

# LĀNA'I TODAY

MAY 2022

## In a league of their own



See page 20

Lāna'i High School's girls' softball team is the Maui Interscholastic League 2022 Division II champions. The team heads to the high school softball state championship May 11-14, 2022 on Maui.

Front row, left to right: Veniza Jackson, Arianna Cabico, Noelani Sigrah, Sam Villa. Middle row: Kaleo Kapua; Anuheha Kapua; Malia George; Vanessa Kahanui-Peralta; Leihiwa Siliga. Back row: Alanna Manuel; Keo Sanches, assistant coach; Kamrynn Kanno; Keala Montgomery; Rylee Sanches; Rob Sanches, head coach; Pumehana Kapua *Photography by Ron Gingerich*



# Hi'i

The dirt trail to Hi'i, bench two, after I have crossed Mānele Road in the Pālāwai Basin and run past thickets of Formosa Koa and ironwood trees, up to where the trail splits in two, is nearly always empty just before sunrise. I can count on the quiet and beauty I will find there, and on startling the deer that sometimes bark as they dart across the trail, a signal to their kin to be on guard, that I might be a danger, for I am not one of them.

I have lost track of how many times I have run on the trail to Hi'i since I returned to Lāna'i two and a half years ago. The number falls in the mid-hundreds. Even so, I have only begun to know the place, its contours and slopes and rocks, the gulches on the way and at the top of Hi'i, and the plants and grasses that green the gulches, and the hue of the sky when dawn breaks over the ridge of the Hale.

Fields of pineapple used to grow in Pālāwai Basin. I picked some of those pineapples every summer, along with my work gang. We thought pineapple would always be here. Now most of the plains below Hi'i, from the base of the caldera across Miki and down to the coast, are overrun with Formosa Koa and lantana and fireweed and strawberry guava and deer. But there are pockets of wildness left in Hi'i, places that recall a landscape untouched by time, places of a raw beauty that perhaps only I would deem beautiful. It is a beauty that speaks to me.

These places in Hi'i are not iconic nor gorgeous, in the conventional sense of gorgeous, and would never make it to a book of postcards of Lāna'i. Such a book could capture only the surface beauty of the landscape, and not the deeper relationship I have been building over countless visits, and over time, with Hi'i.

In every place I have ever lived, seventeen cities or towns at last count, I have found a trail that I can't quit. If I was lucky, the trail I discovered was off the beaten path, tucked away and underused, a place I would return to again and again, finding something that I'd not seen nor heard before, and learning something about the landscape and about myself with every visit.

And this is why Hi'i, with its rolling hills and quick ascent to the first tier of the benchland, and the spurs off the main trail that one can loop through to add mileage to a training run, and the deep gulch on the eastern side that has never bid me welcome as I've surveyed it

from the top of the caldera, and the bird whose song at dawn is less a piece of music and more a handsaw cutting through wood, has become this place for me.

The late poet, John O'Donohue, understood landscape as a way human beings know themselves and move through the world...landscape as something that forms each of us (onbeing.org): "...When you wake in the morning and come out of your house, whether you believe you're walking into dead geographical location, which is used to get to a destination, or whether you're emerging out into a landscape that is just as much if not more alive as you, but in a totally different form," he says, "and if you go towards it with an open heart and a real, watchful reverence, that you will be absolutely amazed at what it will reveal to you. And I think that that was one of the recognitions of the Celtic imagination — that landscape wasn't just matter, but that it was actually alive. . . landscape recalls you into a mindful mode of stillness, solitude, and silence, where you can truly receive time."

It feels like that when I run in Hi'i, that the conversations going around me between the wind and the rough-hewn boulders, between the trees and ferns and grass, these small and great mysteries of the world and this place, are ongoing and alive.

O'Donohue, quoting Pascal, says that you "should always keep something beautiful in your mind...if you can keep some kind of little contour that you can glimpse sideways at, now and again, you can endure great bleakness."

Beauty and stillness are what I seek when I run, a sense of beauty that has sustained me through much of this difficult pandemic, and though there are also joys, through the challenges of caring for an elderly parent. Beauty and peace are why I keep returning to Hi'i, in a way that I've not needed such a place before, for Hi'i restores me.

As you move through the world and through this pandemic, may all of you find your own piece of Hi'i, a place that restores you to yourself.



Nelinia Cables



## 4 EDUCATION

### Student coach-mentors build a community



NATALIE ROPA

## 7 LETTERS to the EDITOR



LĀNA'I CYR BOOTS CELEBRATE FIFTY ANNUAL RALLY—51st-year Lanai Cyr boots and leaders of Lanai Parks 17, 21 and 22, and 23, gathered for the 50th anniversary of the first annual rally on Lanai. Participants in their own ways, Lanai Cyr, the only and official, and a 100-year-old tradition of cycling and racing. In the front row: Richard Mene, Nelson Blandino, Herbert Kakaia, Andrew Coleman, Samuel Kakaia, and Alan Kakaia. In the second row: Richard Mene, Nelson Blandino, Herbert Kakaia, Andrew Coleman, Samuel Kakaia, Alan Kakaia, and Alan Kakaia. In the third row: Alan Kakaia, Samuel Kakaia, and Alan Kakaia. In the fourth row: Alan Kakaia, Samuel Kakaia, and Alan Kakaia. In the fifth row: Alan Kakaia, Samuel Kakaia, and Alan Kakaia. In the sixth row: Alan Kakaia, Samuel Kakaia, and Alan Kakaia. In the seventh row: Alan Kakaia, Samuel Kakaia, and Alan Kakaia. In the eighth row: Alan Kakaia, Samuel Kakaia, and Alan Kakaia. In the ninth row: Alan Kakaia, Samuel Kakaia, and Alan Kakaia. 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NELINIA CABLES

