

# LĀNA'I TODAY

JANUARY 2022

## THE EYE OF THE STORM



SEE  
PAGE 4

In July 2021, the state Department of Health contacted Kert Shuster, owner-pharmacist of Rainbow Pharmacy on Lānaʻi, wanting Shuster to be a part of a federally-funded project that would equip the pharmacy, along with others in rural communities, with rapid, polymerase chain reaction (PCR)-based tests that detect the nucleic acid from SARS-CoV-2. Six months and two variants later, with positive COVID-19 cases on the rise on Lānaʻi, Shuster has been testing nonstop, single-handedly, for weeks, since the beginning of the year – recently, as many as three hundred people a day.

*Photograph by Ron Gingerich*

## In search of silence

**F**og drifts across the trail on the way to one of the quietest spots on Lānaʻi, and in two long strides, I am enveloped in it. If someone had been running behind me, he or she likely would have said that I disappeared for a moment. It would have been a neat trick, to vanish into mist, into the silence of the gulch below me, and reappear farther along the trail as the fog lifted.

But no one is around to lose sight of me. Except for the Cook Pine trees, keepers of the peace and the secrets that open at sunrise on the ridge, and wild hedges of fern that tumble onto the trail, the name of which I wish I'd learned, I am alone. Which is how I like it.

I used to believe that solitude is why I run. And while finding solitude on a dirt trail, as much joy and peace as that gives me, is still central to my life, there is now another reason that has equal weight: silence.

Recently, someone asked me for which qualities would I want Lānaʻi to be known. I gave this some thought and discovered my answers reveal as much about what I value and want to protect and preserve as it is about my knowledge of the island, which is, as I've written in the past, too shallow and lacking.

But I do know what I love about Lānaʻi: A safe place for children to grow up. A caring, close-knit community. Open spaces. Miles of running trails. The stars at night at Lopā. A sense of freedom and safety to run at any hour of the day, even at three o'clock in the morning, the obake hour. Genuine, down-to-earth, hard-working people. A connection to place. Beauty. And finally, places one can still find silence, places where we are able to really listen, to the pitch of the wind blowing against ironwood needles, to the raucous cries of birds in a grove of bamboo, or the wall of silence at Keahiakawelo just before dawn.

My writing about the silences I have found on Lānaʻi is prompted by a recent podcast I listened to. The host likened silence to light, that we don't see light, except in terms of what it falls on. Silence, she said, is like that. It is defined relative to the sounds that are around and against it. The guest on the show, who studies silence, said that research shows that in noisy areas, people are less likely to help each other.

"When we're in a noisy place, in urban environments, we become

isolated, and we exhibit antisocial behavior, because we are cut off from a level of intimacy with each other," said Greg Hempton, an acoustic ecologist. "And we're less in touch. We're busy not listening to this, not seeing that, not doing that. We aren't opening up and being where we are."

The host reflected on this point, remarking that intimacy is also related to being able to listen at a very primal level, "because we are listening creatures and that somehow is destroyed or interfered with, in a very, very noisy environment."

Being able to run to places on the island in search of silence is a gift and a luxury that I have only begun to appreciate since I returned home. I wish I'd recorded some of the sounds on my early morning runs over the years. The quietest place I have ever run through is Keahiakawelo. It was three o'clock in the morning and I remember the immense silence of the place. It felt like a presence, a force that was neither unfriendly nor cold. But it was palpable and it was intense, and I asked for permission, as I ran. *Please excuse me*, I whispered, which sounded like prayer. I remember feeling grateful for the light from my headlamp, a light that fell on the boulders and on the monuments and fields of stones. Never have I felt more awake and alert and alive and aware of exactly where I was than during that run, and I wanted nothing more than the familiar sound of the waves pounding the shore at Polihua.

Is the quiet on Lānaʻi and the intimacy and connection that come from being able to really listen to someone speaking, to starlings at twilight, to the chime of koa leaves, to the natural world revealing itself hour by hour, one of the reasons we love this place? I think so. Because the island has a way of teaching us, when it is quiet enough that we can hear ourselves think and feel and connect, of where we are and what truly matters.



Nelinia Cabiles



### CONTENTS & CONTRIBUTORS

**4 LĀNAʻI STRONG**  
**The eye of the storm**



NELINIA CABILES

**5 OBITUARY**  
**Susan Tamiko Minami Miyamoto**



**8 COMMUNITY NEWS**  
**Lānaʻi Axis deer and Mouflon sheep hunting season opens**



MELANIE BANDALAN

**COUNTY and FEDERAL FUNDING**

**Hawaiʻi airports to receive nearly fifty million dollars**



**6 WE ARE LĀNAʻI**  
**A wonderful blessing**



CORLISS NEFALAR

**20 PHOTO ESSAY**

**The refresh, the spruce up, on Ilima Avenue**



NELINIA CABILES

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## COVID-19 Advisory for Lāna‘i residents

Contributed by the Lāna‘i Emergency Preparedness Group

### Multiple testing options available

You might know that COVID-19 testing is available at Rainbow Pharmacy, (808) 565-9332, but did you know it is also available Monday through Friday, and some Saturdays, at your local primary healthcare provider? Contact the Lāna‘i Community Health Center, (808) 565-6919, or Straub Medical Center-Lāna‘i Clinic, (808) 565-6423, for more information.

Follow up after using home test kits

Some families opt to use COVID-19 home test kits, but if results show you have or a household member has tested positive for COVID-19, be sure to contact your primary care physician right away, so he or she can help you confirm the results and ensure that you or your loved one receive the best care and guidance possible during and after your illness.

### Booster vaccines

Lāna‘i is fortunate to have all U.S.-approved COVID-19 vaccines available on the island. Call your medical agency to make an appointment for vaccines or booster shots.

Lāna‘i Community Health Center: (808) 565-6919

Lāna‘i Community Hospital (Maui Health): (808) 565-8450 (Pfizer only)

Straub Medical Center-Lāna‘i Clinic: (808) 565-6423

### What to do if you have COVID-19 symptoms or if you test positive for COVID-19

- The following symptoms may appear two to fourteen days after exposure:
- Fever; cough; shortness of breath; loss of taste or smell.

### If you are sick, don't wait. Isolate!

- Stay at home for five days (except to seek medical care)
- Stay in a separate room, away from others
- Do NOT eat meals with other people
- Avoid physical contact with other household members and pets
- Wear a mask if you must be around other people
- Monitor your symptoms

After five days, you can leave your home, as long as you are fever-free and don't need to use fever-reducing medication. However, you must wear a mask around others for an additional five days.

Continue to monitor your symptoms, and seek medical care, if you have chest pain or trouble breathing.

### Stop the spread of COVID-19

**QUARANTINE:** If you who have been within six feet of a person with COVID-19 for fifteen minutes or more over a 24-hour period, regardless of whether you wore or did not wear a mask, you need to quarantine.

- Stay home (quarantine) and get tested five days after your exposure
- Wear a mask around others for ten days
- Get tested on day five
- Maintain distance from others in your home and wear a mask when you cannot
- Watch for symptoms for fourteen days after your last contact with the person with COVID-19

If you were fully vaccinated\* OR boosted, you can skip quarantine, as long as you DO NOT have any symptoms. If you develop symptoms, **immediately self-isolate and get tested.**

*\*For fully vaccinated and booster requirements visit [tinyurl.com/hiisoq](https://tinyurl.com/hiisoq)*

**ISOLATION:** If you have tested positive for COVID-19 or if you have COVID-19 symptoms, regardless of whether you are or are not vaccinated, you need to isolate.

