

# LĀNA‘I TODAY

## First round of COVID-19 vaccines arrives on Lāna‘i



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Lāna‘i kūpuna Sally Takahama, Hideko Saruwatari, Cookie Hashimoto, who are all in their nineties, are among those in the high-priority group to receive the vaccine to prevent COVID-19. The kūpuna were administered their first doses (of two doses) Saturday, January 2, 2020, at the Straub Clinic parking lot on Lāna‘i.

“I was anxious to get it, so when Public Health called and asked if I wanted the shot, I said yes, of course! I was very glad they called,” says Takahama. She says her arm was sore for a few hours, but an ice pack took care of it. The second dose of the vaccine will be administered in mid-January.

Photograph by Ron Gingerich

## Lost and found

The English word for a poem expressing sorrow for one who is dead is *elegy*. It is borrowed from Middle French's *élegie*, from Latin's *elegia*, from Greek's *elegiā*, ultimately from *élegos*, a mournful poem (*The Barnhart Concise Dictionary of Etymology*, 1995). *Elegy* is a good word, a word of substance, an onomatopoeia of a poet's loss, the sound of it soft on the ear when it is said out loud, *eh-leh-gee*, as the word reverence or consolation or prayer is soft, and yet, somehow enlivening, an act of intention and private grief.

I have not yet found a word in English that expresses sorrow for the ways of life that are lost or gone now, for milestones or rites of passage that, because of this pandemic, are no longer safe to celebrate in person, and so come and go unsung; or are acknowledged, but from a great distance, sometimes worlds away. There should be a word for this sadness. Who among us hasn't felt the sadness of being grounded for months, unable to travel or sit in a classroom with our classmates or celebrate a niece's high-school graduation, or a grown son's birthday? This is a collective sorrow; there must be a word for it.

We have the words lament and regret and grief and keening, which are all responses to loss, and we have melancholy, a wistful kind of sadness whose cause is unknown. But none of these words suffices. They all feel generic and all-purpose and anemic, when the grief we are experiencing feels specific and personal and unabating, or if not unabating, certainly exhausting, at times.

"When sorrows come, they come not single spies, but in battalions," says Claudius, in Shakespeare's *Hamlet*, Act IV, Scene V. It feels like we are at that moment in this pandemic. Fresh battalions of sorrow arrive ashore every day.

Maybe no such word in the English language exists. I am not so naïve to think that there is no word because this moment is unprecedented, that the world has never before suffered losses of such magnitude as this. Historians of the great world wars or plagues or pandemics would shake their heads in disbelief at such willful amnesia, or worse, ignorance. Still, it is a mystery. A language that is as nuanced as ours, one that has many words for joy should have as many words for loss.

**A language that is as nuanced as ours, one that has many words for joy should have as many words for loss.**

But why should it? Even as I write this, sadness and sorrow feel like rooms we must pass through quickly; to linger there is to be indulgent.

And yet, this need to find expression for this collective sorrow, to share it with others, grows in me. Not only stories of sorrow, but its inverse, joy.

I'm a listener of public radio, and one morning, not long after the new year, the hosts of *Morning*

*Edition* asked listeners to share their stories of what they'd lost – loved ones, ways of life, activities they miss being able to do – and stories of joy, of what they'd found – a new hobby, a different way of thinking, a good new habit or routine, in 2020.

The idea so deeply resonated with me. I thought, yes! By telling our stories, stories of what we've learned, about ourselves, about who we are, and what the pandemic is teaching us about the kind of people we want – and need – to be, this is how we make sense of loss. And so, dear readers, may I ask you to share your stories of what you've lost – and found – in 2020?

Maybe what I am searching for is not a word that expresses collective sorrow for a way of life that is gone, but for stories in which we find ourselves, stories that show us how, in a pandemic year, we have sought joy, no matter how dark the days have been, or how strong the pull of despair. We have found our own slipstream away from the undertow. And maybe that is one of the things that the pandemic has taught me, that words and stories matter, and sometimes that is all we have, our words and stories, and that we are all responsible, in small and great ways, for each other. We are each other's Scheherazade, each other's best hope, for staying alive and well.




Nelinia Cabiles



Photography by Nel Cabiles

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## COVID-19 vaccines: frequently asked questions

Contributed by the Lāna‘i Emergency Preparedness Group

**N**ow that COVID-19 vaccines are trickling onto Lāna‘i, we can begin looking ahead toward a different kind of year. You might not yet have decided whether you want to take the vaccine and may have concerns about it. Here are some common questions and answers from the Centers for Disease Control and Prevention (CDC):

### The vaccines were created so fast. Is it safe?

During public health emergency situations, the United States and international governments, along with scientists, pharmaceutical companies and nonprofit groups collaborate to create an overarching strategy to safely speed the development and testing of vaccines. Independent experts assess the drug trials to ensure safety, which is the primary consideration. The Food and Drug Administration (FDA) suggests that at least 3,000 participants are needed to measure safety. The phase 3 trials included 30,300 to 50,000 participants. Also, the FDA provides very concise information to the drug companies about what is needed to meet the FDA’s very strict, science-based measures. The vaccines manufactured by Pfizer-BioNTech and Moderna have both been approved for emergency use in the U.S. and are those being used on Lāna‘i.

### Can the vaccines give you COVID-19?

No. Neither version of the vaccine currently available for use in the U.S. contains live or killed viral particles. They’re instead designed to show our immune systems how to effectively battle the virus that causes COVID-19.

### When can I get the vaccine?

New batches of the Pfizer-BioNTech and Moderna vaccines will continue to arrive on island sporadically, until a steady supply is available throughout the U.S. Medical personnel will be following the tiered system to vaccinate Lāna‘i residents. You will either be notified by your local healthcare professionals or through postal mailers about coming vaccination opportunities.

### When will I start being protected after I get the vaccine?

A second shot is required about three to four weeks after the first vaccination; protection usually starts about two weeks after the second shot. Because protection is not immediate and experts are still studying the extent to which the vaccines offer protection, continue to observe masking, distancing, and hygiene practices until otherwise advised by government agencies.

### How long will the vaccine protect me?

It is suspected that, like the flu vaccine, the COVID-19 vaccine may need to be received on a regular basis, but more information and data are needed before this question can be answered. It is still worthwhile to take the vaccine since it does offer protection against COVID-19.

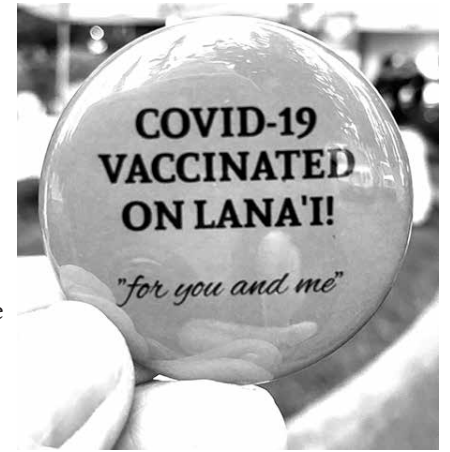
### Will the vaccine change my DNA?

No. DNA is located in the nucleus of the body’s cells and is not affected by the vaccine.

### Is it true that the COVID-19 vaccine is actually more dangerous than getting the virus?

COVID-19’s mortality rate is 1-2 percent, which sounds low, but a mortality rate of 1 percent is actually ten times more fatal than the seasonal flu. The higher the number of people who get vaccinated, the better the chances of eliminating COVID-19 from our communities.

Depending on your health situation, you may still have additional concerns about taking the vaccine. Please consult with your primary healthcare physician to see if you are a candidate for vaccination. If you haven’t yet received a vaccine but want to, be assured that you will get a chance.



## Moratorium on disconnections of electric service for nonpayment extended

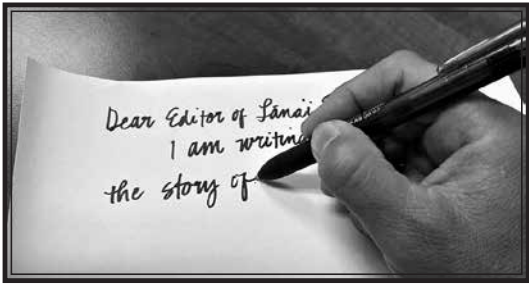
**T**he moratorium on disconnections for nonpayment has been extended through March 31, 2021, by order of the Public Utilities Commission (PUC). Even with the extension, customers having difficulty paying their bill are urged to contact Hawaiian Electric to set up a payment arrangement plan.