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NELINIA CABLES

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BOB HIRAYAMA

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### In a league of their own



NELINIA CABLES

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## Cut to the chase

### Community

- **Wanted:** participants for the **Lānaʻi Pride Parade**, June 18, 2022. Express your pride as a member of the LGBTQIA+ community or show your support for a friend or family. Trailered golf carts and floats permitted. For rules and information, contact [lanai.prideparade@gmail.com](mailto:lanai.prideparade@gmail.com)
- **Maui Police Department-Lānaʻi** presents an Active Attacker Preparedness workshop 9 a.m., May 26, 2022 at the Lānaʻi police station. Learn how to develop situational awareness, avoid being attacked, and what to do if you face imminent danger of being attacked. Space is limited; call (808) 565-8388 to reserve a seat.
- **MPD-Lānaʻi's Let's Talk session** 9 a.m., June 7, at the Blue Ginger Café.
- **Native Hawaiian Hospitality Association** offers FREE cultural training programs. **ʻŌlelo Hawaiʻi - An Introduction to Hawaiian Language**; May 20, 3 p.m.-4 p.m. via Zoom. Register at [www.nahha.com](http://www.nahha.com)
- New hours at **The Local Gentry**: 10 a.m.-6 p.m., Monday to Friday; 10 a.m.-5 p.m. Saturday; 10 a.m.-2 p.m. Sunday.

### Lānaʻi Residents

- The Lānaʻi High School softball girls are the 2022 Maui Interscholastic League Champions, Division II. Ranked number five in the state, the LHS team will play against Oʻahu's Waialua High School girls softball team May 11, 2022, in the first round of the DataHouse Softball State Championships, Division II.

## How to throw a nasty drop curve

Text and photography by Nelinia Cabiles

The softball is a missile hurtling through space, spinning at a speed you have been trained to track. In the blink of an eye the ball will arrive above home plate. But you, batter, will not blink. You wait, readying the bat above your shoulder, knowing exactly when to swing it to smash the ball squarely, stopping it in its flight and reversing its course, as you send it flying across the field. The ball is coming in fast, and you swing, at precisely the time the ball, launched underhanded about forty feet away, drops a hair to fall inches below the plane of your swing, just enough to elude contact with the bat, and curves away. A strike.

This wily pitch is called a drop curve, and Keala Montgomery, star pitcher of Lānaʻi High School's girls' softball team, the Maui Interscholastic League 2022 Division II champions, has been working with her dad since she was ten years old to perfect it. She is also working on hitting well and fine-tuning the rise, the change-up, and other throws in her duffle bag of tricks to unnerve players at bat.

"When she's on a roll and her drop curve starts working, it's just nasty," says Jon Montgomery, LHS Social Studies teacher, who says any pitch is about gripping the ball at the seams a certain way and spinning it clockwise or counter-clockwise to achieve the effect you want. But mastery of these mechanics, of course, takes years and years of practice.

Keala, who Montgomery says has always been big and very athletic at a young age, has always put in the work to improve her softball game. That has meant hundreds of hours of practice with him and watching youtube videos on pitching. "She is very coachable and patient," Montgomery says of Keala, who exhibited the kind of drive and raw talent that drew the attention of a softball coach from Maui (on Lānaʻi for work), who then recruited the young Keala to join his club team. "She was far behind the other girls," Montgomery says, but Keala, who is nothing if not driven and determined, worked extra hard and found herself catching up to her teammates after a week.

Keala says softball can be "super fun," when she strikes someone out, "and it can also suck," alluding to the pressure of being the star pitcher, "but the pros definitely outweigh the bad." She likes that softball is a team effort, but also very much about the individual player. One of the best things she has learned from her dad is to not be so critical of herself. "He's definitely helped me with my

confidence. I don't focus on the crowd and I focus instead on the catcher. I go over in my head who will be at the bat," she says, and uses anger at herself when a batter fires off a good hit, to refocus and get back in the mental zone.

As Keala's coach, Montgomery has worked hard at finding the balance to "push, but don't push too hard, so that it hurts her confidence," he says. "I can see all the potential in the world in Keala, and getting her to know it. I know she knows it, but then she forgets it."

Both are thrilled about the coming state matchup (see page 20). They know the experience of playing against the best players in the state will elevate the LHS team's game. "It's a new level at state," Keala says. "I'm super excited for our team. It's gonna be hard, but I hope we're competitive, and play well."



Keala and Jon Montgomery



Keala Montgomery at bat Photography by Ron Gingerich

## Corrections

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

Bob Hirayama taught for thirty-nine years at **Leilehua High School**, not Kailua High School (April 2022).

Correction to a correction: the name of Ed Morimoto's son is **Parker**, not Hunter (April 2022).

The name of one of the streets chosen for Pūlama Lānaʻi's Hōkūao residential project is **Luakālai**, not Laukālai (March 2022).

**ʻŌlelo Noʻeau - Hoʻokē a maka.** *Deny the eyes.* Said of a very selfish person who eats without sharing, no matter who looks on with longing; or of one who does his own work only, without lifting a finger to help another. Also said of one who gives to his own children but refuses to share with the children of neighbors and relatives (Pukui 116).



## Three LHS astronomy students awarded observation time for research proposals

Maunakea Scholars press release

The Maunakea Observatories announced March 27, 2022 that three Lānaʻi High School astronomy students were commended for their research proposals and will be given time to use telescopes on Mauna Kea and Haleakalā to conduct their own research projects. Since the inception of the Maunakea Scholars program in 2015, this is the first time that student proposals from LHS have been awarded telescope time.

Mentors from the University of Hawaiʻi's Institute for Astronomy (IfA) worked with students preparing professional-style research proposals for months. The proposals were reviewed by a time allocation committee of professional astronomers; the winning proposals were selected based on viability, creativity and potential:

Callie Hart was awarded observing time with the Las Cumbres Observatory for her proposal, "Comparing and Contrasting Stellar Classification".