- Stay at home for five days (except to seek medical care)
- Stay in a separate room, away from others
- Avoid physical contact with other people and pets
- Do NOT eat meals with other people
- Do NOT share unwashed personal items
- If you must be around others, wear a mask
- Monitor your symptoms. If you have chest pain, trouble breathing, or other emergency symptoms, call 911
- If you have no symptoms or are feeling better after five days, you can leave your home, as long as you are fever-free and don't need to use fever-reducing medication
- Continue to wear a mask around others for five additional days

## Cut to the chase

### Community

- The 38<sup>th</sup> Annual **Hawai‘i Pacific Health Great Aloha Run** will again be a virtual event in 2022. Participants can run the 8.15-mile footrace from anywhere in the world at any time between February 18-21, 2022. To register, visit [grealoharun.com](https://grealoharun.com)
- Coming **Lāna‘i High School boys basketball** games (on-island games are played in the Pedro dela Cruz Gym\*): against Seabury Hall, 7 p.m., January 21; 11:30 a.m., January 22; against Hāna, 7 p.m., January 28; 11:30 a.m., January 29. At Maui Prep: 7 p.m., February 11; 11 a.m., February 12. **LHS girls basketball** games on-island: against Seabury Hall, 5:30 p.m., January 21; 10 a.m., January 22; against Hāna: 5:30 p.m., January 28; 10 a.m., January 29; against Moloka‘i: 7 p.m., February 4; 11 a.m., February 5. *\*Events limited to essential participants only.* Games are streamed via Lāna‘i Athletics Facebook Live and [nfhsnetwork.com](https://nfhsnetwork.com)
- Deadline for students to submit a hard copy of their completed application for the **Mamoru and Aiko Takitani Scholarship** to their senior advisor/college counselors: February 1. For more information, visit [takitanifoundation.org](https://takitanifoundation.org)

‘Ōlelo No‘eau - **Aia no i ke au a ka wāwae.** *Whichever current the feet go in.* Hawaiians did not like to be asked where they were going and this was the usual answer given when so asked. It was felt that discussing any business such as fishing or birdcatching before-hand results in failure (Pukui 10).

## The eye of the storm

By Nelinia Cabiles

In July 2021, the state Department of Health called Kert Shuster, owner-pharmacist of Rainbow Pharmacy on Lāna‘i, wanting him to be part of a project that would equip the pharmacy with rapid, polymerase chain reaction (PCR)-based tests that detect the nucleic acid from SARS-CoV-2.

“The project was funded through FEMA,” Shuster says. “[The DOH] contacted rural communities that don’t have a big medical center, because that was the worry – that if there’s a big outbreak [of COVID-19], we’d have some way to stem the tide.”

Six months and two variants later, with positive COVID-19 cases on the rise this month on Lāna‘i, and his shelves replenished with Accula PCR-based tests each week, Shuster says he and his team are in “a hurricane. We’ve been averaging a positivity rate of 10 percent. If a family member tests positive, grandma will test positive. It sweeps through the family. The bottom line is there are people walking around, who are positive for COVID, and don’t know it.”

Shuster has reason to be grave. He has been testing non-stop for weeks —recently as many as three hundred people a day—and he has seen the numbers. “Over the last few weeks, it’s really gotten crazy,” he says. “Basically, the situation is teetering on shutting down services worldwide. This is overwhelming doctors, firefighters. Emergency critical functions are gone.”

The data support Shuster. According to National Public Radio January 14, nationally, daily hospitalizations are up 33 percent this week from the previous week and more than 155,000 people are hospitalized with COVID-19, shattering last winter’s record.

“We’re lucky on Lāna‘i. We have tests. I’m getting calls from people on Maui where there are no tests. When I tell them we’re on a different island, they say they’re going to take the ferry over.”

Shuster credits Lieutenant Governor Josh Green for directing the federally-funded project, and state leaders for their foresight. “FEMA gave every state x amount of dollars. Hawai‘i decided to invest it in testing,” he says. “And so we’re testing as many people as we can, one hundred fifty to three hundred people a day. We’re trying to find asymptomatic carriers or newly exposed carriers. Because detection is key.”

The test uses a nasal swab specimen, which is added to a buffer to solubilize (dissolve), then dispensed into a cassette that contains internal process positive and negative controls, enzymes, OscAR™ reagents, and a detection strip, and inserted into the Accula dock. After thirty minutes, results are visible. The system “tries to find a copy of the viral RNA in that sample, and amplifies the sample by heating and cooling it. If there’s a small sample, the system amplifies the signal. If it’s positive, this window lights up,” Shuster says, displaying a control bar. “We call the person right away. We want to prevent the chain that goes from person to person.”

The first symptoms of COVID include a pounding headache, fever. If a person tests positive, quarantining, staying hydrated with electrolytes, managing the fever, are very important. The higher the fever, the greater the risk of a seizure.

Since January 1, the pharmacy has been open seven days a week. Shuster runs the tests solo, with his right-hand lead, Tina Kikuyama, managing the pharmacy; two students help after school. Shuster spends his days in the testing room and leaves at ten o’clock at night.

And yet, given the weight on his shoulders, Shuster says he doesn’t feel pressure. “This is my purpose, what I’m here to do,” he says. “I’m in the right place and the right time to help. It’s important and necessary work. I love this community so much. I’d stay here 24 hours a day if I had to.”

Fortunately, such a scenario should not come to pass. The Biden administration announced that Americans can begin ordering free at-home COVID-19 rapid tests starting January 19.

Asked if there is an end in sight and Shuster nods. He believes Merck and Pfizer therapeutics, vaccinations, and more readily available and faster testing will get us there.

In the meantime, there are hundreds of tests to dispense and results to read. “Getting this right, keeping track of who’s positive is very important,” Shuster says. “This is life and death.”

Despite the stark reality, Shuster does not lose hope and maintains an equanimity, understanding his role amidst the surging tide of COVID on our island: “I have to be very calm. I’m the eye of the storm.”

## Hawai‘i airports to receive nearly fifty million dollars

United States Senator Brian Schatz (D-Hawai‘i) December 15, 2021, announced that Hawai‘i airports will receive \$49.3 million in new federal funding from the Bipartisan Infrastructure Law. The new funding will help support airport infrastructure projects that improve safety and operations efficiency, cut congestion, and reduce the airport’s impact on the environment and neighboring communities.

“Hawai‘i’s airports will soon be getting millions to help make it safer and easier for passengers to fly,” said Sen. Schatz, chairman of the Senate Appropriations Subcommittee on Transportation and Housing. “The historic infrastructure law we passed last month is already delivering funding to support our airports, roads, and transit systems, and we expect even more in the coming months and years.”

The nearly \$50 million in funding for Hawai‘i airports includes:

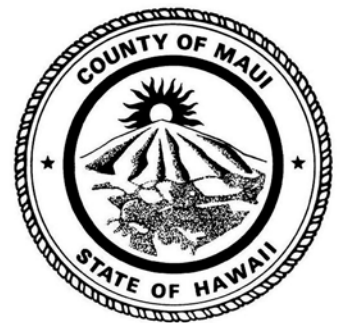
- \$5.9 million for airports on Kaua‘i
- \$21.2 million for airports on O‘ahu
- \$1.2 million for airports on Moloka‘i
- \$1 million for Lāna‘i airport
- \$9.5 million for airports on Maui
- \$10.4 million for airports on Hawai‘i Island



The Lāna‘i airport Photography by Nelinia Cabiles

## Applications open for Maui County Grant program for businesses

Online applications for a Maui County Grant program for restaurants, bars, and gyms, struggling during the COVID-19 pandemic, are now available. In partnership with Maui Federal Credit Unions, the grant program uses American Rescue Plan funding. Visit [mauinuistrong.info/maui-county-small-business-grant](http://mauinuistrong.info/maui-county-small-business-grant) for an application. Grants – not business expense reimbursements – are being offered. Applications for the \$5,000 grant will be only accepted online and will not be available at the credit unions. A form 1099 is required upon application.



- Businesses must qualify for the grant. Qualifications include:
- Providing proof of a 25 percent decline in gross revenue from 2019 to 2020, verified by the State of Hawai‘i.
- Having a commercial location in Maui County and being in business before January 1, 2021, and proof of a current lease or rental agreement.
- Being a registered and active member with the state’s Department of Commerce and Consumer Affairs and/or a sole proprietor(s).
- Having a gross revenue of two million dollars or less in 2020, as verified by the state’s Tax Form G49 (General Excise/Use Annual Return and Reconciliation).