On December 22, 2020, the PUC ordered the extension of the disconnection moratorium which was previously set to end December 31. The moratorium has been in place since March, 2020.

“If you’ve been financially impacted by COVID-19, contact us so we can help you,” said Shelee Kimura, senior vice president of customer service. “Our goal is to keep everyone connected, even when the moratorium is ultimately lifted; so, let’s work together to make a plan that can work for your budget.”

Hawaiian Electric will work with O‘ahu, Maui County and Hawai‘i Island customers with past due accounts to find the best options to make their payments manageable and is offering longer repayment schedules than ever before. Visit [www.hawaiianelectric.com/paymentarrangement](http://www.hawaiianelectric.com/paymentarrangement) for a list of plans and to submit a payment request form. Completing the form is the quickest way to get the process started. Late fees and interest charges are waived while on a payment plan.

Note that the special payment arrangement options listed on the website are not the only choices available. Company representatives can work with customers to tailor a plan to individual budgets. For assistance managing energy costs, Hawai‘i Energy is a trusted resource for tips and rebates to help offset the costs of energy-saving equipment and services. Visit <https://hawaiienergy.com/tips> for more information.



The time for action is now because the cost is too great. This entire year we have been steeping in fear. We have

feared that something outside of our household, outside of our island community can take away our precious life. Even without the presence of this estranged, unwanted visitor it has still had a significant effect on our precious life. Naturally, when the presence of this estranged visitor finally invaded our island it legitimately took away our precious life.

We have been living in fear in hopes to survive this pandemic, but at what cost? It's easy to lose sight of something that was invisible to begin with, but often times it's helpful to be reminded of what exists when the fog of fear has clouded our vision. As we live in this mode of survival ALL of us have sacrificed some form of our mental, physical, spiritual, social, emotional and financial health. The toll that this has taken on each of us individually is very diverse, but the truth is that ALL of us are experiencing some degree of difficulty with maintaining our "health" in these challenging times.

I write this in hopes to initiate more accepted resources in these areas in which we need to create community-action. Our health is not only dictated by whether we have been infected by the coronavirus, or not. Our health is significantly influenced by an intimate balance between biological, psychological, and sociological factors. Imagine if *Stay-at-home* became synonymous with *Act-with-care*, meaning we could maintain our activities of daily living because of a well-established stronghold of healthy practices, without fear of an estranged visitor threatening to take away our precious life. The greatest defense we have as a community against such a threat is *collective knowledge*, *collective competence*, and *collective effort*.

Our community needs to use our valued strengths to our collective benefit. We are small relative to all other islands, but we are *Strong*, *Passionate*, *Accountable*, and *Powerful*. We can remain unified in our approach to protect everyone's way of life while still promoting & supporting these healthy practices that include what we have sacrificed this year. Community knowledge generates Power. Community competence builds Confidence. Community action demonstrates Resilience. It's time for Action!

**Knowledge** | Learn and understand what influences your health and strengthens your immune system to combat virus & disease. Even if the threat of COVID-19 were under control, the risk of negative health outcomes and behaviors that increase our chances of death still exist – yet we overlook them and continue to live our lives. Mental, physical, social, and emotional health are important to our quality of

life & daily satisfaction. Daily movement, meditation, sleep, exercise, and nutrition can positively influence your health outcomes, thoughts, feelings, emotions, and attitude while reducing your risk of chronic diseases.

**Competence** | Adopt a *Can-Do* attitude and use common sense to know when to keep distance, wear a mask, and trust other's behaviors. **Think**; be more mindful of your actions *before you 'do'*. Know that you are the real-life example of someone others can trust and show us how to confidently trust each other. Take responsibility to become informed through credible resources such as Lāna'i Community Health Center, Center for Disease Control, and the World Health Organization.

**Effort** | Act responsibly! Do your part to protect the way of life on the island whenever you leave your household, and whenever you leave the island. Complete the community surveys and utilize testing to reinforce the safety of the island. In doing so we prove that we can handle clusters better than all other Hawaiian counties. Create a unified approach to health & wellness for our island that is endorsed by Maui PD-Lāna'i, Lāna'i Community Health Center, Center for Disease Control, and County officials.

I leave you with a thought to consider ... Can you imagine a community system in which our freedoms of daily living no longer have to be limited because we can confidently rely on our neighbors to do the right thing? In other words, we would be able to confidently interact within our community because we know that we have individually taken all of the necessary safety precautions, and we hold ourselves accountable whenever we suspect our efforts may have been compromised.

Yours in health, **Marcus Washington**

Hi Nelinia,

More detective work for you. WHY, really WHY, is that hole in front of the ferry *not* been fixed yet. ONE year later. But then again look at the rail. The longer they wait the higher the price. Our tax money. Public testimony maybe? Merick alert...*Almost* done as of 11/29.

Upper lot not open because parking lines not painted!! What a joke. I can get together some friends and we will paint them for FREE! Then we get into liability and bidding. Sign off on being liable and no bidding cuz it's free! As of 11/29, overgrown etc.

Thanks again...good job. Aloha, **Bruce Harvey**

*Response from Department of Land and Natural Resources, Division of Boating and Ocean Recreation, re Harvey's points 1 and 2:*

- 1) According to Joelle [Aoki, Harbor Agent II, Mānele small boat harbor, Lāna'i], there is not a hole fronting the ferry pier.
- 2) Due to COVID-19 and travel restrictions, we have been unable to bring in personnel or contractors to complete the final stage of work. We are in the process of finalizing a plan to complete that work.

## Volunteers needed for the Lāna'i Domestic Violence Taskforce

**T**he Lāna'i Domestic Violence Taskforce (LDVTF) is looking for new members for 2021. "The slots, sometimes left open when members have moved away, have never been replaced," explains Kelli Gima, member of LDVTF. "We'd like more members from different sectors of the community. We are wanting to revamp in 2021, and so would like to welcome new members to join us in this important cause."

The LDVTF, which was started in 2002 by former Lanaian Beverly Zigmond, is comprised of volunteers who represent various segments of the island community and who work to raise awareness about domestic violence. Because domestic violence affects the entire community, a community response is needed. The current members represent agencies in domestic violence, mental health, law enforcement, child welfare, as well as Pūlama Lāna'i and Four Seasons Resorts Lāna'i.

"Zigmond was significant in creating the Taskforce," says Gima. "She would go around to service providers, medical personnel, etc., to get them interested. Lāna'i received some state funds, which really got the Taskforce going. Beverly brought in trainers to the island and the interest in the Taskforce steadily increased."

The mission of LDVTF is to transform Lāna'i into a violence-free community for women, children and men, by embracing a zero-tolerance approach to domestic violence. It strives to hold abusers accountable, and transform social attitudes through education, awareness and role modeling.

"We have focused more on community education and outreach rather than on direct services, as there are programs currently in place," says Gima. "We have held training on domestic violence for various groups on Lāna'i (i.e. healthcare providers and clergy); raised money for Lāna'i's domestic violence shelter, but most importantly, we are doing outreach at various community events, providing information about domestic violence and local resources that are available. We feel that talking about domestic violence brings awareness. We held a youth summit a few years ago, and have held candlelight vigils and sign-waving to honor survivors of domestic violence."

**Members must be:**

- Passionate about ending domestic violence
- Committed to attending monthly meetings
- Committed to participating in outreach and community activities
- Willing to learn

If you are interested in becoming a member, or have questions and would like more information, please contact Kelli Gima at [kelligima@gmail.com](mailto:kelligima@gmail.com) or call 808 565-7104.

Hey!

WE NEED YOU! *Yes, you!*

LANAI DV TASK FORCE IS LOOKING FOR A FEW GOOD PEOPLE

ARE YOU PASSIONATE, COMMITTED TO YOUR COMMUNITY, WILLING TO BE PART OF A GREAT TEAM OF ADVOCATES, LOVE OUTREACH & COMMUNITY EVENTS, & WANT TO CREATE SOCIAL CHANGE FOR DOMESTIC VIOLENCE SURVIVORS?