Souina Seiuli's proposal, "Rings of Saturn and Neptune", earned her observing time with the NASA Infrared Telescope Facility.

Mackenzie Lamay-Aki was awarded observing time with the W. M. Keck Observatory for her proposal, "Companion Stars Over Time".

Maunakea Scholars works with Hawaiʻi public schools to bring high school students into one of the world's most advanced observatory communities, empowering them to envision themselves as aspiring astronomers, engineers, and other professions in STEM-related fields. It is the first program of its kind internationally to allocate observing time at major observatories for the direct educational advancement of students. To qualify, students in participating schools write a proposal to conduct independent research at an observatory. Selected proposals are then matched with graduate students from IfA and telescope staff to individually guide them through their research.

"Maunakea Scholars provided an incredible opportunity and confidence boost for my students," said Kapua Weinhouse, a chemistry science teacher, LHS. "When we started the program at the beginning of the school year, I did not dream that a student from Lānaʻi would receive observing time at the W. M. Keck Observatory. I am so proud of the work my students put in over the course of the year on their projects."

The current Maunakea Scholars include students from these seven high schools: Kalani; Kapolei, Waipahu, on Oʻahu; Waiākea and Kealakehe on Hawaiʻi Island; Molokaʻi; and Lānaʻi. The Maunakea Scholars Program works with education partners at ʻImiloa Astronomy Center and all the Maunakea Observatories facilities, Las Cumbres Observatory, and the Daniel K. Inouye Solar Telescope. Throughout its history, the Maunakea Scholars program has worked with more than 600 public school students statewide.

"Awarding telescope time at Lānaʻi High School is a long time coming and I am thrilled to announce the first winning proposals. We started working with Ms. Weinhouse when she was an elementary school teacher, continued through her move to high school and then COVID struck," said Mary Beth Laychak, director of strategic communications at the Canada-France-Hawaiʻi Telescope. "Working with teachers in rural communities, such as with Ms. Weinhouse on Lānai, and empowering her students to explore the universe is the crux of Maunakea Scholars."

Initiated by Canada-France-Hawaiʻi Telescope and Gemini Observatory, and in partnership with the Maunakea Observatories and the Hawaiʻi State Department of Education, Maunakea Scholars successfully launched in 2015 to bring Hawaiʻi's aspiring young astronomers into the observatory community.



Mary Beth Laychak, dir. of strategic communications, Canada-France-Hawaiʻi Telescope; Mackenzie Lamay-Aki; Kapua Weinhouse, LHS chemistry science teacher; Souina Seiuli; and Doug Simons, director, University of Hawaiʻi-Hilo's Institute for Astronomy. *Not pictured: Callie Hart*

## Pūlama Lānaʻi Scholarship Fund ('22-'23)

Contributed by Pam Alconcel

The intent of the Pūlama Lānaʻi Scholarship is to assist students enrolled at any University of Hawaiʻi (UH) campus who are: 1) recent graduates of Lānaʻi High and Elementary School (LHES) unable to pursue education outside of Lānaʻi because of financial or familial need; and Lānaʻi residents gainfully employed on Lānaʻi who wish to pursue a new career in high-demand fields on the island of Lānaʻi or within Hawaiʻi.

Eligibility criteria:

1. Recent graduate of LHES (within the last five years) or a full-time Lānaʻi resident who is gainfully employed (part-time or full-time).
  2. Full-time or part-time undergraduate, graduate, or non-credit students at any UH campus pursuing a certificate or degree in high-demand fields within Lānaʻi or Hawaiʻi, including Trades (HVAC, Plumbing, Electrical, Automotive), Nursing, Teaching, Administration of Justice, Sustainability, Natural Resources, Business Management. Other disciplines may be considered based on funding availability.
  3. Minimum grade point average of 2.0 or better for continuing college student or high school student.
- Recipients are eligible for funding renewal upon the successful completion of their degree or certificate. Please email Pam Alconcel: palconce@hawaii.edu, for more information and application. Application deadline: **June 24, 2022.**

## Student coach-mentors build a community

Contributed by Natalie Ropa

The Lānaʻi High School Class of 2022 has had its share of emotional ups and downs, with half of their high school years dealing with COVID. They've had the fewest number of activities and opportunities for in-school learning and playing MIL sports than any other LHS class. In spite of this, these students have persevered and made the best of their senior year. Three students are particularly noteworthy when it comes to giving back and mentoring middle and high school students in sports and academics.

Allen Adams, Jordan Belista, and Renzy Manuel, varsity high school basketball and football players, have used their off-season time this spring to coach middle school basketball and seventh to ninth grade flag football. They run practices and attend all the games, even the ones they are not coaching, for they also volunteer as referees.

They are exceptional students, earning college credits through University of Hawaiʻi-Maui College, and balancing sports and academics to create a well-rounded senior year. They encourage their players to do well in school and conduct informal grade checks to make sure no one is failing.

If you see these boys around town, please thank them for their service to our community. They are not doing this work for a scholarship or to satisfy academic requirements. They do what they do simply because they love sports and want to inspire the next generation of our Lānaʻi youth.



Jordan Belista, Allen Adams, and Renzy Manuel

**Hū ka makani.** *The wind blows a gale.* Said of great speed. There is a hū (hum) and one is gone like the wind (Pukui 121).



## Ancheta named Lāna‘i’s MEO branch manager

MEO press release

Rose Jane Ancheta joined Maui Economic Opportunity as the branch manager on Lāna‘i, April 20, 2022.

Ancheta will manage a staff of three, administer MEO programs, distribute surplus food and Sensei Farms produce, and support Lāna‘i’s senior citizens.