Businesses do not need to be a credit union member to apply. Grants are limited to one applicant per business and business owner. If you have questions, call the Kokua Maui County Grant hotline, (808) 270-5745, between 7:45 a.m. and 4:30 p.m., Monday through Friday.

**I ulu no ka lālā i ke kumu.** *The branches grow because of the trunk.* Without our ancestors we would not be here (Pukui 137).

# January 2022 town hall

Contributed by Gabe Johnson, Maui County Councilmember

**H**appy New Year to you and your family! The first Lānaʻi town hall of 2022 is scheduled for January 20, where I will share and recap my freshman year as a councilmember. Keep an eye out for town hall flyers and an agenda with a link to participate via Zoom.

Due to rising COVID cases, Governor David Ige has issued an emergency proclamation to suspend the option for in-person testimony through February 28. If you wish to submit testimony, please send your email to the committee you are addressing. Each committee’s agenda and contact information can be found on the [www.mauicounty.us](http://www.mauicounty.us) website.

I encourage you to contact the Lānaʻi Maui County Council office if you have questions or for any additional information: Denise Fernandez, (808) 565-7094; [denise.fernandez@mauicounty.us](mailto:denise.fernandez@mauicounty.us), Roxanne Morita, (808) 565-8394; [roxanne.morita@mauicounty.us](mailto:roxanne.morita@mauicounty.us), Councilmember Gabe Johnson, (808) 270-7768; [gabe.johnson@mauicounty.us](mailto:gabe.johnson@mauicounty.us).

An affordable housing milestone, Bill 111, the first affordable housing ordinance of its kind in the state, survived an attempted veto by Mayor Michael Victorino, when it was overturned by the Maui County Council on December 17, 2021. This landmark ordinance shifts control of the priority list away from developers and places it with the County to manage fairly, and gives preference to local residents who have resided the longest in Maui County. Also included is an extension of the time required to keep homes in the “affordable” category, and that they be offered to the County for purchase before they are offered at market rate. Bill 111 also applies to affordable rental projects.

The Affordable Housing Committee is working hard to put Kānaka Maoli and longtime residents first. Locals are being egregiously outpriced and forced to relocate; families are being torn apart or forced to live on top of each other, or in their cars, and/or work three jobs just to live at home. Our office met with the Department of Hawaiian Homelands December 9, 2021, to look for creative ways to work together with the State and expedite the process to get more Hawaiians in affordable housing.

Looking forward, 2022 brings opportunities to help create more affordable housing projects, but we will move forward carefully: we will not consider projects where there are land disputes, iwi kūpuna, or other title concerns. We are working to redefine “affordable,” re-evaluate the Adjusted Median Income levels, and implement the Comprehensive Affordable Housing Plan created in 2021.

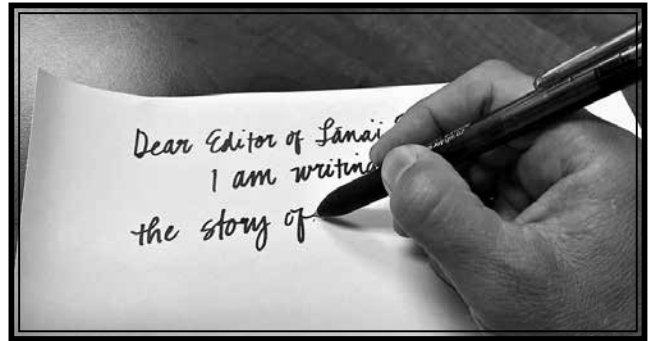
The status quo is not working for our people who are suffering. We do not have time. We must act now and we are doing just that. Thank you all for your support and we look forward to working together with our community in 2022!

## Bill prohibits non-mineral sunscreens

**T**he Maui County Council November 19 unanimously passed Bill 135 that would ban the sale, distribution, or use of non-mineral sunscreens, which contain ingredients that have been demonstrated to pose a threat to the health of coastal waters, coral reefs, and other marine species.

Zinc oxide and titanium dioxide are known as mineral sunscreens. Of the sixteen active ingredients currently used as ultraviolet (UV) filters in sunscreen products, only zinc oxide and titanium dioxide are deemed “generally recognized and as safe and effective” (GRASE) by the United States Food and Drug Administration (FDA). Non-mineral sunscreens include chemical sunscreens, such as octinoxate, octocrylene, and oxybenzone.

Once signed into law, Bill 135, which heads to Mayor Michael Victorino for his signature, will take effect October 1, 2022. The County Department of Environmental Management will be responsible for administering the new prohibitions. The sale, distribution, or use of prohibited non-mineral sunscreens would be considered a violation of the Maui County Code, subject to penalties and enforcement. Fines will be deposited into the County Environmental Protection and Sustainability Fund.



Aloha, Nelinia

Between the dates of December 30, 31 and January 1, 2022, a wrought-iron chair from our church breezeway was taken.

We at Ka Lokahi Church at Kōʻele don’t mind people sitting there and watching the sunset or just to relax but to take a chair [is] not pono. The table set was given to the Church by Susie and Barry Ozmen, former owners of This and That gift shop when they left Lānaʻi.

Susie was a dear friend of my mom. Susie passed away in 2019, and shortly after, my mother Irene, at 102, passed away. My cousin Val Kincaid took pictures of the set and shared the story on her cell [phone]. So sad, Nelinia, for someone to take things from a church.

Mahalo, [Moana Freitas Keolamoana@gmail.com](mailto:Moana.Freitas.Keolamoana@gmail.com)



A wrought-iron table set given to the Ka Lokahi Church at Kōʻele from Susie and Barry Ozmen. The chair was recently stolen. *Photograph courtesy of Val Kincaid*

### OBITUARY

**S**usan Tamiko Minami Miyamoto, 102, wife of Sadao Miyamoto (deceased), passed away peacefully on December 28, 2021, at Manoa Senior Care on Oʻahu. She was born in Pāʻia, Maui, moved to Lānaʻi at the age of five, and spent her childhood years there with her parents and six Minami siblings at Numba and Crusher Camps before the family moved to Lanai City.



Susan Miyamoto

She graduated from Lānaʻi Intermediate, and since there was no high school on Lānaʻi, moved to Oʻahu to continue her education at McKinley High School. Following graduation, she returned to Lānaʻi. She worked in her father’s gardens until she was offered the opportunity to work at the Lānaʻi Community Hospital and began her long career there. After her marriage to Sadao, she lived a full and active life as a wife, mother of five, and active member of her community and church. In 1973, Susan retired as office manager of the hospital after 35 years of service. After her retirement, she spent several months with Sadao in Honduras, and later, in Thailand, where he was on special assignments with Castle and Cooke Foods. During her retirement years, Susan kept busy with volunteer work at her church and the hospital, gardening, and regular get-togethers with friends and former co-workers. Her surviving family includes sister Louise Kong; daughters Caroline (Benny) Asuncion, Audrey Miyamoto, Barbara (Jeraldo) Tolentino, Deborah (John) dela Cruz; and son Leslie (Lisa) Miyamoto; nine grandchildren, twelve great-grandchildren, and one great-great grandchild.

Services will be private. The family requests no monetary gifts, but for those who wish to, a memorial gift in her honor can be made to the Lānaʻi Cancer Fund. (Please make checks payable to the Lānaʻi Cancer Fund and mail c/o Lānaʻi Kināʻole, P.O. Box 630805, Lanai City, HI 96763.)