IF THAT'S YOU...

Contact Kelli Gima at [kelligima@gmail.com](mailto:kelligima@gmail.com) or (808) 565-7104

Feel free to ask questions & get more information!



## LHES’ seniors earn their associate’s degrees through UHMC’s Dual Enrollment Program

Contributed by Natalie Ropa

The University of Hawai‘i Maui College would like to announce the graduation of Amaya Ho‘opi‘i-Baptista, Ryllah Rodrigues and Tower Vergara who have earned their Associate’s degree in Liberal Arts. After completing the Fall 2020 semester, each has earned sixty or more college credits to receive this honor.

These high school seniors at Lāna‘i High and Elementary School have worked diligently since their ninth grade year, when they enrolled in the Dual Enrollment Program, which allowed them to simultaneously earn college and high school credits. The students took three to four classes per semester and one to two summer courses over the past four years through this program. Instructors at UH-Maui College and LHES are extremely proud of their accomplishments, especially because the students have earned their Associate’s degree well before graduating from high school, saving their families thousands of dollars in tuition at a university.

When asked of their future plans, Ho‘opi‘i-Baptista said she hopes to attend a university on the west coast to study psychology. Rodrigues has her sights either on the University of Hawai‘i-Mānoa or a university in Washington, and wants to major in elementary education. Vergara would like to attend school in Boston or on the west coast to study business and marketing.

The newly-minted graduates are grateful to UH-Maui College, Pūlama Lāna‘i, The LHES Foundation and The Ho‘oku‘i Program for the scholarship opportunities these organizations have provided them. They would especially like to thank their parents for their love and support and faith, and for believing in their ability to accomplish what they had set out to do.



Tower Vergara



Ryllah Rodrigues



Amaya Ho‘opi‘i-Baptista

## Rotary Club of Lāna‘i offering \$5,000 scholarship

If April is the cruelest month, January may well be the most hopeful, a time when a person’s thoughts turn to new dreams and goals, and good habits to start. January is also a time when high school seniors roll up their sleeves and map out their future. Many set their sights on college, filling out applications to universities or colleges, and searching for scholarship opportunities. Lāna‘i’s high school scholars should add applying for the 2021 Hawai‘i Rotary Youth Foundation (HRYF) \$5,000 scholarship to their academic to-do list.

The Rotary Club of Lāna‘i has awarded a HRYF scholarship to a LHS graduating senior since 2016.

Every year, participating Rotary Clubs in District 5000 (Hawai‘i-area Rotary Clubs) each selects a student to receive a \$5,000 HRYF scholarship. From that select group, an HRYF committee selects one student attending a mainland university to receive a \$10,000 Maurice J. Sullivan scholarship and a student attending a university in Hawai‘i to receive the \$10,000 Joanna L. Sullivan scholarship. These two scholarships will be awarded instead of the \$5,000 awarded by the individual Rotary Club. Maurice J. Sullivan, who served as the Rotary’s District Governor in Hawai‘i (1976-1977), founded the HRYF, a non-profit charitable corporation, in 1976. In 2019, District 5000 awarded fifty scholarships, including one from Lāna‘i.

To be eligible for a HRYF scholarship, an applicant must be a 2021 graduating high school senior who will be attending, as a full-time student, an accredited four-year college or university in Hawai‘i or in the continental United States, to earn a baccalaureate degree. A full-time student is defined as a student taking a minimum of twelve credit hours per semester or equivalent. An applicant must be a U.S. citizen and a legal resident of Hawai‘i at the time of application submission. **The deadline to submit an application is February 1, 2021.** For more scholarship details and application instructions, please visit: <https://www.hawaiirotariyouthfoundation.org/apply-now/>

## Lāna‘i Guide app’s innovative new feature

Contributed by Shelly Preza

Originally developed in 2016, the Lāna‘i Culture & Heritage Center’s free app, Lāna‘i Guide, serves as a comprehensive resource for students, local community members, and visitors to learn more about our island. Now, we are proud to debut an innovative object recognition feature on the app. App users who visit the center now have the opportunity to scan various artifacts and photos with the app open on their phones and have multimedia pop up in real time. Multimedia includes photos, videos, and narrative that showcase how these objects function and provides additional information beyond the physical placards in the museum.

For example, scanning a displayed pōhaku ku‘i ‘ai will pull up videos of the poi-making process from harvest to table. Scanning our photo of kupuna Lei Kanipae will prompt a video to appear of her oral history interview. This type of immersive augmented reality museum experience, to our knowledge, will be the first of its kind in Hawai‘i.

Much of our new video content highlights how many of our artifacts are not remnants of an ancient past—they are part of a living, breathing culture that is still actively practiced by many ‘ohana today. We invite you to schedule an appointment to visit the culture center by emailing [shelly@lanaichc.org](mailto:shelly@lanaichc.org), follow us on social media (@lanaichc on Instagram and Lanai Culture Heritage Center on Facebook), and to visit our YouTube channel to view our new content.

Mahalo to the Lāna‘i ‘ohana who participated in our videos, Anthony Pacheco and Simon Tajiri, for their hard work on the video development, and to Bryan Berkowitz for his continued work on the app software. Support for this project provided by Hawai‘i Tourism through the Community Enrichment Program. Mahalo for your participation in keeping our history alive!



Shelly Preza

## Cyclone ravages Fiji islands

By Nelinia Cabiles

Eight days before Christmas Day 2020, category-5 Cyclone Yasa, packing 345 km winds (213 mph) bore down on the islands of Fiji, and destroyed hundreds of buildings, razed villages, and displaced thousands of Fijians. Galoa Island, in Fiji’s Bua province, was among the islands decimated.

Male (pronounced *Mah-lay*) Varawa, a Lāna‘i resident, who is from Galoa and whose family lives there, is still reeling from the shock. The cyclone caused millions of dollars’ worth of damage. Compounding the economic devastation is the COVID-19 pandemic, which has shut down tourism on the island.

“My people are suffering. [The cyclone] destroyed everything. My father is ninety-four years old and when the winds came, he thought it was the end of the world. He thought there would be no coming back from it,” says Varawa. “It was a very sad Christmas.” Three weeks have passed since the cyclone hit the islands and Varawa says recovery has been slow.

“We live off the land. We are fishermen and gardeners,” Varawa says. “But the island is in ruins.”

Varawa has been extremely reluctant to ask for help for his family, but says that friends and the Lāna‘i community have made donations, for which he and his family are deeply grateful; he has sent all such donations to his family. A friend and Lāna‘i resident organized a fundraiser on Facebook.

If you would like to make a donation to Galoa island’s recovery effort, please contact Male, (808) 205-4056.

## First round of COVID-19 vaccinations January 2 on Lānaʻi

By Nelinia Cabiles

**B**ack in January 2020, when the world was plunged into a global pandemic of respiratory illness caused by SARS-CoV-2 (COVID-19), the promise of a vaccine cast glimmers of hope throughout an otherwise dark and terrible year of tremendous loss. That hope burned bright for millions of people mid-December 2020 when rollout of the vaccine, which was developed in record time, began in the United States and many parts of the world. Hawaiʻi saw the first shipments of the vaccine arrive December 14, 2020, at Queen's Medical Center in Honolulu.

By January 2, 2021, 25,470 vaccinations were administered in the state, according to the Hawaiʻi COVID-19 Joint Information Center, Daily News Digest (January 7, 2021). Hawaiʻi has a two-phase vaccination plan. The three groups in phase one include:

- ❑ Healthcare personnel and residents of long-term care facilities (about six percent of Hawaiʻi's total population);
- ❑ Frontline essential workers and adults 75 years of age and older (20 percent of Hawaiʻi's population);
- ❑ Adults 65 to 74 years of age, persons 16 to 64 years with high-risk medical conditions, and essential workers not included in the other categories (47 percent of the state's population).

Phase two, projected to begin in early summer 2021, depending on production and federal allocation of doses through Operation Warp Speed, will cover the rest of the population, which includes all persons 16 years and older who are not in the other categories (<https://hawaiicovid19.com/vaccine/#first-vaccines>).