MEO helps transport youth, seniors, and persons with disabilities to shopping and senior meal sites, dialysis appointments, sports and other activities. The shuttle service includes a once-a-week subsidized trip to Lahaina to pick up groceries and supplies. For more information about MEO Lāna‘i, call (808) 565-6665.



Rose Ancheta

## Hinoki cypress

By Nelinia Cabiles

Hinoki cypress (*Chamaecyparis obtusa*) is a slow-growing, evergreen coniferous species of tree that is native to southern and central Japan. The timber of the Hinoki cypress is prized for its beautiful luster and exceptional durability. Structures and artifacts made of Hinoki, such as shrines and temples in Japan, have endured for well over a thousand years.

The Osaka Castle (or Horyuji Temple), a UNESCO World Heritage Site, in the Nara province of Japan, for example, is the oldest wooden structure in the world, and was built with Hinoki wood about 1300 years ago. *Hinoki* means “cypress,” and this word dates to preliterature Japan – thus it predates *hi* (fire) and *ki* (tree) ([seattlejapanesegarden.org](http://seattlejapanesegarden.org)).

As a construction material for homes, Hinoki cypress has few equals. According to Blaine Brownell, “the performance of an industrially engineered timber column pales in comparison to that of a single log of *Hinoki* cypress—a standard structural material in Japanese temples and shrines that represents the highest grade of lumber” ([www.architectmagazine.com](http://www.architectmagazine.com), June 2016). Hinoki cypress has been described as strong as teak, anti-microbial, anti-fungal, resistant to mold, splitting, warping and rot.

Hinoki’s benefits, however, are not limited to its use as timber. The wood has a fresh and pleasing fragrance. The essential oils produced from Hinoki leaves and twigs are used as an antiseptic to treat minor cuts and wounds ([jeannerose-blog/hinoki-cypress/](http://jeannerose-blog/hinoki-cypress/)), and as a therapeutic. Its distinctive fragrance is the result of a high concentration of phytoncides, active compounds known to have a refreshing and calming effect. These phytoncides have been well-documented to relieve stress, regulate the pulse rate and blood pressure, and promote restful sleep.

All of the cross-laminated timber (CLT), imported from Japan, that will be used in the flooring and walls of one hundred and fifty, single-family homes of Hōkūāo, Pūlama Lāna‘i’s residential project, is made of Hinoki cypress.



Hinoki cypress (*Chamaecyparis obtusa*) growing in the San Francisco Botanical Garden, Golden Gate Park, San Francisco  
Photograph courtesy of [jeannerose-blog](http://jeannerose-blog)

## Women of Excellence nominee

Contributed by Roxanne Morita

A story on Lāna‘i’s Mana Wahine ran in the April 2022 edition of *Lāna‘i Today*. Missing from the list of Women of Excellence award winners and nominees was Amaya Ho‘opi‘i Baptista, whom Natalie Ropa, administrator, University of Hawai‘i Maui College, nominated.

Ropa met Ho‘opi‘i Baptista when the high school freshman enrolled for UHMC college courses. Not only would Ho‘opi‘i Baptista go on to achieve a 4.0 cumulative grade point average at UHMC, but she took enough dual credit courses to earn her associate’s degree from UHMC in December 2020, enabling her to enroll as a junior at Pacific Lutheran University in Tacoma, Washington, where she currently studies.

Ho‘opi‘i Baptista, the LHS class of 2021 valedictorian, was a student athlete, student tutor, and active in community-based organizations and school groups. She worked at Lāna‘i Kinā‘ole, and interned at Rainbow Pharmacy and Lāna‘i Community Health Center.



Amaya Ho‘opi‘i Baptista  
Photograph by Roxanne Morita

## Lāna‘i Seventh-Day Adventists send donations to Kyiv church

In December, 2014, Aleksej Ysakov, a pastor at a Seventh-Day Adventist Church in Kyiv, Ukraine, came to Lāna‘i to earn extra income for his church by doing tile work at Four Seasons Resorts Lāna‘i, says Ron Taylor, pastor of the SDA church on Lāna‘i. While here, Ysakov attended church service and met Lāna‘i SDA church members and Elder Herbert Manuel. Church members gave Ysakov a set of hand bells as a parting gift to bring back to his church in Kyiv. The Ukraine church members sent a thank-you video, performing a song that featured the hand bells.

On February 24, 2022, Russia invaded Ukraine, its neighboring country. Among the millions of people worldwide who learned of Russia’s large-scale invasion was Lāna‘i SDA Elder Wayne Foulston, who contacted Pastor Ysakov in concern. “By the grace of God, [Ysakov’s] family made it out of Bucha before the massacre of innocent civilians occurred,” says Taylor.

In April, 2022, the Lāna‘i SDA church, moved by the suffering of Ukrainians, sent a little over a thousand dollars to their sister church in Kyiv – money donated by the Lāna‘i community when church members sang Christmas carols around town in 2021.

“I’m so proud of my small church on Lāna‘i,” says Taylor, of their humanitarian response. “The donation money is being used to operate a bread ministry, feeding and helping those in need. I want to thank the Lāna‘i community for their generous donations during our Christmas caroling. Their donations have literally saved lives. Please continue to pray for our brothers and sisters in Ukraine.”

The church in which Pastor Ysakov works has not been damaged, says Taylor. Kyiv church members have sent photos, as well as live video updates, of the ongoing war.



Bread ministry in Kyiv, Ukraine Photograph courtesy of Ron Taylor

**Hu‘ea pau ‘ia e ka wai.** All scooped up by rushing water. Everything is told, no secrets are kept (Pukui 120).

## Virtues in Paradise

### Cultivating confidence

Contributed by  
Linda Kavelin-Popov

**C**onfidence is an essential virtue, affecting our capacity to love and to achieve, yet it can be elusive. Many of us may have experienced criticism and shaming in our families, at a time when most parents believed they had to hammer character into us and rid us of our flaws. We often got growled at or punished into submission. Our parents probably didn't realize their role was to help us grow our virtues with encouragement and kindness. Perhaps they knew little of setting healthy boundaries or using their authority in service of our learning with educative consequences rather than punitive ones. This gave us no purchase for self-esteem, which is the bedrock of confidence.