**I puni ia ʻoe o Lānaʻi a i ʻike ʻole ia Lānaʻi-Kaʻula me Lānaʻi-Hale, ʻaʻohe no ʻoe i ʻike ia Lānaʻi.** *If you have gone around Lānaʻi, and have not seen Lānaʻi Kaʻula and Lānaʻi Hale, you have not seen all of Lānaʻi (Pukui 137).*

## A wonderful blessing

Contributed by Corliss Nefalar

**O**n December 11, 2021, a group of volunteers from the community and members of the Lāna‘i Golf Association met at 352 Ilima Avenue, the address of our mom’s house, which was selected to be Pūlama Lāna‘i’s next community service painting project.

Our family had earlier purchased paint and supplies, but because of the COVID pandemic, we put the project on hold, as family and friends had to reconsider traveling. At that point, we, including mom, thought, how/when can we do this now?

In November, Diane Preza of Pūlama Lāna‘i, who coordinated the painting project, approached us and said Pūlama Lāna‘i was looking at doing another community service project and would we be interested in having mom’s house painted? That was an answer to a prayer! We had had no prior conversations. How was she to know our prior plans with the supplies already waiting in storage? God touched her heart and spirit to do this house, while she had also considered others.

With grateful hearts, we thank a community that is like no other, a community that can come together to share their time, efforts, support, and aloha. You have made our 91-year-old mom very happy. It was an awesome Christmas present, and an early birthday gift. On January 12, 2022, she turns 92 years old!

Mahalo to all involved with the project: Pūlama Lāna‘i (additional painting supplies and prep work and materials); Roman Dombrigues (carpentry consultation); Ross Morita (carpentry consultation); Richard Morita (building materials); Jonas Ranis (initial paint order); Diane & Jonathan Preza; Kurt Matsumoto; Keiki-Pua Dancil; Armen Markus; Sean Oliva; Lāna‘i Golf Association; Lāna‘i Lions Club; Robin Kaye; Neal Tamashiro; Kerl Manuel; Vera Kawamura; David and Daelyn Tangjian; Malelei Varawa; Henry Costales; Larry Plunkett; MaryLou Kaukeano; Rick Dunwell; Eric Baldeviso; Edmund Oyama; Darrell and Duane St. Clair; Alan & Jackie Sanchez; John & Debbie de la Cruz.

We share this scripture, because it’s nice to be reminded of life’s many blessings. There is a God who loves us, walks with us, and hears our prayers: “You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God,” 2 Corinthians 9:11.

God bless and mahalo from Aunty Hono Nefalar, Corliss Nefalar, Charlene & Franco Asuncion, Juan, Zina & Jarrett Nefalar, Jason, Stacie, John and Essence & Jaylee Koanui-Nefalar, Makamae, Jeremiah, Tehya & Glory Koanui-Ola, and Jay & Jessica Asuncion.

**See page 20 for Photo Essay**



A pride of painters and workers volunteered their time December 11, 2021, to spruce up the home of Hono Nefalar with fresh coats of paint. First row: Robin Kaye, Neal Tamashiro, Hono Nefalar (seated); Diane Preza. Second row: Jonathan Preza; Kerl Manuel; Juan Nefalar; Corliss Nefalar; Jason Nefalar; Stacie Koanui Nefalar; Vera Kawamura. Third row: David Tangjian; John dela Cruz; Debbie dela Cruz; Daelyn Tangjian-Kobuke. Fourth row: Larry Plunkett; MaryLou Kaukeano; Rick Dunwell; Male Varawa; Armen Majkus; Eric Baldeviso; Sean Oliva; Edmund Oyama; Henry Costales; Kurt Matsumoto. Back row: Duane St. Clair; Keiki-Pua Dancil; Jackie Sanchez; Gerard Kaukeano; Darryl St. Clair. Not pictured: Alan Sanchez Photo courtesy of Diane Preza

## Plantation days are over: Live and let live

Contributed by Marcus Washington

**T**here was a time when labor demands on Lāna‘i were more abundant than the inhabitants. Workers were imported from other Hawaiian islands and Asian countries to live & work the land. Conditions & wages weren’t ideal, and manual labor was tough, but the island had no choice but to grow & become more diverse. The *income* was more important than the *impact* it was going to make on this island. The *Good ol’* pineapple days.

When comparing *hours of labor* vs. *hours of quality time* spent with family to simply live Aloha, what do we define as *Good* about this context? Ever since I moved to this island in 2019, Lāna‘i has been exclusively referenced as “The Pineapple Plantation Island” run by Dole Pineapple Company, the world’s largest producer of pineapples. This felt like a badge of honor. Yet everywhere I turn, I see overgrown fields of desert grass littered with black plastic that is estimated to be buried as deep as twelve feet.

The Dole plantation days are gone, but the residual effects of its environmental damage, and the psychological effects that hold this island in captivity still remain.

History is not the past, it is the present – we are our history. When we reflect on our island’s history, we need not look any further than the present. It is stunning to consider that *the more things change* (progressing from generation to generation), *the more they remain the same*.

### Health is wealth

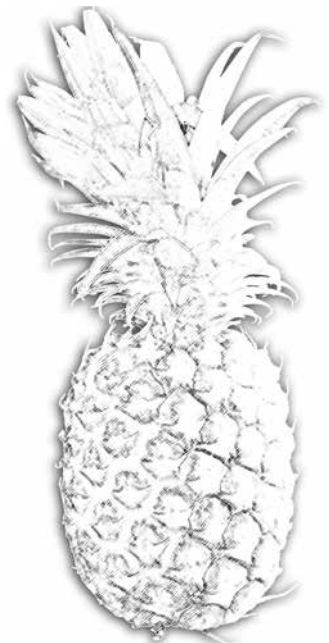
This is a call to action for this island to outgrow the mindset limitations of the plantation days! A plantation mindset is one that keeps us shackled to the idea that work trumps health, money supersedes human needs, high turnover is par for the industry, and anybody is a capable body.

The dream for this island to become a beacon of sustainability and usher in a new era of growth starts with a shift in mindset. Creating a workplace that values the ability to Live Aloha and share Aloha with others, is a mental shift that will help us break free from the plantation mindset. The unfortunate truth is that this mentality has NOT changed in our community despite over a hundred years of change that have occurred all around us.

If we are to benefit from what we have learned from our history, then we need to shift our axis of thinking. Mindset can be a deep-seeded, deep-rooted belief on what is comfortable, easy, and socially accepted. But the last time I checked, true Hawaiians and true people of Lāna‘i live by the rules of the land. And if this is still true, then how nature thrives is through adaptation, growth, evolution and forward progress. The analogy of driving your car to work is apt: there is more to see, experience & explore looking through the windshield, rather than by cautiously and constantly looking at the rearview mirror, consumed by what is behind you.

How have YOU grown since the plantation days ended in 1992? Reflection is a powerful practice that helps us validate our purpose, direction & progression over time. Without reflection, we may find ourselves in the same place we were thirty years ago, which is counterintuitive to the elements of nature.

As a final thought, what does Lāna‘i’s history represent to you? What does the existing reputation of Lāna‘i offer the community? As a resident, how do you see yourself playing a role in the future narrative of the island?



‘Ai no i ka ‘ape he mane‘o no ko ka nuku. He who eats ‘ape is bound to have his mouth itch. He who indulges in something harmful will surely reap the result (Pukui 11).

## Virtues in Paradise Looking back, looking forward 2022

Contributed by  
Linda Kavelin-Popov

**W**hat a year we've had! Wave after wave of a rough, unpredictable sea has washed over us, with no calm water in sight. There is a sense that the world as we have known it is deeply unstable and constantly shifting, both in terms of our health and safety, upheavals in the world's weather, and intense social and political



Linda Kavelin-Popov

divisiveness. It has never been more important to find a still point of serenity, a way to center, to be the calm in the wind. We need to be excellent navigators. We need to ride the waves.

In this New Year, it seems especially important to pause, look back and reflect, and then to set our intentions for the year ahead. Socrates said, "The unexamined life is not worth living." Self-awareness is essential to spiritual growth – not as a judge and critic, but as a resilient, accountable, loving, forgiving and hopeful soul. Here are some journaling and meditation prompts.