In a vaccine drive-through from 9 a.m. - 11:30 a.m., Saturday, January 2, at the Straub Clinic parking lot, Lānaʻi kūpuna, including Sally Takahama, Hideko Saruwatari, and Cookie Hashimoto (pictured on the front cover), and healthcare workers, as well as those with high-risk medical conditions, received the first of two doses of the vaccine.

Albert Morita, Lānaʻi resident, rolled up his sleeve and received his first COVID-19 vaccine shot Saturday. He said getting vaccinated was a great way to start the year and saw it as his civic duty, one that would help protect the community, citing the outbreak in October, when the island saw cases spike from four to one hundred six cases in ten days, as a motivating force.

"I thought we were doomed," Morita says. "One hundred cases. I thought the next step would be a thousand. But, thankfully, we got it under control."

He encourages people who are unsure about getting the vaccine to do their own research. "The Internet is a great tool. You can get great information, but always be questioning. Question what you read and make informed choices," he says, adding, "the vaccine is not a cure-all. There's going to be the next virus on the horizon. And others. This is our new normal. We have to sacrifice some of our personal freedoms for the betterment of our community. As much as we are used to being so free and independent, we need to make sacrifices and do our civic duty."

Lanaians Monica and Albert Borges feel everyone should get the vaccine for "herd immunity," Albert says. Monica agrees: "The sooner everyone gets the vaccine, the sooner we will return to our normal lives."

Saruwatari, who is in her nineties, drove to the vaccination site Saturday, hoping to get a shot. She filled out the paperwork, and after waiting ten minutes, was informed there was a cancellation and she would be getting a vaccine shot. "I feel like I won the lottery," she says, pleased.

To be most effective, the vaccine must be received twice. The second dose will be administered in mid-January; those who received the first shot will be contacted.



Frances Kamali (in driver's seat) with sister, Fely Dimaya, receive the first dose of the COVID-19 vaccine.

According to Uʻilani Romero, paramedical assistant, Lānaʻi Public Health Nursing Office, about one hundred people received the vaccination January 2. With approval from MDHO, staff at the Lānaʻi Health Community Center and Straub Clinic each administered one hundred vaccinations January 5 and 6, respectively. Maui Health Systems/Kaiser administered their COVID-19 vaccines December 30, 2020.

Romero, Heidi Taogoshi, her supervisor, and Nicole Aguinaldo, member of the Public Health Emergency Preparedness team, were on hand to coordinate the vaccine effort Saturday, along with staff from LCHC and Straub; members of Lānaʻi's Lions Club, including Leos (young people), MDHO staff; the National Guard, and Tessie Morimoto of the Maui Police Department-Lānaʻi. Pūlama Lānaʻi helped with transportation and logistics.

"We are doing our best to vaccinate those in the first priority group before we move on to the next group," says Romero, acknowledging the demand for the vaccine. "Those on the fence should speak to their medical providers who know their health history the best and can help them weigh the risks and benefits of getting the vaccine." She assures that "those who want the vaccine will get it in time. The supply is coming in periodically, so please be patient."



Volunteers helping out at the COVID-19 vaccine drive-through event January 2, 2021. Photography by Nel Cabiles

## Epic Lānaʻi Marathon

By Nelinia Cabiles

For having had only six weeks to organize and execute it to a fare-thee-well, Kimo Hanog, race director of the inaugural Lānaʻi Marathon, put on a race December 13, 2020, that entrants will be hard pressed to forget.

- The course was run almost entirely on dirt trails. A permitting snafu required Hanog to reroute the course at the eleventh hour. Runners began near Sensei Farms, then to Keahiakawelo and out, up to Lānaʻihale, down ʻĀwehi, and on to Lōpā.
- There was no signage. In the pre-dawn dark, the majority of runners went off course, near the Lānaʻi Ranch stables, and had to double back.
- The crux of the race was the descent on ʻĀwehi. If runners thought they could make up time by flying down it, the precipitous drop and nearly five miles of loose rocks and deep ruts on ʻĀwehi quickly disabused them of the notion. ʻĀwehi, at any time, but especially at twenty-some miles in a race, is a killer of quads and knees.
  - There was no finish line, per se. The race instructions were vague: *it ends somewhere in Lōpā*.
  - The race, which was billed as a marathon (26.2 miles), turned out to be an ultra, falling just shy of 30 miles.

But these unexpected challenges made for great stories, and an indelible experience: energetic volunteers with so much aloha, seeing the island's most iconic places, and finishing at a beautiful beach. "Every single person who ran this race had fun, no matter how long it took them, and that makes it a big success," Hanog says. "They're already saying, run it again next year. I'm in!"



The first four of 2020 Lānaʻi Marathon finishers with Race Director Kimo Hanog (fourth from left): Kalei Hanog; Curtis Onuma; Ewald Atok; Nick Palumbo. Photograph by Nel Cabiles

## The Social Hall

By Nelinia Cabiles

The location for the plantation manager's residence on Lānaʻi must have been the first detail to be squared away, before style or square footage was even a gleam in the architect's eye. Showcase it on a hill high above the town – a world away from the single-walled, tin-roofed plantation houses that had no running water, away from the men's dorms, and the racially segregated "camps" of workers' houses. Let the structure intimate grandeur and class, of the great hierarchy between plantation boss and pineapple picker, between menial and management.

How might the island's pineapple workers have regarded the bungalow designed for Harold Blomfield-Brown, Lānaʻi's first plantation manager? It was a house like no other in town, set like a jewel on a hillside aerie, which townfolk called Snob Hill.

The term bungalow comes from India, derived from the Bengali noun *bangla*, a low house with galleries or porches all around it ([architecturalstyles.org](http://architecturalstyles.org)). With its thick battered columns, figure-four brackets, shingled walls, and an enclosed front porch, the rambling bungalow on the hill was surely meant to reflect its purpose – as a stately residence befitting an overseer, a captain of industry, which, at the time of pineapple's increasing economic power in the state, Blomfield-Brown definitely was.

Little is known about Blomfield-Brown. He hailed from Geelong, Victoria, Australia and accepted the position to manage the pineapple plantation on Lānaʻi in 1923, tasked with converting the island from a cattle ranch to a 100,000-acre plantation (*Northern Star*, Lismore, 10 July 1923).

The stories of him that have survived are not flattering. He was alleged to have ruled Lānaʻi "like a dictator," deciding "what plants employees might grow in their backyards; the cultivation of vegetables was expressly forbidden" (Hawkins). He was a scold, and strict in manner and dress, stomping around town in knee-high leather boots. He could not, from all accounts, abide litter.

From the vantage point of the glassed-in porch of his house, he would scope the town below him, and taking note of refuse discarded on the streets or on a worker's lawn, and of litterers in the act of littering, would march down the village streets to the offenders, and fine them. He was not beloved. For someone whose exacting nature could not tolerate laxity of rules or forgive the errant trash, he must have found much of the world disappointing. Perhaps his residence was the one place with which he could find no fault, a refuge of open-beam ceilings, large windows, featuring a wood-burning fireplace, a warren of rooms for guests.

Blomfield-Brown would become the residence's only occupant. He was considered such an odious person that the plantation manager who succeeded him refused to live in the building. Hart Wood, esteemed architect in Hawaiʻi (1920s-1930s) during the Golden Age of Hawaiian architecture, designed a new plantation manager's house. It was built in the mid-1930s and erected below the grounds of the manager's residence.

The Blomfield-Brown house became the Social Hall and would find new life as accommodations for visitors, and for 'ohana for family reunions. Over time, the house has receded into a shady grove of Cook Island pines, obscuring the view of the town below it.

Somewhere, inside the lovely Social Hall, somewhere in the back rooms, there are ghosts. Stories abound of lights turning on by themselves and doors swinging close and locking, of unfriendly energy emanating from within it.

"I spent one year in the rear two bedrooms in the Social Hall for my *Lana'i Folks* photography project," writes Robin Kaye, Lānaʻi resident, in an email. "I worked in them all day, having converted them to wet and dry darkrooms (showing my age; digital wasn't around yet). And for sure, there were spirits in that building. I quickly learned to leave my work before it got dark, as the feelings and the atmosphere began to shuffle me out the door; they only got stronger as the lights dimmed outside. I wasn't threatened, but it was clear that I was unwelcome at that time of day. It was weird; we could party late nights, both inside and outside, but those two rear bedrooms were not to be entered after dark."

