able to start her healthcare management and leadership career. Prior to moving to Lāna'i to join her family, Rahnia worked at the Yukon-Kuskokwim Health Corporation where she provided executive leadership to the management of 46 remote village clinics, Diabetes prevention and management, the Environmental Health program,



E Ola Nō

Lāna'i

Life,

Health

and Well-being

for Lāna'i

Human Resources, and Legal departments. She is a leader who values communication, teamwork, and working towards providing quality care and serving the community healthcare needs.

In addition to her professional experience, Rahnia has also appreciates opportunities to give back to the community in various ways. She has volunteered on professional and community committees and boards, as a volunteer EMT, as a booster/coach/ref for youth sports, as a hospice volunteer, and as a Big Sister in the Big Brothers Big Sisters program. She enjoys spending time with her family, staying active, playing sports, watching movies and shows, and reading.

Rahnia earned her master's degree in communication and leadership from Gonzaga University and her bachelor's degree in biological sciences from the University of Alaska, Fairbanks. She is also a scholar for American College of Healthcare Executives (ACHE) Thomas C. Dolan Executive Diversity Program and maintains a certification as a Senior Certified Professional from the Society for Human Resources Management.

#### LCHC welcomes Jacey G. Laborte - Risk Management, Safety, and Privacy Officer

acey Laborte's position manages and oversees Lāna'i Community Health Center's risks management and safety services, and through continuous improvement, provides mitigation of potential risks and safety issues through continuous improvement. As the Privacy Officer, Jacey is responsible for maintaining and coordinating compliance for the health center in all aspects required by law, and creates a culture of safety through continued education. Jacey also works closely with the Director of Quality—providing informatics from source data, to collaborate in the maintenance and growth of the Quality Improvement Plan of the health center.



In this position, Jacey will serve the community and patients of Lāna'i Community Health Center by ensuring compliance to all rules and requirements, implementing

best practices, and providing effective and inspirational leadership in these areas to our team. This will facilitate overall quality of care for our patients, by ensuring their needs are met and optimum performance of the health center is sustained. In collaboration with his colleagues in leadership, Jacey will provide his expertise in these areas, and continue to support the strategic goals of Lāna'i Community Health Center.

For over 10 years, Jacey has been a private consultant in the health care industry specializing in clinical practice management, along with serving as a Clinical Director/Privacy Officer for other Federally Qualified Health Centers. Recently, Jacey was worked within the health insurance sector, specific to Medicare and Medicaid members in Hawaii. Jacey holds degrees in Anthropology, Sociology, and Psychology. His experiences in the corporate and nonprofit realms have fostered a passion for navigating the innovative health care domain, with experience in strategic management and growth. Jacey's belief in valuing and sustaining culture, and our unique human expressions, help to grow our community in meaningful ways. Jacey celebrates diversity and it, along with a primary focus on patient care with clinical diligence, directly drives his goals and future aspirations.

He has travelled extensively throughout the world and enjoys arts, culture, new cuisine, and spending time with all his friends. He strives to support his favorite charities and organizations whenever possible.

#### After hours Medical Provider and Same Day appointments

We strive to have same day appointments available daily so please call us to discuss and if none are available our team will look to have a medical provider speak with you to assist with your health needs as soon as they are available to do so. We also understand how important communication is in your health for you and your family and, in the event you need to talk with one our medical providers for non-emergency needs after the clinic is closed, you may reach them at 808-563-9630. Please leave your name, number, and a detailed message if someone doesn't answer your call immediately. One of our medical providers will return your call as soon as possible. Of course for any emergency, please call 911 or go to the nearest emergency room.

"We are looking for someone great to join our team! Maybe it's you or someone you know? Ask us about our employee referral program!"

#### □ DENTAL ASSISTANT □ FRONT DESK REPRESENTATIVE □ MEDICAL ASSISTANT

apply online at https://lanaihealth.org/career-opportunities/ or drop off at Lāna'i Community Health Center at 333 6th St.

Open Monday - Saturday with evening hours available!

(808) 565-6919 - www.lanaihealth.org - @LanaiHealth



# TAKE CARE OF YOUR HEART

Each day our heart beats an average of 100,000 times, pumping blood through blood vessels that are more than 60,000 miles long. Our heart is an amazing engine, but it needs our help to keep moving. During National Heart Month we're challenging you to take care of your heart with these tips below:

- Eat well: Eat more vegetables, fruits, whole grains, and fish.
- Exercise: Get at least 150 minutes of moderate activity weekly.
- Sleep: Get seven to nine hours of quality sleep every night.
- Screenings: Schedule annual wellness exams. Early detection and treatment are key to managing your health.

Small lifestyle changes can lead to big benefits, so talk to your doctor today about a plan that works best for you. Learn more about Maui's nationally-recognized heart program at *mauihealth.org/heart*.

Maui Memorial Medical Center Maui Memorial Outpatient Clinic Maui Wound Care and Hyperbaric Therapy Kula Hospital and Clinic Lāna'i Community Hospital





#### Minimum Requirements at time of application:

- 1. Must be at least 62 years old.
- 2. RD Income Limits:

One person - \$35,900 Maximum Two persons - \$45,650 Must be capable of achieving an independent living status.