Looking back:

Make a list of the past year's greatest challenges. What was your most significant teachable moment? What did you learn and how did it make you stronger? What virtue did you develop?

List what you have accomplished. Recovering from an illness, making a new friend; finding a new creative project? What and who did you serve? When did you feel most purposeful and fulfilled?

What stands out as a meaningful event in your life?

Take a few moments to be thankful for the blessings you received this year, including the lessons from your challenges.

Looking forward:

As you enter this new year, even if chaos continues, how will you chart your own course? What are your intentions, based on your truest needs and highest hopes? Dag Hammarskjöld said, "For all that has been, thanks! For all that is to come, yes!" My book, *Dreaming at the Crossroads of Change*, describes three ways to stand in a place of gratitude while contemplating a brighter future.

Let go. Calling on the virtue of detachment, what habits and negative beliefs do you want to let go of in the coming year? As we embrace a new season, we're called to release whatever blocks our physical, mental, emotional and spiritual wellbeing. It brings the opportunity to shed whatever is not kind, useful, beautiful, or enjoyable – from decluttering our home, or finally releasing an unhealed addiction, whether to a substance or a relationship. Letting go is to detach from what no longer fits the dream we choose to live now.

Say yes. Take some time to discern your yeses. What do you want more of in your life? And less of? What practices will help you to maintain your health? If you have been lonely, how can you reach out, even in this pandemic, to connect with others in meaningful ways? Say yes within boundaries that will sustain your sense of wellbeing. List some boundaries, such as, "I will build friendships that are mutual, and nurture me as much as the other person." "I will only accept commitments I can wholeheartedly keep."

Give back. Frederick Buechner said, "Our calling is where our deepest gladness and the world's hunger meet." Many adults and children have found ways to serve their communities – collecting food, staffing drive-by giveaways, calling people who were alone. However small, service fulfills your soul's purpose to love and to serve.

This new season will require radical resilience, the ability to stand strong, to be the calm in the wind. We will flourish if we reach out to give and receive personal support, engage in nature, beauty, creativity, service and devotion. Above all, let us do everything with love. [www.lindakavelinpopov.com](http://www.lindakavelinpopov.com)

## Reese's Peace How to begin your journey to personal freedom

Contributed by Caroline Reese

**W**hen we think of personal freedom, we may think of freedom of speech, religion, or expression. What about personal freedom from our thoughts, addictions, and habits?



Caroline Reese

If we learn ways to break the habit of negative automatic thoughts that can lead to addiction or suffering, we can begin the journey to personal freedom.

It is the negative automatic thoughts that can wreak havoc in our minds. We are not aware of the negative thinking entering our minds, but we recognize the emotion it activates.

When we experience a negative emotion, it is habitually an automatic thought that erupted in our minds shortly before the feeling. Our automatic thoughts result from past and current experiences; they influence our mood, behavior, actions, and emotions.

An experience can leave a psychological imprint, triggering the same, recurring response. For example, if you were neglected as a child, and you marry someone who neglects you, the thought that you are unwanted may surface again and again, becoming part of an ingrained habit.

While not all automatic thoughts are negative, the negative thoughts create struggles. Learning how to evaluate automatic thoughts can shed light on how we think and help us shift our thought patterns, helping us break free from a cycle of negative thinking, and create a better sense of wellbeing and joy.

It is important to familiarize yourself with different kinds of thinking and see whether they resonate with how you think:

- Black and White: you see good or bad, no gray
- All or Nothing: you need to be the best; anything less is unworthy
- Discounting or disqualifying the positive: Anything positive is not enough or doesn't count
- Emotional Reasoning: you believe what you feel is true (you are good at work but feel you are a failure)
- Labeling: you label your personality: "failure/loser"
- Mind reading: you think you know what people think about you
- Personalization: If someone is mean to you, you think you did something wrong
- Tunnel Vision: you perceive only one perspective, and it is usually negative.

Evaluating your thought pattern:

Begin by becoming aware of patterns in your thinking. Patterns help you recognize behavior that arises from thought. To identify distortion, look for negative words and phrases in your automatic thoughts. Remember that automatic thoughts are repetitive and involuntary. It's your response:

- I am not good enough.
- I can't do it.
- I'm not as lucky as other people.
- I am not strong enough.
- I am not smart enough.

When negative thoughts come to you, apply "what if" to the thought instead:

- What if I am good enough?
- What if I can do it?
- What if I am as lucky as other people?
- What if I am strong enough?
- What if I am smart enough?

Remember, our thoughts produce emotions. Becoming aware that these thoughts are reflexive and can be changed is the first step. The practice of evaluating and changing your thought process is empowering.

What we think affects how we act and feel. Moods, attitudes, and behaviors are all shaped by our thoughts. People suffering from anxiety or depression always experience negative thoughts that shape their negative moods. What if you pause and reflect upon how blessed you are to be alive?

May the spirit of love gently fill your hearts with peace, and may you remember to pause and add heart to your life. Love, Caroline

'A'ohē hala 'ula i ka pō. No hala fruit shows its color in the darkness of night. Beauty must be seen to be enjoyed (Pukui 17).

# Axis deer and Mouflon sheep hunting season opens

Contributed by Melanie Bandalan, DLNR DOFAW-Lānaʻi

The State of Hawaiʻi Department of Land and Natural Resources (DLNR) Division of Forestry and Wildlife (DOFAW), has made available to the public online applications for the 2022 combination Lānaʻi Axis deer and Mouflon sheep hunting season. The application period for the hunt is January 10 to February 11, 2022.

Applicants will be assessed a \$10 non-refundable application fee, even if the hunt is cancelled or the applicant is unable to participate at the time of the hunt. A game mammal tag fee—\$20 for Hawaiʻi residents; \$125 for non-Hawaiʻi residents—for each Axis deer and Mouflon sheep tag will be assessed at the time of hunter check-in. Debit cards, credit cards and cash are accepted.

It is imperative that hunt applicants obtain and pay particular attention to the hunt announcement, instruction sheet, addendum, and online information for any changes in the application process and hunting season. *Due to Covid-19, the 2022 Lānaʻi Axis Deer and Mouflon Sheep hunting season may be modified, rescheduled, temporarily postponed, restarted, or cancelled at any point prior to, or during the season, for health and/or safety concerns or for any other unforeseen reasons. All federal, state and county Covid-19 restrictions/guidelines apply and must be followed to participate in this hunt. Hunters also will be required to follow all Centers for Disease Control (CDC) guidelines.*

## Hunt dates, special conditions, and procedures

Pursuant to Title 13, Chapter 123, “Rules Regulating Game Mammal Hunting” (13-123-4) the following special conditions and procedures will be in effect for this hunt:

The 2022 Lānaʻi Axis deer and Mouflon sheep season will consist of four hunts, all of which may be subject to a lottery drawing. There will be no standby hunting opportunities for the four hunts. If participation for each hunt is limited, only successfully-drawn hunters will receive an application/permit card in the mail indicating the date drawn. **The following hunts are subject to limited participation for non-Lānaʻi residents:**

The Archery hunt will be held over two, nine-day periods and consist of two draws: May 14-22, 2022, and May 28-June 5, 2022.

The hunts, open from Wednesday through Sunday, fall, respectively, on the following dates: Youth hunt, June 8-12, 2022; Muzzleloader hunt, June 15-19, 2022; General Rifle hunt, June 22, 2022-October 23, 2022.

Hunter assistants will only be allowed to accompany hunters who are senior citizens (age 65 or older) or disabled. Proper documentation is required at hunter check-in.

### Bag limits for the 2022 hunting season:

Axis deer: **two** does and **one** deer of either sex. Hunters are required to purchase two doe tags before they may purchase an either-sex deer tag. If conditions allow, doe bag limits may be increased, with hunters being issued free doe tags after purchase of all upfront tags.