Darlene, who declined to use her last name, lived behind the Social Hall with her family in the 1970s-'80s; the path of the night marchers runs near her family home and the Social Hall. Eerie things happened when she was growing up, she says. The faint beating of drums, the radio or the faucet turning on by itself.



Formerly the plantation manager's residence (1920s), the Social Hall is now used as lodging for off-island visitors, construction workers or visiting relatives for family reunions. Photography by Nel Cabiles

None, however, causes the hairs on the back of her neck to stand on end. If Darlene seems unflappable, it's because her mother would dismiss spooky incidences with such preternatural calm that Darlene grew up to do the same. "Never mind, never mind," her mother would say.

But a walk with her dog Mikki, a German shepherd, when Darlene was in her 20s, gives credence to the haunting of the back rooms. "We would be walking [by the Social Hall], and the dog would just stop. I'd walk up to the back patio, by the back rooms, and Mikki would watch me. I'd call him, but he wouldn't move from his spot. It was only when I walked around to the other side that he would run to me. But he never crossed that back area. It always happened that way whenever we went walking there," she says.

Lanaian Kimo Hanog recounts the time the CHA-3 Kempo Karate group arrived for training in 1999. As they pulled up to the Social Hall, their lodging for the week, the group's spiritual advisor, never having been on Lānaʻi before, got out of the van, looked up at the house, and stopped: "This is not good; there is evil here." He ordered everyone to leave so he could enter the house and perform a blessing to clear the space of spirits. When he returned thirty minutes later, he told them, "It is fine now. The spirits have moved upstairs and won't bother us while we are here."

There is no way to know what might have happened in the back rooms of the Social Hall, or what haunts the place. Not everything can be explained or uncovered. There must be room for mystery in the world. It is enough for this writer to know that the building is still there, a relic of the plantation life, and once a reminder of the disparities of wealth and power, but whose purpose now is to house families home for a reunion, whose forebears picked pineapples, and suffered the indignities and inequalities that are always the lot of the poor, but who rose up in spite of such treatment, grew a family, and from whose hands built an industry, a community, and made Lānaʻi what it is.

Reference: Hawkins, Richard A. "James D. Dole and the 1932 Failure of the Hawaiian Pineapple Company" in *The Hawaiian Journal of History*, vol. 41 (2007).



The current view from the front yard of the Social Hall

## HOPE for a fresh start

Contributed by Linda Kavelin-Popov

**H**ow is it possible to ignite hope for a fresh start in this New Year? Never in our lifetime have we experienced the tests and trials we are undergoing now, collectively and personally. There is radical divisiveness in our country and even in the Aloha state; violence in our country’s Capitol for the first time ever; some of us adhering faithfully to health guidelines to protect everyone in this pandemic, while others, unmasked, refuse to stop congregating; families struggle to survive financially, and some of our loved ones aren’t surviving at all.



Linda Kavelin-Popov

Where are the rays of hope that can revive our optimism? How can we make resolutions for a better life during a time like this? For me, hope comes with the changes that arise, like a phoenix from the ashes, now that we are awake as never before to the realities of life in our country. If we can’t see it, we can’t change it. These crises have opened our eyes to the need for equity for all people, call us to value all lives, and to take drastic measures to help our ailing planet in its eleventh hour.


I have always found that each crisis in my own life has been a teachable moment, one that, in hindsight, I value deeply. Even brushes with death have made me cherish life as never before. Each one of the troubles facing us is an opportunity to reshape our lives, to dream a new dream. As author Tony Robbins says, “Every setback is a setup for a comeback.” The Baha’i Teachings say, “But for the tribulations sustained in Thy path, how could Thy true lovers be recognized?” But for the testing times, how would some of our greatest virtues, such as sacrifice, endurance, resilience, trust, and fortitude, grow?

Many business and government leaders are looking at the health and well-being of people as a more crucial priority than the bottom line or the gross national product. Here in Hawai’i, thousands have stepped up to help neighbors in quarantine, bringing them food, diapers, and other necessities. Neighbors here on Lāna’i continually ask, “What do you need?” “Are you okay?” Circles of support continue to meet online or in small groups, socially distanced and masked. Our frontline workers are laboring ceaselessly to help us receive desperately needed medical care. Young people throughout the world, such as Greta Thunberg, are rising up and speaking out about the need for climate change solutions, and for every life to matter.

Entrepreneurs, some as young as six years old, have started home-based businesses and service initiatives, from mask making to cooking webinars, to inspiring other kids to make cards for kūpuna in nursing homes. Families are getting super creative, inventing new games in the back yard, and choreographing original songs and dances for social media. These victories of the human spirit are a cause for hope.

Let us all dare to dream of a new world populated by love, care for one another, and dedicated to healing our small blue planet. Let us offer sacred curiosity to those who see things differently. Let us begin our fresh start with a resolution to find joy in each day, and gratitude for daily graces. Let’s nurture ourselves and each other with renewed creativity and devotion. We *will* get through this, together.

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



**‘ōlelo of the day:**

**‘ono:** nvt., delicious, tasty, savory; to relish, crave; deliciousness; flavor; savor. ‘Ono ka pu’u, tasty to the palate; literally, the throat craves. He ‘ono ‘i’o nō (song), how delicious. Ho‘omanawanui i ka ‘ono, wait patiently and you’ll have what you crave. Hana ‘ia maila ka wai ā ‘ono (Pukui.15.25), the waters were made sweet.

There is an expression in Hawai’i, “I stay ‘ono for . . .”, which means to crave something. Ono, with no okina or glottal stop (‘), is a large mackerel. So, one could say, “I stay ‘ono for ono,” without fear of ridicule.

## Reese’s Peace - How humility, awareness, and conviction empower me

Contributed by Caroline Reese

**A**s you embark in 2021, are you willing to sit in the driver’s seat and unplug from thinking that you need to see the final destination?



Caroline Reese

The driver’s seat requires learning how to navigate but learning alone is not enough. There must be humility, awareness, and conviction. “She must find a boat and sail in it—no guarantee of shore. Only a conviction that what she wanted could exist, if she dared to find it” (*Jeanette Winterson*).

As a young girl, I sat alone in silence in random chapels in Brooklyn, NY. In my later teens and twenties, I visited the chapel in the back of Saint Patrick Cathedral in New York City almost daily. I would sit in silence and meditate, with the hope of getting an answer or some sign about how to navigate my life. I was longing for something, but wasn’t sure what it was.

I got married at a young age, and for a short time, I felt like I had a role or purpose; then, that started to wear off. I became a mother, which added to my identity, and I hoped I would feel complete and purposeful, but that feeling lasted for only a brief time. It was not until my late twenties that I began to awaken as a single mom searching for more meaning to life. It was humility that helped me recognize that whatever is in life and in front of me is to be respected as something that will take me forward. A quietness comes with humility, a stillness that accepts whatever is in need. I began practicing meditation, receiving reiki, journaling, and knowing that I can choose who I want to become or risk not ever knowing.

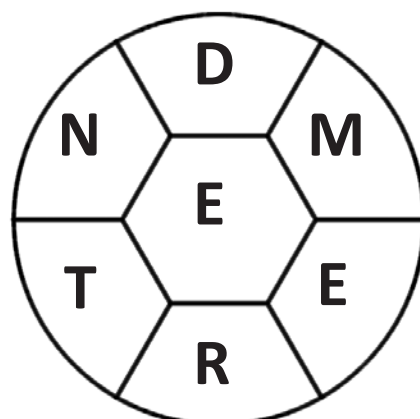
I began to grow through my experiences rather than be crushed by them. I started to self-love and became more aligned than I have ever felt in my life.

Practicing awareness creates the pauses at the stoplights on the journey. I’ve come to understand that my thoughts create the experience I live in, that it may not be the events that are disturbing me, but rather my thoughts, or *how* I think about those events, that is important. Having a conviction that what I think about, what I know, and who I am, empowers me.