Call office for more information 565-6615



#### **OPEN POSITIONS**

Conservation Field

Recreation Center Assistants

Assistant

Sales Associates

Cooks

Deli Assistant

Security Officer

Distribution System **Operator Apprentices**  Theater Attendant

Equipment Operator I

F & B Servers

Fleet Lot Assistants

Housekeepers

Houseman

Landscape Workers

APPLY ONLINE pulamalanai.com/#careers

DIRECT INQUIRIES

hr@pulamalanai.com

808.565.3000

Lāna'i Culture & Heritage Center presents



# Free Resident **Hunt!**

Lāna'i Community Stewardship Program Restoring health to our 'āina

Visit lanaichc.org/hunting for more information

Ungulate Removal - January 2023







Hunts

Deer

Mouflon

#### **COME DINE WITH US**





Celebrate with friends and family at Four Seasons Resort Lāna'i.

Enjoy Spicy Crispy Chicken, Burgers, Salads, Kalbi Short Ribs and more

The Break: 5:30AM - 11PM, Daily

VIEWS: Lunch 11:00 am - 3:00 pm, Tuesday-Sunday. Reservations required (808) 565-2230.





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.

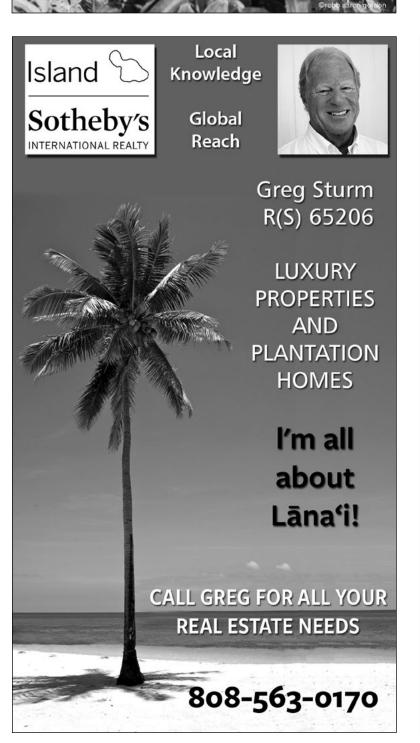
We're currently hiring for a variety of roles including:

- Fitness Practitioner
  - · On-Call
- Meditation Practitioner
  - · Full time & On-Call
- Aesthetician
  - Full time & On-Call
- Yoga Practitioner
  - · Full time & On-Call
- Massage Therapist
  - · Full time & On-Call
- Retreat Assistant
  - · On-Call

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









P.O. Box 630008 Lāna'i, HI 96763

Current Resident or Boxholder Lāna'i, HI 96763

**BULK RATE** U.S. POSTAGE

PAID

LANAI CITY, HI 96763 PERMIT NO. 4

## Bringing the plantation era stories to life through art

OR CODE TO WATCH THE FILM

Last year was a busy one for Lāna'i Culture & Heritage Center (Lāna'i CHC) as they developed a number of programs and events to honor the island plantation centennial — a celebration of Lāna'i's vibrant community, history and people. This included a unique partnership with Maui Public Art Corps, which brought plantation-era stories to life.

In early April, Kelly McHugh-White, founder and chair of Maui Public Arts Corps (MPAC), reached out to Lāna'i CHC's executive director, Shelly Preza, to see if the center would be interested in partnering on a public art piece. While some may perceive public art as being something physical such as a sculpture or mural, McHugh-White explained that it included digital as well. The conversation led to the idea of recording intergenerational interviews and bringing historic photos from Lāna'i CHC's archival collections to life through digital art.

"I think something that I found really interesting was their approach to doing intergenerational kind of talk stories, helping to facilitate kind of these conversations between different generations," says Preza. "And I thought, well, that very much fits in with the culture center and our mission to preserve, perpetuate and honor Lāna'i's unique history, culture and values."

Three talk-story sessions were recorded with Dean Del Rosario and Shelly Preza, Soon Yai Amaral and Diane Preza, and Henry Eskaran, Jr. and Anthony Pacheco. While many histories written might focus on tough working conditions and economic disparity, for this series, Lāna'i CHC wanted to focus on the vibrant lives people lived and the deep connections they forged as a community.

"I think that the deep sense of community and values is something that I haven't really read much in history books. Through my own personal conversations with my family, I understand there was much more to plantation life than just work," Preza explains. "The work was hard. They'll say that. But, I think they also have a lot of nostalgia around that time and just how joyful and how awesome the community was. The idea behind this partnership is to celebrate the vibrant plantation community that existed here on Lāna'i and to honor those who have come before us."

After the recordings, Maui Public Art Corps coordinated discussions between Lana'i CHC and Ace & Son Moving Picture Company, a Brooklyn-based animation team. Lāna'i CHC provided photos from its archival collections that aligned with the stories, and New York-based artist Taisiya Zaretskaya then created a painting of each one, which was then composited by Natalie Greene. Artist Richard O'Connor and his animation team then combined all the elements to create the animated films.



















To view the art and to learn more about the partnership, visit mauipublicart.org/lanai.

To stay up to date with Lana'i CHC events and programming, visit lanaichc.org, follow them on Facebook and Instagram (@lanaichc), and sign up for their e-newsletter.