Recently, on the ferry, I met a seven-year-old child who radiated joy, well-being, and natural confidence. She knelt on the seat in front of me, pointing out whale sightings, conversing easily and asking me questions (including my age), patiently explaining things to me that she had learned about sea life. Her eyes sparkled with radiant enthusiasm. A couple of times her mother suggested she quiet down and give me some peace, but I assured her I was captivated by this child, so full of wonder and joy. She and her three siblings are home-schooled by their devoted parents, both of whom spend quality time with her, set very clear boundaries to guide behavior, including strict protection from unwanted or excessive media, and have strong values and faith practices. She is well loved but not indulged. She is deeply confident though not self-conscious or arrogant about her own worth. She had absolute confidence that I would find her an interesting companion. And it was true.

If, as adults, we have low self-worth, we tend to either withdraw or seek control over others. Lacking self-confidence, what can we do to develop this virtue? Here are a few virtues-based strategies that work wonders if we choose to practice them.

First, trust that you were created a unique being with all the virtues or "fruits of the spirit" within you. The way to bring them to fruition is to practice them. If you are shy, reach out in friendliness. If you are scared, step out of your comfort zone, and take a small step of courage. If you tend to try to control others, practice kindness and encouragement. Virtues are like muscles. The more we use them, the stronger they become. Notice the stirring of the seed of confidence with each success.

Speak the language of virtues to thank someone for their thoughtfulness, their caring, or their helpfulness. Change your self-talk as well. Rather than "That was so stupid," say "I need to be more thoughtful the next time that happens." When speaking to a child, avoid negative labels, such as "lazy," "mean," "dumb," or "useless," and call on virtues instead. "Please be helpful now and set the table." "I know you have the determination to solve this problem." "Be fair and make amends when you hurt someone."

As you grow in confidence, pause for applause. Celebrate successes by doing something you enjoy – reading, having lunch with a friend, going to the beach.

Practicing virtues in our lives and relationships uplifts us and others as the healthy, confident beings we are meant to be. "Do not, therefore, throw away your confidence, for it carries a great reward" (Hebrews 10:35). [virtuesdiva@gmail.com](mailto:virtuesdiva@gmail.com)



Linda Kavelin-Popov

## Reese's Peace

### How do words affect our lives and behavior?

Contributed by Caroline Reese

**P**lease take a moment and think about how you may have learned how to gossip. When we are children, we may hear our parents or friends gossiping, which becomes understood as a form of communication. We may deem gossiping a normal thing to do, as is judging and assuming. How we view other people's behaviors and actions start from a very young age.

The first sign we hear when a newborn baby enters the world is the sound of a cry. The importance of this sound signifies that air is flowing from the baby's lungs, and vibrating through his or her vocal cords. The baby will learn how to form sounds into words that contain meaning, and this is how communication begins. Children know what words to use that meet their needs, and thus the journey of domestication begins.

Domestication is the training we experience in life, one that creates patterns of how we communicate in the world. It is generational, and some generational patterns that are passed down are those that develop into negative behaviors. A child's mind is fertile ground, and words are like seeds that carry meaning. These are words in the form of opinions and comments and ideas that grandparents, parents, and other responsible caretakers communicate to the child.

As children, we learn through repetition and practice. We become the master of what we practice and attach to a belief system. We eventually adapt to living by beliefs and rules not only from our parents, but from schools, churches, and society.

A domesticated belief exists only if you say yes to that belief. An example might be believing you need to fulfill some expectation to receive love or be respected. Or believing you can only be successful if you go to college or are not smart enough to be a company manager.

It is the impact of these words, the meaning they carry for us, that can be life-affirming, or anxiety- or pain-producing. How we talk to ourselves can be hurtful, if the intent is not kindness. We are constantly having conversations within ourselves, and more often, they are painful. Self-talk is linked to our domesticated belief system.

What if you start to think that your words are a powerful force that will manifest what you want back in return? Would you continue to gossip, make assumptions, or judge yourself and others?

Remember, an assumption is a story we project when we do not have all the information. We believe it because it is an old belief that triggers old wounds.

Life is constantly changing. Knowledge is changing how you use your words to foster positive and life-affirming results. Become aware of your domestication and shine some light on what beliefs you want to change.

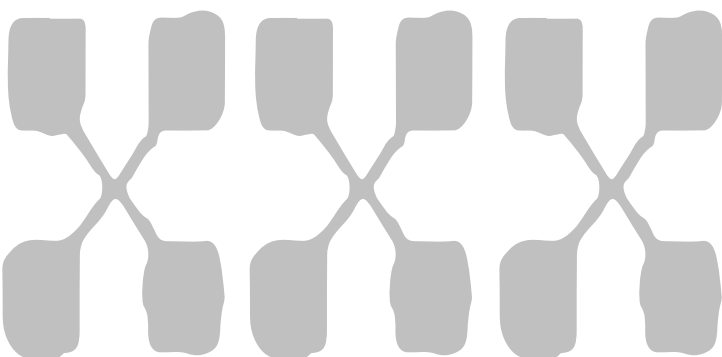
Ask yourself, how do I use my words? Be mindful of what you want and recognize that we are one big family. It is only stories that separate us.

My wish for you is to learn how to honor your own sun.

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



Caroline Reese



**Ho'olike ka mana'o i Wailohia.** *Make your minds alike at Wailohia.* Turn your minds onto the same channel with bright thoughts. A play on *wai* (water) and *lohia* (sparkle) (Pukui 117).