I am grateful for the tools that keep me on track. Like many others, I struggled with negative thoughts about how things would unfold because of the pandemic. I began to feel very overwhelmed, and scenarios ran through my mind. I began to disconnect and felt fear make a space in my mind and my body. Yes, I was experiencing darkness; my external world and internal experience did not align, and I struggled with the sensation of days going by and each day feeling the same. But I started to return to my tools more regularly, meditating, journaling, praying, and recalling things that bring me joy. I asked for guidance and believed I would receive what I already knew – that I have strength in my heart, clarity of mind and peace in my soul, and the power to choose.

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

Using the letters in the respective circles below, how many words of 5 or more letters can you spell? Center letter must be used at least once. Letters may be reused. A word that uses all 7 letters is 3 points; any other entry 1 point. Not allowed: proper names, hyphenates, compound words.  
Rating: 10 = GOOD; 20 = EXCELLENT; 30 = GENIUS





## From the Farm - Inside indoor farming

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

**W**elcome to 2021. As we begin this new decade, Sensei Ag, the company behind Sensei Farms Lāna'i, will be expanding its portfolio of indoor farming into a variety of growing environments. With the world's population expected to surpass nine billion people by 2050, farming innovation has become increasingly important to adequately feed our planet.

Currently on the island of Lāna'i, we grow our produce in greenhouses. As we expand our operations across Hawai'i and globally, we plan to incorporate other indoor growing environments into our cultivation processes. In this month's *From the Farm* we introduce you to a few common indoor growing environments.

### Greenhouses – the original indoor farm

Now one of the most common indoor farm factors, greenhouses date back to ancient Rome when the Emperor Tiberius tasked his gardeners with making certain types of produce available year-round. By the 1700s, greenhouses came to America, starting in Massachusetts, and then in Virginia, when President George Washington built a greenhouse to be able to serve guests tropical fruits even in the dead of winter.

Greenhouses have come a long way since the time of Mount Vernon and may now include modern technologies from robotics to state-of-the-art cameras which streamline the growing process and even determine the exact nutrient content, plant health, and harvest time. At scale, Sensei Ag's greenhouse farm on Lāna'i can produce over a million pounds of food per year, all in less than an acre of space and with 90 percent less water than traditional farming.

### More modern indoor farming environments - Warehouse and container farms

Converted warehouses are also commonly used for indoor farming. Post-industrial cities with abandoned warehouses, particularly in the eastern portion of the United States, have provided an abundant supply of buildings to transform into indoor farms. Converted warehouse farms provide the ability to grow 365 days per year with limited exposure to the elements and offer full-time agricultural employment year-round. These warehouse farms use LED lighting to cultivate fruits and vegetables rather than sunlight as in greenhouse farming. Warehouse farms often leverage a technique called vertical farming in which crops are grown upwards (vertically) rather than outwards (horizontally) as is the case in traditional outdoor farming. Compared to their larger companion, the greenhouse, the majority of converted farms are less than 10,000 square feet.

While warehouse farms are in abandoned warehouses, container farms are built out of repurposed shipping containers roughly 320 square feet in size. Container farms use hydroponic and vertical farming systems to maximize production in a small space. Container farms are easy to relocate given their size and often less expensive to run than a greenhouse or warehouse farm, but they have a much more limited space to grow produce.

The U.S. Department of Agriculture expects that two-thirds of people will live in urban areas by 2050. Producing leafy greens and other fresh vegetables close to the point of consumption is one way to address food insecurity in urban areas, and warehouse, greenhouse and container farms make that possible. As an industry-leading AgTech company, Sensei Ag is focused on identifying the best growing environments and cultivation methods for our produce. We look forward to sharing our continued agricultural and technology advancements with Hawai'i, and ultimately, the globe.



Sensei Ag's Greenhouses on Lāna'i



## Tasty Takeaway

With each of our monthly columns we share our agricultural expertise and supplement that knowledge with our culinary knowhow. Starting a new year often engenders big goals for rethinking our routines and behaviors, including our eating habits. As you look to start 2021 off on the right foot, here are a couple of delicious smoothie recipes from our director of Culinary Solutions, PJ Catledge, to jump start your day. Each recipe makes two to three smoothies and features delicious leafy greens grown right here in our greenhouses on Lāna'i. Blend, sip and enjoy!

### Mint Swiss Chard Smoothie

- 2 oz. of Sensei Farms swiss chard
- ½ cup mint
- 4 oz. frozen pineapple
- 1 cup of coconut water
- 1 cup of coconut milk (nonfat will save on calories)
- 1 cup of ice
- 1 tablespoon of seeds (flax, hemp, chia)
- ½ lime, juiced

### Banana Spinach Avocado Smoothie

- ½ cup of Sensei Farms spinach
- 1 frozen banana
- ½ avocado
- ½ cup of cashew milk
- 1 teaspoon of honey
- ½ teaspoon of vanilla



# Winter Wonderland

Photography by Dan Popov



**E**n route to the next stop on their global gift-delivery tour, Santa and Mrs. Claus, arrive by sleigh December 20, 2020 at Lānaʻi's Dole Admin. Building to greet keiki and their 'ohana and spread holiday cheer, Lānaʻi-style.

Life-sized Disney and other animated characters made merry and bright, doling out gifts to all on Santa's Nice list. The Winter Wonderland and Santa Meet and Greet, by all accounts an extraordinary success, was made possible by throngs of holiday volunteers, the Lānaʻi Community Association, the Four Seasons Resort Lānaʻi, the Royal Lānaʻi Yacht Club, Damon Pham (a frequent Four Seasons guest), and Pūlama Lānaʻi.



## Christmas 2021 gift delivery event

Photography by Cindy Sagawa



Judy Teves, Lānaʻi Hospital director of nursing, and Elsie Butay, receive gift bags from Lānaʻi Baptist Church for hospital residents.



Volunteers ʻIolani Zablan, Crimson Soberano, and Camille Kirk



Deborah Holley with donated Senior gifts



Chelsea Trevino prepping bags for seniors

‘Twas the morning of Christmas and all through the island, volunteers were assembling gifts by the dozens. Each gift bag was stowed into cars very nicely, with names of kūpuna handwritten precisely. By noon, it was done, all gifts were doled out; to give of ourselves is what this good day’s about. Cindy Sagawa, coordinator, and Lānaʻi Baptist Church, nonprofit host of the Christmas 2021 gift delivery event, would like to mahalo nui loa community sponsors, financial donors, volunteers, and all who worked behind the scenes:

Pam Alconcel; Aloha Health Care; Abby & Keala, Camille, Tiare, Laiku & William Alonzo; Gina & Rodney Alonzo; Arcadia/Honolulu; Primo & Gladys Amba; Amelia Atacador; Cash Atacador; Ewald Atok; Baha’is of Lānaʻi; Bart & Sagi, Adriel & Agape Baldwin; Tim & Mary Belcher; Rowena J. Belez; Elenita Benanua; Sheila Black; Albert & Monica Borges; Nel Cabiles; Herman & Evelyn Calbero; Alan Calhoun; Sally & James Clemens; Alberta de Jetley; Kyman Ergra-Benanua; Ky-mani Etrata-Benanua; Expeditions; Moana Fietas; L. H. & L. Fuchigami; Veronica M. Figuerres; Harvey Gaceta; Mairine & Songro George; Butch Gima; Hawaiʻi Pacific Health; Help-U-Sell Real Estate; HMSA Health; Lānaʻi Art Center; Lānaʻi Baptist Church; Lānaʻi Community Association; Lānaʻi Community Health Center; Lānaʻi Hardware & Lumber; Lānaʻi High and Elementary School; Lānaʻi Hongwanji Church; Lānaʻi Kināʻole; Lānaʻi Senior Center; Mayor Arakawa Kōkua Fund; Corie Honda; Kerry & Cindy Honda; Albert, Zena Ann, Brandt & Kyler Kageno; Asheya Kageno; Saul and Kris, Micah Kahihikolo; Ka Lokahi O Iesu Kristo Church; Kalanakila O Ka Mālamalama Church; Kamehameha Schools, Community Strategies; Andrea Kaopuiki; Peyton Kaopuiki; Maurine King; Camille Kirk; Maui Economic Opportunity; Maui Food Bank; Maui Health System, Lānaʻi Hospital; Aryanna Medriano; Karen Mendes; Albert & Julie Morita; Creighton Nobui; Kay Okamoto; Curtis Onuma; Mark & Charmaine Orbistondo; John Ornellas; Pine Isle Market; Teresita & Benito Ragasa; Pat Reilly; Praise Chapel, Maui County; Diane Preza; Pūlama Lānaʻi; Corey Robertson; Mahina & Uʻilani Romero ʻOhana; Sacred Hearts Church; Marcel Sagawa Memorial; Hideko Saruwatari; Chantell Schilling; Seventh-Day Adventist Church; Brad & Lisa Shin; Gabby Shin & Kaleo Nusca; Show Aloha Challenge, Lanai Tabura and Mike Gangloff; Crimson Soberano; Rebecca & William Stoabs; Sally Takahama; Wallace & Nancy Tamashiro; Paul & Pat Taylor; Natividad Tolentino ʻOhana; Chelsea Trevino; Gabriel Trevino; Alizae Ahuna Turqueza; Theresa Ahuna Turqueza; Kirra Turqueza; Pua Turqueza; Shennie May Vicente; Walmart Managers Paul & Roxanne; Mike Weinhouse; Debbie Wheeler; Joan & Clifford Winston; Young Brothers; ʻIolani Zablan



Ky-mani Etrata-Benanua and Aryanna Medriano help load Senior gift bags.