Mouflon sheep: **two** ewes, **one** sheep of either sex and **one** non-typical ram. Hunters are required to purchase two ewe tags before they may purchase an either-sex sheep tag. A non-typical ram tag will be issued free of charge, if one Mouflon sheep tag is purchased. Hunters must dispose of all heads of non-typical rams in the field or at the Lānaʻi hunter check station. Tags are non-transferrable and valid only for the specific hunt for which it was issued.

Archers interested in this hunt must apply; group size is eight. Because of the archery hunt’s new format, there will be a lottery drawing to assign hunting dates. Archery hunt applicants will be allowed to apply for, and may be able to participate in, either the muzzleloader hunt or the general rifle hunt. To validate permits and acquire their tags, archery hunters may check in on the Thursday or Friday preceding the first day of the archery hunt between 8 a.m. and 7 p.m., or daily, during the hunt, between 8 a.m. and 3:30 p.m.

Hunter check-in and harvest reporting will be available through the [OuterSpatial Trails and Hunting mobile application \(https://dlnr.hawaii.gov/dofaw/app/\)](https://dlnr.hawaii.gov/dofaw/app/), and tag purchase may be available online at <https://gohunthawaii.ehawaii.gov/public/tags>, which will require hunters to sign only PūlamaLānaʻi waiver forms at the check station. Checking in and tag purchase will remain available at the Lānaʻi hunter check station; its hours may be modified, based on hunter participation levels and online check-in/tag purchase options. Archery hunters must check out of the

hunting area daily and report their take or their intent to hunt the next day, providing their tags remain unfilled.

### Youth hunt rules:

- Youth hunters, who must apply to participate in this hunt, must be age fifteen or younger (HAR 13-123-2) up to the hunt date, possess a valid 2021-22 or 2022-23 State of Hawaiʻi hunting license and be accompanied by a non-hunting adult (age eighteen or older), who also possesses a valid 2021-22 or 2022-23 State of Hawaiʻi hunting license.
- Youth hunters will be issued tags at the time of hunter check-in. Tags are valid only for the specific hunt for which the hunter has applied.
- While in the hunting area, youth hunters are limited to carry only one type of hunting equipment, and they and accompanying adults are required to wear blaze orange. One adult may accompany one youth for this hunt.
- Youth hunt applicants may apply for, and may be able to participate in, the archery and muzzleloader or general rifle hunts. Interested hunters can only apply for either the muzzleloader hunt or the general rifle hunt, NOT both. Group size for either hunt is eight. Muzzleloader hunt applicants will automatically be assigned to the scheduled date. General rifle hunt dates will be assigned by lottery drawing.

### Applying for the hunt

Because of Covid-19, hunters will be required to apply online at <https://gohunthawaii.ehawaii.gov> Please select 2022 Lānaʻi Axis Deer and Mouflon Sheep Season. Application deadline: **4 p.m., February 11, 2022**. Hunters are encouraged to submit applications well before the application deadline to insure proper processing.

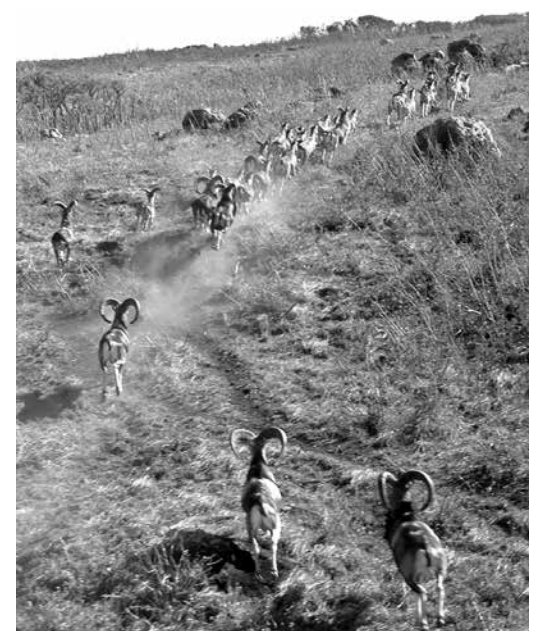
Public drawings for the archery, and if necessary, for the youth and muzzleloader hunts, will be held at 10 a.m.; the General Rifle hunt lottery at noon, and the Lānaʻi resident public drawing at 9 a.m., Friday, March 11, 2022, at the DOFAW base yard in Kahului.

All eligible youth, muzzleloader and general rifle participants must check in either on the Tuesday preceding their assigned hunting date between 8 a.m. and 7 p.m., or on Wednesday through Friday between 7-9 a.m. and 1:30-3:30 p.m. at the Forestry and Wildlife Office on Lānaʻi to certify hunter permits and acquire their tags.

Hunting units open for the archery hunt: 1, 2, and 3. For youth, muzzleloader and general rifle hunts: units 1 and 2, Wednesdays through Sundays.



Kamaha'o Kahoohalahala, youth hunter  
Photograph courtesy of Kaulana Kahoohalahala, father/accompanying adult



Mouflon sheep on the run  
Photograph courtesy of Melanie Bandalan

For additional details of the 2022 season, or for general hunting program and rules, visit <https://dlnr.hawaii.gov/recreation/hunting> or call:

Oʻahu: (808) 587-0166

Hawaiʻi: (808) 974-4221 (Hilo)

Kauaʻi: (808) 274-3433

Maui: (808) 984-8100

Molokaʻi: (808) 553-1745

Lānaʻi: (808) 565-7916

‘A’ohe ‘auwa’a pa’a i ka hālau i ka mālie. No canoes remain in the sheds in calm weather. Everybody goes fishing in good weather. Also used when people turn out in great numbers to share in work or play (Pukui 17).



## From the Farm Two thousand twenty two, the year of your best self yet Brought to you by the farmers and leaders at Sensei Ag

**B**reak from the deepest rut, the Groundhog Day that was 2021, and the mindless wandering from one meal to the next. Now's the time to hit the reset button and build your best self yet.

Getting stuck in an unhealthy habit can be an inevitable part of life. Occasionally, such obstacles can't be avoided. Other times, a lack of motivation or accumulation of stress overwhelms our ability to tackle habit change with gusto. If year's end found you caught up in holiday festivities and not yet ready to make health a priority, you're not alone. But with a new year comes a fresh slate. Together, we can make 2022 the year that sustainable healthy habits are planted, nurtured, and harvested.

If you've made, and broken, resolutions before, you might doubt long-term change comes from a January promise. So, don't view these healthy new habits as resolutions. Instead, think of them as new practices designed to build a healthier you with a healthier plate. Ready for better? Need some guidance on where to start? We've mapped out some steps to get your reset going.

### Define your path

The path to finding a healthy, nourished you will be smoother when you start with a plan in place. Spend some time writing down where you want to be in the next week, next month, next whatever-time-frame. Details are helpful. Rather than "get healthier", elaborate on what that looks like to you. Does that mean running a 5K by year's end? Does that mean the number on the scale increases or decreases—by how many pounds? Or fitting more fruits and vegetables onto your plate? How often? We all have different definitions of the same goal. Take time to thoughtfully define yours.

### Map it out

Reaching a goal doesn't always follow a linear path. Stay the course by including markers along the way. (Pro Tip: these build confidence and assure continuous progress.) For example, a great healthy habit is to include at least five servings of fruits and vegetables a day. Incremental goals could include committing to one serving of fruit and vegetable at each meal. Or maybe you'll opt for a mid-afternoon snack that contains either or both. Fight the 3 p.m. slump with a serving of Avocado Toast with Lomi Lomi Salmon (recipe below).

### Set yourself up for success

You've got a goal and a path mapped out. Now to identify and eliminate obstacles, Taking a moment to consider obstacles and excuses and how you'll move past them can clear the path for true change. Let's say you're committed to making five fruits and veggies come to life. Setting yourself up for success might look like including produce on every grocery run, or making sure you have prepped options in the fridge for whenever hunger strikes. Or perhaps you map out a weekly menu and meal prep so there's an easy option at every meal. (We suggest a side dish of Sensei Farms Lāna'i Mini Tomatoes dipped in hummus as a great place to start!)