# How can we thrive when it's hard enough to survive?

Contributed by Marcus Washington

*"When we look at life through the lens of money, we miss so much of the experience." - Dave Chappelle*

**M**oney is an impressively influential tool of life. It's a provider, a motivator, a dictator of circumstances, an enabler, and an inhibitor. But when the social power of money becomes our sole focus, it's a shame what we allow it to do to us. The things we love change. Our purpose for living changes. Our goals in life change. Our aspirations, dreams and hope for creating a new world for ourselves dies.

Money can be used as a marker of success, health, and personal well-being. When it is abundant we see it as complementing our ability to thrive, but when it is lacking we feel it in our daily struggle to survive.

How can we thrive when it's hard enough to survive? The stresses of life are forever present – especially the financial stresses. How realistic is it for us to expect our island to thrive when almost everything is set up to make it difficult to even survive?

Thirteen barriers to our community thriving:

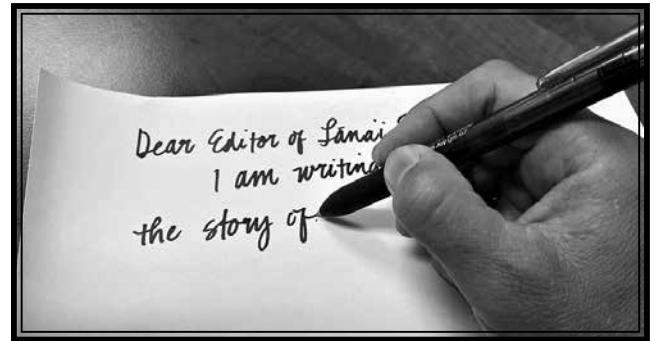
- 1) Overpriced groceries at Richard's, 2) Hefty fuel expenses for daily work commuters, 3) Non-existence of fixed schedule public transportation options for island residents, 4) Non-competitive, one-star interisland travel options via Mokulele, 5) Expensive rental vehicle costs, 6) Restrictions on venue usage via Pūlama and Four Seasons, 7) Inflated property and rental housing costs, 8) Limited housing options, 9) Extremely limited job opportunities, 10) Minimal health care options and medical emergency resources, 11) Lack of affordable food without the existence of markets for fish/ meat/ produce, 12) Minimal government assistance, 13) Inadequate public fitness centers.

How can community wellness and personal welfare ever take priority when the basic essentials of survival are always being threatened in our small island community?

The voices of the community cannot afford to remain silent for much longer, otherwise the heart of the community (its elders and contributing residents) will not be able to survive. This community has endless potential to make itself a haven for the highest quality of life, competitive with any "Blue Zone" if we wish to make it so. But we can only accomplish this as a unified community!

This is a call to action, to *"be the change that you want to see"* in our Lāna'i community! It is time to:

- Bring your own vision and ideas to life by launching a new business
- Identify a void that you see missing in the community, and take action to fill it
- Restore community events (i.e. Farmer's Market, 5<sup>th</sup> Fridays)
- Schedule island-wide events for running/ cycling/ paddling/ meditation/ cultural/ farming/ self-sustainability
- Revive Tri-Lāna'i, BBQ/Chili Cookoffs, Pineapple Festival, Physical Fitness and Wellness Challenges
- Take responsibility to fundraise for our own upgrades to Fitness Center, and bring in a Recreational Rental Gear Outfitter for the community

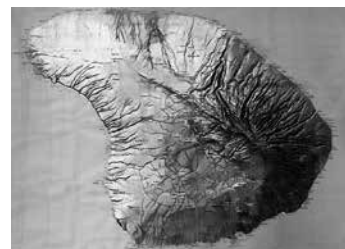


Dear Nelinia,

Mahalo for one of the very best issues of *Lāna'i Today*. For me, the April 2022 issue's main theme is the importance of memory in building one's personal identity, as well as the sense of where one belongs.

The article on Hermenegilda Oliva, the way she has lived her life simply and healthily, allowing her family to gather around her on her 101st birthday; Pat Reilly's heartfelt appreciation for the community's gift of painting his house, "doing it Lāna'i style"; Bob Hirayama's generous sharing of the texture of plantation days on Lāna'i through his recollections of that time; and your own childhood discovery of the ocean at the break wall at Mānele – these and other shared moments demonstrate how Lāna'i endures as a special place precisely because images, details, and stories persist in the collective memory of the community, including the remembrances of those who no longer live on the island. No shallowness in that ocean.

Live aloha, **Steve Heller**, Lawrence, Kansas



Dear Ms. Cabiles,

I enjoyed reading Bob Hirayama's initial story and look forward to reading his series of life on [Lāna'i] during the forties and fifties. It brings back warm memories.

Bob is in the third row, fifth from the left, and I'm in the first row, also fifth from the left (with baseball cap). This picture is from a page of the defunct newspaper *The Honolulu Advertiser*.