Genji Miyamoto with bountiful bag of Senior gifts



Wallace and Nancy Tamashiro



Soon Yai Amaral

# Lāna‘i Community Health Center

## Bank of Hawai‘i Community Heroes Award to Jared Medieros



In March 2020, when the COVID-19 pandemic began, senior leadership was grounded and unable to travel, due to age putting the team in the high-risk category. Jared was, and continues to be, the “boots on the ground”. He has represented LCHC at meetings and is a reliable, known “face” for the community. He has identified best practices, implementing the changes needed to keep LCHC staff and patients safe and calm. He employed safety practices as if COVID-19 were present on the island...from Day One. This meant LCHC was well prepared when the disease hit the island’s shores. Congratulations, Jared!



*E Ola Nō  
Lāna‘i  
Life,  
Health  
and  
Well-being  
for Lāna‘i*

## SMART Goals for the New Year

Many of us set New Year’s resolutions that don’t always pan out the way we want. To increase your chances of success, you can make your goal **SMART!**

- Make your goal **specific**. What do you want to accomplish? For example, “My goal is to exercise regularly and eat healthier so that I can lose weight.”
- Set a **measurable** goal. How will I know when I have met my goal? For example, “I will work out three times per week and lose 10 pounds in three months.”
- Be sure your goal is realistic and **achievable**. Don’t go too fast or do too much too soon.
- Your goal should be **relevant** and something that you truly want to work toward.
- Set a **timeframe** for when you expect to accomplish your goal. What can I do today? What can I do three months from today? In life, when we make important decisions to change for the better, it is important to remember to be kind to ourselves. Change is not easy but change happens easier when we practice self-compassion.

WHAT IS ONE GOAL YOU COULD SET TODAY TO START TOWARDS YOUR IDEAL CHANGE?				
S	M	A	R	T
Be <b>SPECIFIC</b>	Make your goal <b>MEASURABLE</b>	Make your goal <b>ACHIEVABLE</b>	Make your goal <b>RELEVANT</b>	Give your goal a <b>TIMEFRAME</b>

Citation: *Doran, G. T. (1981). “There’s a S.M.A.R.T. way to write management’s goals and objectives”. Management Review. 70 (11): 35–36*

## LCHC Health and Physical Education Program with Lāna‘i High and Elementary School

Since 2014, LCHC has worked to provide health and physical education to the elementary students of LHES. This year has been quite eventful with the implementation of distance learning, due to COVID-19. Without hesitation, our LCHC health ed teachers had to change gears from the standard PE class of basketball lessons and obstacle courses on campus, to online virtual classes. Can you imagine the change? No more running around in the grassy areas by the pool! Thanks to the efforts of community members who helped our teachers adapt to teaching online, 2020 was moving forward in all new ways. It took some time to get used to the new teaching platform, but now they are on a roll! Students in K-5<sup>th</sup> grade have continued to participate in health and physical education and LCHC is happy to report that kids are moving and grooving, even in the midst of lockdowns and stay-at-home orders. We continue our efforts to provide an outlet for kids to exercise and connect with one another: Our latest event is LHES WINTERBREAK FITNESS CHALLENGE for K-5<sup>th</sup> grade. Even during the winterbreak, students get to join LCHC teachers for fitness classes and win prizes for their participation. There’s one thing that we hope will be our resounding message – making sure our Lāna‘i Keiki stay active and healthy!



**Optometry returning to Lāna‘i**  
once a month beginning in January!  
Call us to be placed on our wait list.



565-6919 - [www.lanaihealth.org](http://www.lanaihealth.org) - @Lanai Health

# THIS IS OUR SHOT DON'T HESITATE: VACCINATE



**#IGOTTHESHOT BECAUSE**  
 PATIENTS LIFE  
 COMMUNITY SON FATHER  
 DOCTOR SCIENCE FRIENDS  
 CARE DAUGHTER MEDICINE IMMUNITY COWORKERS NURSE HEALTHCARE THERAPY SAFETY FAMILY HOPE  
 WELLNESS GRANDPARENTS  
 HEALTH TREATMENT HEALTH MOTHER

Maui Health is now offering the COVID-19 Vaccine based on the Centers for Disease Control (CDC) vaccine prioritization timeline, which now includes health care workers, frontline essential workers and adults ages 75 and older. For more information, to register for the vaccine, or to check if you qualify as an essential worker, visit [mauihealth.org/covidvaccine](http://mauihealth.org/covidvaccine).

Maui Memorial Medical Center  
 Maui Memorial Outpatient Clinic  
 Kula Hospital and Clinic  
 Lāna'i Community Hospital



[mauihealth.org](http://mauihealth.org) | [#THISISOURSHOT](https://twitter.com/THISISOURSHOT)

**“See You on the Other Side” - Wallace John Hanog, Sr. - September 22, 1956 to November 28, 2020**

Wallace John Hanog, Sr., 64, of Lānaʻi, went to the other side November 28, 2020, while at the Kahuku Rehabilitation Center on Oʻahu, with his daughter, Brie, by his side. He will always be our beloved pops, papa, unko, bruddah, classmate, cousin, neighbor and friend.

He leaves behind his sons Keoni, Joshua (Laʻi) and Atreyu (Brenda), and daughter Brigitte, as well as brothers Warren (Jan), Kimo, Michael (Mary) and sister Jeda, along with seven grandchildren Troy, Kainoa, Kaohu, Gabe, Kehau, Aimee and Bella. He was the son of the late Larry Hanog, Sr. and the late Eloise (Butchie) Mahaulu.

Wally was a proud member of the Class of 1974, Lānaʻi High School. He worked for Dole as a pineapple picker, then luna, and in its administration office. He became a lead bartender at The Club House at Mānele, then a Food & Beverage manager for the Mānele Bay Hotel, where he ended his career as a security officer. He was an outdoors man who was an excellent hunter, fisherman and golfer. What made him happiest was teaching others what he knew, hosting, and pulehuʻing, island-style.

We all miss him dearly and would like to thank everyone for sharing your stories of wonderful memories, warm condolences, and heartfelt comfort during this difficult time. We extend a special thank you to Dr. Janikowski, Val, Jacob and Lorel, for your countless sacrifices and becoming our second ʻohana. A private service was held for the family. At this time, due to the pandemic, we hope to have a memorial at a later date.

**Phyllis Atterbury Loyko - 1929 – 2020**

Phyllis Atterbury Loyko passed away peacefully on October 17, 2020, in Carmel, CA, ending a seven-year struggle with the effects of multiple strokes. She was strong and gave her all, right up to her last breath on her last day on earth. She leaves a tremendous hole in the lives of her family and caregivers, who were with her and attended to her every need right up to the end.

Phyllis was born August 2, 1929, in Brooklyn, NY, to Barney and Bess Rosenberg. She spent her first seven years living with her parents, her grandparents, Sam and Ida Heller, and her Uncle Monroe, in Brooklyn. Her father had become a partner in a coat manufacturing business. In 1936, the business burned to the ground and there was no insurance. The family moved to Los Angeles where her father started over and developed Rosenberg Coats. Phyllis went through school and graduated from Fairfax High School in Los Angeles. After high school, she enrolled at UCLA, where she met and married her first husband, Robert Reitzes, at age 19. They had one daughter, Robin.