### Be kind

Meeting a goal, setting new habits, and breaking free from a rut is no easy task. Some days you move forward by leaps and bounds. Other days you feel like you're moving backwards. Skip the negative self-talk, and instead, draw on the kindness you show to others. Remind yourself that you're made for better. Dig deep to find the energy to get back up, and hit the road again tomorrow, plan in place, salad in hand.



### Avocado Toast with Lomi Lomi Salmon

It was only a matter of time before these two familiar favorites joined forces to start your day right. Enjoy this toast at break of day, as a mid-morning snack, or any time the urge for something delicious, nutritious, and satisfying strikes.

#### Ingredients:

- 1 slice of your favorite bread, toasted
- 1/2 avocado, thinly sliced
- 1/2 cup Lomi Lomi Salmon
- A handful of mixed greens
- 1/4 cup thinly sliced mini-cucumbers
- 1 tablespoon furikake
- Kosher salt, to taste
- A fresh squeeze of lemon

### Directions:

**Step 1:** To assemble your Lomi Lomi Avocado Toast, fan the thinly-sliced avocado evenly on top of your toast. Season with salt and a fresh squeeze of lemon.

**Step 2:** Next add your mixed greens, pile on the Lomi Lomi Salmon, and top with mini-cucumber slices. Garnish with furikake and serve immediately.



**Akua lehe 'oi.** Sharp-lipped goddess. An epithet for Pele, who devoured even the rocks and trees (Pukui 13).

# History of Lānaʻi's Senior Christmas Lunch

Text and photography by Cindy Sagawa

In the early 1970s, Betty Jean Labrenz of Operation Blessing, 700 Club on Maui, offered to pay for the entire expense of feeding seniors in the Meals on Wheels program on Christmas. She contacted Phyllis McOmber at the state's Department of Human Services to help coordinate and cook meals for those who would be unable to get their usual home delivery on Christmas.

In 1991, when Danni Komatsu, wife of the pastor of Lānaʻi Baptist Church (LBC), took over the cooking, she started with fifty-six home deliveries and walk-ins. Komatsu left in 1997 and Cindy Sagawa started helping with the holiday lunches as coordinator.

In 2003, when the 700 Club could no longer pay for the holiday event, the LBC became the coordinating non-profit host. The Senior Christmas lunch became a big community-wide event. Lānaʻi's businesses, churches, individuals and organizations, invited to help the LBC continue this community outreach, stepped up with donations, and volunteered their time on Christmas day.

Ingredients for the meals, drinks, lunch supplies, etc., were purchased from Pine Isle Market, with Kerry Honda giving a generous discount on the bill. Lānaʻi City Service, run by the Coon family on Maui, gave turkeys, and bags of rice donated by the Maui Hotel Association.

Wallace and Collin Tamashiro, experienced with delivering for their family-owned store, Richard's Shopping Center, mapped the delivery routes. In 2012, we made one hundred home deliveries of food and gift bags of practical goods. We served an additional one hundred fifty meals to Senior Center guests. In 2019, we reached two hundred-fifty seniors age 65 and older. A total of seven hundred eighty-eight participants, including businesses, kids, seniors and volunteers, were involved.

For 2020 and 2021, we kept the event COVID-safe, delivering only gift bags, no food. With the help of generous financial donors, gifts from Honolulu, Maui and Lānaʻi supporters, along with Christmas Day volunteers, our community delivered gift bags to three hundred seniors. We mailed store certificates to another seventy seniors.

If you know a senior age 65 or older, who we missed or would like to receive an outreach gift, please contact us: LanaiSeniorChristmas@hotmail.com or Lānaʻi Baptist Church, P.O. Box 630149, Lanai City, HI 96763; (808) 565.9405.

The Lānaʻi Baptist Church is grateful to our community friends who join us each Christmas to serve our seniors. Thank you for partnering with us to continue this special and unique outreach for almost fifty years.



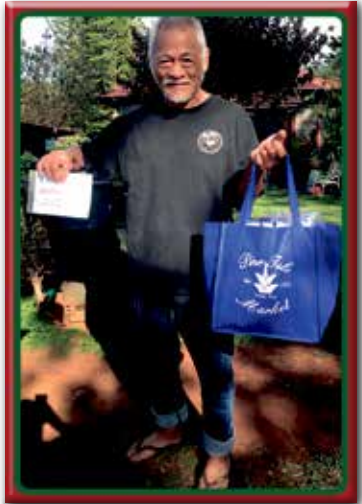
Kay Okamoto with magnifying bookmarks



Family volunteers Theresa Ahuna-Turqueza, Kirra, Pua Turqueza, and Alizae Ahuna-Turqueza



Daniel Bragado and Gratell Hernandez hoist bathrobes from Four Seasons Resort laundry.



Greg Suetos



Debbie Wheeler, Gina Alonzo, Janelle and Serenity Besmer, and Sagi Baldwin pack gifts for hospital residents.



Marcaria Barsatan (top) receives gift delivery from Blessy Jeril with children Yeshaiiah and Joshiah.



Kami and Kaiya Elliott create Christmas cards for seniors while visiting Lānaʻi family.



Sammy, Hana and Sam Dimaya, festive volunteers



Mary and Timmy Catiel with dog Miki



Pam Alconcel shares gifts from University of Hawai'i Maui College.



Camille, Tiare, Laiku Alonzo hold fabric donated by Maurice King of Honolulu.

# Christmas Festival 2021

Text by Nelinia Cabiles / photography by Dan Popov

‘Twas the week before Christmas when what should appear, but flurries of snow, Lāna‘i’s first of the year. Snow swirled through the air in foam clumps and clouds, delighting young children and the Christmas festival crowds. The tables were creaking with gift bags a-plenty, for Lāna‘i’s keiki, ‘ohana, and Noel cognoscenti. Santa held court, as he does every year, waving to all and sharing bright cheer. The joy of giving and love struck every heart: to stay healthy and safe we must all do our part.

The 2021 Winter Wonderland, again a drive-through event as it was in 2020, was a festive community affair December 18, drawing the island’s finest volunteers, including Lāna‘i High School students, the class of 2023, LHS’ boys volleyball team, and staff from Four Seasons.

The sponsors of the event were the Lāna‘i Community Association, Four Seasons Resort Lāna‘i, Lāna‘i Community Health Center, Pūlama Lāna‘i, and Damon Pham, a client at Four Seasons, and “generous supporter of our community,” says Kay Okamoto, of LCA.

“We appreciated all the help and participation,” Okamoto says, of the event’s volunteers and everyone who came together to give their time and energy. “Unfortunately, we were still unable to have photos taken with Santa. Maybe next year.”



Santa Claus and the season’s merriest crew



Snow-maker Ron Woolsey



Inching through the snow in a 400-horsepowered sleigh



Mindy Bolo with furry friend



Gift bag central



Storm and Sayge Schilling



Gizelle and Bronson Bolo



A happy holiday volunteer



Santa Claus and Jessica Candy



Christmas crew, bestowing gifts to drivers



Ross Morita and Roderick Sumagit



Santa with volunteers from the Four Seasons Resort Lāna‘i

# Lānaʻi Community Health Center

## Financial Assistance

Did you know that **LCHC** has financial assistance (i.e., sliding fee scale, budget plans, etc.)?



Lānaʻi Community Health Center (LCHC) offers a Sliding Fee Discount Program (SFDP)! This program applies to LCHC services. No patient is denied service due to an individual's inability to pay. LCHC provides:

- A full discount to individuals and families with annual incomes at or below those noted in the most recent Federal Poverty Guidelines (FPG); and
- No discount to individuals and families with annual incomes greater than 200% of the FPG. Family Planning Program services are discounted if individual or family income falls between 200 and 250% of the FPG.

Partial discounts based on family size and income will be extended to individuals and families with incomes above 100% and below 200% of the poverty level. See the LCHC website ([www.lanaihealth.org](http://www.lanaihealth.org)) for more detailed information or call our office and ask for Finance to address questions.