**Ismael M. Naanep, M.D.,FACS**



**LANAI CUB SCOUTS CELEBRATE FIRST ANNUAL RALLY**—Fifty-four Lanai Cub scouts and leaders of Lanai Packs 17, 31 and 33, celebrated recently the occasion of the first annual rally ever held on Lanai. Gathering in Dole Park, Lanai City, the cubs and officials had a full day program of contests and races. In the group events, Pack 33 won the antelope race and Pack 31 the verbal message relay race and song and sell contest. Participants pictured left to right are: First row, Richard Masada, Nelson Bandolan, Herbert Yokoyama, Andrea Calusod, Ismael Naanep, Angel Alias, George Ramalla, Jr., Bobby Tamashiro, Donald Salio, Bernard Oshima, Paul Alias, Juan Macabito. Second row, Ted Nakafuji, Eddie Yara, Robert Tsumura, Jim Maske, Butch Herold, Allan Tamaska, Edwin Nakanobu, Abel Escrito, Bobby Wilkinson, Rodney Dumling, Teddy Tabura. Third row, Buddy Billings, Clarence Piena, Richard Tesoro, Rogelio Naanep, Bobby Hirayama, Teddy Calusod, Jr., John Recopuerto, Tony Magaosa, Allen Dumling, Melvin Fuchigami, Philip Scott, Lawrence Del Rosario, Dale Scott. Fourth row, Mustache Tsunura, Me Ikon Levamento, Masashi Gima, Hiroshi Morimoto, Tamotou Mitsu-naga, Le Roy Fernandez, Bob Hirayama, Clifford Cabanilla, Peter Piena, Lloyd Mattson. Fifth row, Goro Hokama, James Wong, Raymond Arnold, Hector G. Munro, Arthur W. Carlson. (Hapco photo.)

**LIGHT  
SIDE  
UP  
ON  
SIDS  
WHEN**  
By Nina Amby



**He pō hīhīwai.** A night for the hīhīwai. A gainful night. The hīhīwai are freshwater shellfish. On starry nights, they climb upon the rocks where they can be seen and gathered (Pukui 97).



## The way it was

Contributed by Bob Hirayama

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

Passing Kōʻele Street, there used to be the Family Appliance Store, owned by Hirao Oyama. My dad, being the licensed carpenter, helped Hirao build the store, from the ground to the roof. I used to go and watch and help carry odds and ends. Next to Family Appliance was the Rabbon Store, where I used to buy my hunting supplies. The son, John, took over and ran the store. If I'm not mistaken, the back of Rabbon's was a pool hall. Am I right, John?

Across Jacaranda Street was the soda fountain, first started with Aoki, then Endo, Tanigawa, S & T, and finally, [it was] Canoe. I remember the Endo fountain where a jukebox was always playing; [there was] a soda fountain with soda and ice cream, a comic stand, and candies. I used to play with one of the Endo boys, Clinton (Kochan), who used to live down the street from us. Next door to the fountain was Gabriel Dry Cleaning and Laundry, with the Gabriels running it. (Today, it's the Blue Ginger [Café].) When you go inside Blue Ginger, you can still see the pipes on the ceiling where the clothing was hung.

Across ʻIlima Street was Emura Jewelry, operated by Mr. and Mrs. Jewel Nakamoto and sons, Edwin and Ralph.

### During the early '50s, the jewelry store was robbed and is still a cold case.

At the back of the jewelry store was a bar called Sportsman Bar, operated by Mrs. Nunotani. That's the only drinking bar I remember. Next to Emura Jewelry was Clark Nakamoto Photo Studio (now the laundromat). He was also an airplane pilot.

Across Houston Street was Yet Lung Dry Goods Store and Butcher Shop. The left side was the dry goods store and the right was the butcher shop. Besides meat products, they sold common mangoes during season, one [mango] for five cents and three for ten cents. My friend, Herbert, and I went to buy mangoes, and after paying, Herbert told Cristobal, the butcher, to lean forward, as we were short. So, Cristobal, who was also bald, leaned over, and Herbert, kolohe, gave a hard slap on the butcher's head and yelled, mosquito!

Boy, you should see Cristobal grab a butcher knife and chase us out of the market. Things Herbert used to pull made me wonder how we lived this long. After Gay Street was residential. No library or senior citizen hall [then].

Across from Fraser Avenue was an empty lot where we had carnivals and circuses. Left side was the gym and the right side was Lānaʻi High and Elementary School. This is where we have plenty memories. The front facing Fraser Avenue was the main office, up high with several steps to the door. Directly behind, facing the corner of Sixth Street and Gay, was the Kindergarten. Mrs. Irene Perry was the teacher. One side of the main office was the stairs and the opposite side was the bathroom and old cafeteria.

As youngsters, we had to carry our food from the cafeteria to our classroom. Left side of the school was elementary, with the shop, science and band room in the back. Going forward were the seventh and eighth grade classrooms, and the right side was the high school. The flagpole was located near the office, in the center of the first quarter of campus. The old cafeteria was made into a typing classroom, and the teacher was Mr. C. Nakamura.

### He was strict, and if you goofed off, he would make you stand at attention next to the flagpole all period. Right, Bob T.?

One day, Herbert and I were sitting in our Biology class, tilting our chairs against the window, and our teacher, Mr. K. Takata, walked in and pointed at us and said, "misuse of school property!" We had to face the student court and got one-hour detention, pulling weeds for Mr. Takata. By any chance, anyone remember Mr. Heminger, principal, when we were in elementary, who used a hose for discipline?

After the school built a new section of classrooms, the class of 1957 was the first to use it. Besides classrooms, there was a General (wood and metal) shop, and an Agricultural shop. While taking shop, I had the opportunity to do minor repairs for the school. After high school, I became a shop teacher. I was still doing it.

We had six pigs for Agriculture and one of the jobs was to feed them. One night, we don't know how or why, but the pigs got loose and ended up in Robert K. (Taka)'s garden and he lived on Tenth Street. Far away from school. Right, Taka? I wondered how the pigs knew where to go? I'm not saying it, Taka. That's for Herbert to say.



Rainbow Pharmacy (formerly Matsumoto's Shoe Repair Shop, and later, Rabbon's Lānaʻi City Store)  
Photography by Nelinia Cabiles



Blue Ginger Café (formerly Gabriel's Tailor & Dry Cleaning)  
Photography by Nelinia Cabiles

## SLICE of LIFE *Champion mulch* - Text and photography by Nelinia Cabiles

Primitivo and Jayson Jimenez, residents of Lānaʻi, layer Cook Pine needles at the base of their ornamental and flowering plants at home. The Jimenezes know a thing or two about the rich, organic matter – they've been using pine needles as gardening matter since 2005 when they arrived on Lānaʻi.