After Robert, Phyllis went on to marry Sheldon Steckel, with whom she had three children, Stacey, Casey and Shannon. After a short marriage to her third husband, Charles Atterbury, she had a life-changing horse accident that resulted in a broken neck; she believed her life was over, with her two youngest children still in grade school. It was at this point, at the darkest period of her life, that she met and married her fourth husband, Lane Loyko, with whom she remained for the next 46 years.

Real estate was Phyllis’ passion, starting in the business when it was still a man’s domain. Overcoming the adversities, she succeeded and went on to earn her broker’s license and started Phyllis Steckel Real Estate in San Rafael, Calif. She developed clients who would buy a neglected house, live in it for a year, and fix it up. They would then sell it and move on to another. She invented “flipping” in her neighborhood. When she saw that her clients were doing better than she was, she started buying properties for her own account and improving them. Over the years, she bought and sold property in eight states, but her favorite was always Hawaiʻi. In 1970, she bought her first Hawaiian condo on the beach on Maui. She and her family would vacation in Maui and Lānaʻi for the rest of her life.

Phyllis was a true leader, always inventing new ways to promote real estate sales. She was also known for hosting the best parties and was always “dressed to the nines,” which supported her passion for scouring the better recycle shops for the latest designer arrivals. She loved her family and her friends. Before her strokes, she would spend two hours every day at the gym or taking walks by the ocean, often with her daughter, Shannon. She was an inspiration to many in this regard and her physical fitness served her well in surviving her strokes.

Phyllis is preceded in death by her parents and first three husbands. She is survived by her husband, Lane, and by her four children, Robin Reitzes, Stacey Steckel Diaz (Steve), Casey Steckel (Danielle) and Shannon. She is also survived by six grandchildren, Aidan, Adam, Jason, Amanda, Curtis and Cameron, and three great grandchildren, Desmond, Emil and Sophia.

During the last five years of her life, Phyllis spent four years in skilled nursing facilities, first in Honolulu, and then in Pacific Grove, California. She spent the last year at home in Carmel with her husband and her two devoted caregivers, Ermelinda Pajimola and Yanira Pereira. They were the best caregivers anyone could ever hope for. Phyllis was so fortunate to have them, especially during the pandemic, which has caused the nursing facilities to be locked down. Up to her last day, Emy and Yani got her up every day for meals and walks in the sun. They were amazing. Thank you. Heartland Hospice attended Phyllis for her nursing needs for her last year. They did a great job.

Interment services were held November 12, 2020, at Chapel of the Chimes in Oakland, Calif., for immediate family and friends only. Memorial donations may be made to the American Kidney Foundation, [kidney.org](http://kidney.org); The Friendship Circle of Pittsburgh, PA, [fcpg.org](http://fcpg.org); and the Carmel Mission Foundation, [carmelmissionfoundation.org](http://carmelmissionfoundation.org).

## The kaukau tin

By Nelinia Cabiles

There is nothing soft about a pineapple plant. Nature designed it to thwart us from picking its fruit. The plant’s leaves are long daggers that fan around the fruit, growing at just the right height to jab you in the eye whenever you bend forward to snap the fruit off its stalk. Sometimes the leaves fall over the fruit and cover it from view. The fruit itself wears a stiff crown of spikes.

But we had come prepared that first day of work. We wore mesh goggles; canvas chaps; arm guards; a straw hat; cotton-lined rubber gloves; rubber boots; at least three handkerchiefs – one around the neck, one over the head, one worn over the face, knotted in the back as a bandit’s. A plastic water jug and a kaukau tin stuffed into a single-strapped vinyl work bag completed the standard-issue gear.

What we knew about picking pineapples was next to nothing, so what we imagined of it was limited to the physical and the obvious, from what we’d seen of the picking machine and read in our parents’ eyes at pauhana, the weariness there, and in the red dirt that followed them home, covering their clothing like a dusty skin: *It is hard, dirty work. The sideline is the best job. After the first day, our hands and arms will swell.*

Our luna gave us no instructions. But she didn’t need to. The work was intuitive: stay in your line, twist off the crown, drop the fruit into the boom, fill the truck bin with pineapples. That morning, we would learn the first lesson of being in a work gang: help the person next to you when you can. Down the field and on to another we followed the boom and searched for fruit. The sun climbed high in the sky and began its slow even bake and beat down on the fields. Our work shirts grew damp with sweat, and when a breeze swirled up, with dust.

At some point, the greasy rumble of the picking machine quit. It was first kaukau. We walked to the edge of the pineapple block with our work bags and sat in the dirt, and wiped sweat and dust from our faces with clean handkerchiefs. We were so glad for the rest. It was only 9 a.m.

We formed a circle, and this, too, was spontaneous, the impulse to sit and eat and talk story. We were part of something now, some feeling that was hard to express. We pulled out our kaukau tins, rice on the bottom compartment, lunch on the top, and shared what we’d prepared: pinabet; chicken long rice; fried fish; meat juhn. I hadn’t yet learned how to cook, but I’d made some glop of okra and eggplant, which tasted better than it looked. My friends were kind; each took a forkful. It felt like a wonderful picnic.

I would learn about the kaukau tin’s significance late in life, a lunchbox considered a tool for social change, a bridge connecting workers from China, Japan, the Philippines, workers who came to Hawaiʻi to labor in the fields and knew nothing about other cultures or couldn’t speak a word in their fellow laborer’s tongue, but who brought dishes from their homeland to the communal table in the fields, whose gestures needed no translation for the intentions were clear: “please try my pork adobo”; “I miss my family in Japan”; “this is delicious, thank you”, and helped to create a plantation culture of food and sharing that defines Hawaiʻi today.



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THE LAST WORD  
**Art on island**

Article and photography by Sasha Drosdick

**T**he British artist Marc Quinn is not afraid of the color red, or of a little blood, for that matter. He is famous for using both color and unique materials to question the relationships between science, nature and art. These relationships are clearly explored in his large-scale, bright red sculpture, “Burning Desire”, which sits on the edge of the pond at Kō‘ele. Thankfully, no blood was involved in the making of this sculpture, but the artist’s custom red color is on full display.

Quinn’s flower is not a delicate little Narcissus sitting at the water’s edge, but a grand Phalaenopsis orchid. The flower’s massive petals resemble wings, much like the Phalaena moth after which the orchid was named. Burning Desire is hyperrealistic and aspires to accurately represent both ideal and natural beauty. Although the sculpture may look as weightless as a moth, it’s actually made out of solid cast bronze. And for the car buffs out there, that piercing red is a custom color made specifically for the artist by a company that specializes in luxurious automotive paint systems.

The work is very photogenic, which would explain why you’ve probably seen photos of people posed in front of it on social media. But locals and hotel guests alike are in good company – even the Duke and Duchess of Devonshire were photographed with it when visiting the gardens of Chatsworth House, England when Burning Desire was exhibited there in 2011. The following year, the sculpture summered on the French Riviera when it was included in an exhibition at the Oceanographic Museum in Monte Carlo.

Quinn’s exhibition in a scientific museum comes as no surprise, given his practice. The artist has used untraditional materials throughout his career, including his use of blood in a groundbreaking show from 1991, and his suspension of live flowers in silicone in 2000. Nevertheless, works made in more conventional materials like bronze still explore the same themes. Quinn’s monumental flowers, much like his strange, sculpted bodies, live at the intersection of the visual arts and the natural sciences. In their own ways, each gives us an opportunity to appreciate the complexity and immense beauty of the world around us.  
<http://marcquinn.com/>



Marc Quinn, “Burning Desire”, 2011 painted bronze



Marc Quinn, “Burning Desire”, 2011, detail view



This Vanda orchid is one of many types of orchid growing at Kō‘ele.



Marc Quinn, “Burning Desire”, 2011, installation view with Jaume Plensa’s “Talaia” in the distance.



Marc Quinn, “Burning Desire”, 2011 painted bronze



“Burning Desire” 2011, among the orchids of Kō‘ele gardens