*E Ola Nō  
Lānaʻi  
Life,  
Health  
and  
Well-being  
for Lānaʻi*



SCAN ME

## LCHC Dental Services update

We thank the Lānaʻi community for being patient and understanding as we navigate through this challenging time. While COVID has placed great challenges on all health care services, it has placed an especially difficult burden on dental services due to the aerosols used while taking care of your teeth. To better protect you and our staff, we have changed our scheduling practices while also implementing new safety precautions and air flow systems. While some of these changes have reduced the number of patients that can be seen during the day, we have also been recruiting additional dentists, hygienists, and staff. Recruitment is slow, as LCHC is only one of many other dental practices in the state and on the mainland who are recruiting for additional help. And, as you know, it is difficult to recruit on Lānaʻi! An additional challenge is that we are now the only dental practice on island and space is limited at LCHC.

All these issues have combined to create the 'perfect storm,' which you see in the form of long waits for appointments and cancelling or re-scheduling of appointments to address a need to prioritize patients' dental issues. We appreciate your understanding and kokua. As we work to address the community's dental needs, you can help by ensuring you are practicing good dental habits:

- |  |  |
|--|--|
| <input type="checkbox"/> Brush regularly but not aggressively. | <input type="checkbox"/> Consider a mouthwash.                 |
| <input type="checkbox"/> Floss once a day.                     | <input type="checkbox"/> Limit sugary foods and starches.      |
| <input type="checkbox"/> Do not smoke.                         | <input type="checkbox"/> Drink water instead of sugary drinks. |

In addition, if you are in pain or have other urgent needs, call our office at 808-565-6919, select option #1 to make an appointment, then select #2 for Dental. We will do our best to see you as soon as possible.

*Mahalo, Salamat, and Kulo mu lulap! LCHC Dental*

## New Year's Resolutions 2022 - How to do it right!

Many of us are inspired to make changes for the better when a New Year arrives! However, it can be difficult to follow through with resolutions. Here are some tips for goal-setting so your resolutions are more likely to stick!

- Use positively framed words "I WILL..." instead of "Don't..."
- Write down your goals on post-its and put them in strategic places as reminders
- Choose only 1 or 2 goals at a time!
  - Having too many goals can be overwhelming and make follow-through harder
- Be kind to yourself!
  - Change is hard and takes time! Consider ADJUSTING your goal instead of giving up
- Find an INSPIRATIONAL QUOTE
  - Remind yourself you CAN meet your goals and why they are important to you.

***Open Monday - Saturday with evening hours available!***

***"We are looking for someone great to join our team! Maybe its you or someone you know? Contact us for information about our referral program!"***

### LCHC Career Opportunities

- |  |   |
|--|---|
| <input type="checkbox"/> FRONT DESK REPRESENTATIVE | <input type="checkbox"/> PATIENT ACCOUNT REPRESENTATIVE |
| <input type="checkbox"/> FACILITIES HOUSEKEEPER    | <input type="checkbox"/> MEDICAL ASSISTANT              |
| <input type="checkbox"/> COMMUNITY HEALTH WORKER   | <input type="checkbox"/> REFERRAL SPECIALIST            |

Send your resume and cover letter to [Cfiguerres@lanaihealth.org](mailto:Cfiguerres@lanaihealth.org) or drop off at Lānaʻi Community Health Center at 333 6th St.

**565-6919 - [www.lanaihealth.org](http://www.lanaihealth.org) - @LanaiHealth**



## BOOST YOUR IMMUNITY FOR YOUR COMMUNITY

### *Give yourself a **BOOST!***

Start the year with an extra layer of protection. It is more important than ever to get vaccinated and, if you have already been vaccinated, to receive your booster dose. The positivity rates are climbing exponentially in Hawaii which is an important reminder that we need to continue with precautionary measures to protect ourselves, our loved ones, our community, and hospital resources. Mask up, social distance, and get your COVID-19 vaccine, including your keiki.

Booster dose is highly encouraged for all eligible individuals, including the new approvals from Department of Health:

- Booster dose of the vaccine has been expanded to include children ages 12 to 15.
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  - **Booster dose** to qualified individuals ages 12 and older.
    - 12 and older must be at least five months after your second dose of the Pfizer vaccine.
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Give yourself a boost and get vaccinated today! For more information, visit:

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Maui Memorial Medical Center  
Maui Memorial Outpatient Clinic  
Kula Hospital and Clinic  
Lānaʻi Community Hospital



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130

Hunts

65

Deer

20

Mouflon



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THE LAST WORD

Text and Photography by Nelinia Cabiles

# The refresh, the spruce up, on Ilima Avenue

One day in November 2021, Diane Preza drove through neighborhood streets on Lānaʻi, glancing at houses as she rolled along. Years of sun and weather had not been kind to some of them. Some were old, saddened by peeling paint, sagging porches, tired roofs. Preza coasted onto Fourth Street. She could have turned her head right or peered straight ahead – any number of things could have happened just then. But Preza looked to her left, and in that moment of serendipity or providence or grace, her gaze fell on the house on the corner of Ilima and Fourth Street. Mrs. Hono Nefalar, who lived in that house, sprang to her mind.

“I thought of how wonderful Mrs. Nefalar is, how she’d invested her life in this community. Such a nice person,” says Preza, director of community affairs, Pūlama Lānaʻi. After having spent a couple of weeks searching, Preza knew she’d found the home. That’s going to be the next community service painting project, she thought. And so it was.

At eight o’clock in the morning on December 11, members of the Lānaʻi Golf Association, volunteers from the community, and individuals from the Lānaʻi Lions Club, the Nefalar family, as well as Pūlama Lānaʻi employees, about thirty in all, having been briefed by Pūlama Lānaʻi’s Sean Oliva, project manager in Lānaʻi Builders, about which color was for the trim, which was for the exterior, grabbed blue masking tape and a paint roller, to give the Nefalar home on 352 Ilima, a major spiffing up.

Repainting the Nefalar home, which Corliss Nefalar says the family has lived in for sixty years, was a project the Nefalar family had had in the works, but the pandemic, with its travel restrictions and social gathering rules at that time, would scrub that plan (see page 6).

Pūlama Lānaʻi, a company that invests its time and resources to supporting Lānaʻi and the community in the form of community-service projects, such as its Lā Hana days, among other stewardship and culture-preservation work, donated all painting supplies and materials for the painting project, including covering the cost of hiring Maui contractors to caulk, sand, putty, and apply fifteen gallons of primer – prep work that Oliva says took two days to complete. His colleague, Kris Powers, Development & Construction, vetted the contractors. The project took four hours and twenty gallons of paint that Saturday.

Estimating a project’s time and cost and labor is straightforward. The specifics are known. What is intangible, what stays in a community’s memory and imagination long after the paint has dried, falls outside such forms of accounting. Such is the effect that Pūlama Lānaʻi’s generosity and the goodwill of community members bring.

Corliss Nefalar likens the community-service gift to her family as seeds. “My parents loved exchanging flowers and seeds with neighbors,” she says. “The [fruit trees] started as seedlings in a cup. Every year, the trees bear fruit. It makes me happy that great-grandchildren will be eating guava and tangerines for years to come.” On January 11, 2022, two roses from a bush that has never been successfully planted elsewhere, bloomed in the yard, another early birthday gift for her mom.



Hono Nefalar stands in front of the house she has lived in for sixty years.



Community volunteers and Pūlama Lānaʻi employees who helped repaint the Nefalar home.



Male Varawa



Kerl Manuel



Roman Dombrigues



Robin Kaye, Jonathan Preza, Larry Plunkett



Armen Majkus



Jackie Sanchez



Neal Tamashiro



Painting materials and supplies donated by Pūlama Lānaʻi



Alan Sanchez



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Keiki-Pua Dancil, Roman Dombrigues, Debbie dela Cruz, Edmund Oyama