Pine needles are lightweight, seed-free (seeds come from pine cones), are slow to decompose, enrich the soil when they eventually do break down, suppress weeds, and contrary to popular belief, have minimal impact on the acidity of the soil (gardening.org). The Primitivos need never worry about running out, either. As home to thousands of Cook Pine trees, the island of Lānaʻi is an ever-abundant source of mulch.



**O ka hua o ke kōlea aia i Kahiki.** *The egg if the plover is laid in a foreign land.* The plover's egg was never seen in Hawaiʻi. Said of a subject that no one knows anything about, or of something far away and impossible to reach (Pukui 263).



## Lāna‘i’s road scholars

Text and photography by Nelinia Cabiles

**Y**oung cyclists rolled in to the Old Gym and Pool parking lot Saturday morning, May 7, 2022, and beelined it to the orange cones, set up as an obstacle safety course, then turned around, pumping their legs to generate speed, as they zoomed to and away from their parents, and Tod Wong, a retired police officer from Maui and currently in the reserve corps, who had been invited to teach the young cyclists rules of the road, part of the Maui Police Department’s BikEd program. At ten o’clock, the school-age kids lined up their bikes and listened, as Wong dispensed tips and instruction in the hour-long course about road safety, bike handling skills and techniques, and proper helmet fit, guiding the youngsters around the safety cones. By course’s end, the cyclists could demonstrate the hand signal indicating a right or left turn, or stop. The bike safety program, which started over ten years ago, is not a full-time program, Wong says, but given the solid turnout that Saturday, knowing the rules and being a safe cyclist, at least for Lāna‘i’s kids, will never go out of style.



Anuheia Tabucbuc



Reserve Officer Tod Wong with BikeEd program cyclists, May 7, 2022



Lyzie Tabucbuc



Lilinoe Barfield



Joshiah Jeril



Luke Purdy



Storm Tabucbuc

## The intrepid pilot of Operation Mochi

Text and photography by Nelinia Cabiles

**K**ert Shuster, owner-pharmacist of Rainbow Pharmacy, bought a 1960 Piper Comanche 250 in March, 2022. The high-performance aircraft has complex, retractable landing gear, and a variable pitch prop.

Under FAA rules, to fly an aircraft with over a two-hundred horsepower engine requires an endorsement, which meant that to fly his new plane and satisfy insurance requirements, Shuster needed ten hours of flight time with an instructor.

Opportunity soon came knocking when the board of directors of the Lāna‘i Culture & Heritage Center were brainstorming ideas for its first ever Kupulau Festival, scheduled for April 30, 2022, featuring education booths on native and invasive plants. But the event was also a fundraiser.

After much discussion, it was decided that the Kupulau Festival would sell chili, lemonade and māmaki tea, and mochi from Two Ladies Kitchen in Hilo, famous for its strawberry mochi. But shipping via air cargo was costly, involving complicated logistics. Was there a way to get fresh mochi from Hilo to Lāna‘i on the day of the Kupulau Festival, eliminating the need for refrigeration and storage?

A board member approached Shuster, and he not only agreed to fly about 812 pounds of mochi on April 30, he was happy to do it for free, jokingly calling it “a humanitarian effort.”

“This matched up with what I was doing. It’s not a direct flight from Hilo to Lāna‘i. Getting something shipped from Hilo would probably sink your whole program,” Shuster says. And so Operation Mochi was born, requiring the help of Shuster and Lāna‘i CHC archivist Helen Wong Smith, who lives in Hilo, and could pick up two batches of mochi and transport them to the Hilo airport.

To get the other extra flight hours, Shuster flew with his flight instructor, Ian Forbes, from Maui Aviation, on a dry run from Lāna‘i to Hilo with a leg to Kaua‘i April 29. The weather was fine that day.

Which can’t be said of the weather April 30, when, on their approach to Hilo, Shuster and Forbes flew into “horrendous weather. The skies were black,” says Shuster. “Two miles out, the clouds parted, *there’s the runway!* We land and there’s puddles everywhere. We get the first batch of mochi and fuel, and load the plane to the max with the mochi.”

Shuster had filed an Instrument Flight Rules (IFR) plan, which meant communicating with Air Traffic Control (ATC) on all four legs of Operation Mochi.

“Without the special IFR flight plan, without those instruments, we would be goners,” says Shuster. “The ATC were monitoring us and all the flights coming into and leaving the state. They kept us away from other traffic, making sure there’s no traffic in our vicinity, as we were going on a specific route that we requested.”

“If we hadn’t filed those IFR plans we couldn’t have made it. The ceilings were so low.” But make it he and Forbes and the mochi did.

Even though it was hairy, demanding intense focus for four hours, with no visual reference, Shuster considers the entire experience fun. Would he do Operation Mochi again, all things considered? “I would do it right now!” Shuster says.



Flight Instructor Ian Forbes, Maui Aviation, and Kert Shuster, with second batch of Two Ladies Kitchen mochi, April 30, 2022, Lāna‘i

**Ka nui e pa‘a ai i na niu ‘elua.** *The size that enables one to carry two coconuts.* Said of a child of about five (Pukui 163).



# Kupulau Festival 2022

Contributed by Shelly Preza Photography by Bryan Berkowitz courtesy of the Lānaʻi Culture & Heritage Center

**O**n April 30, 2022, the Lānaʻi Culture & Heritage Center (Lānaʻi CHC) held its first ever Kupulau Festival to celebrate Lānaʻi’s precious natural and cultural resources. The event featured educational booths for the community to learn about the biocultural landscape and opportunities for families to take home native plants for their gardens. More than four hundred community members came out to participate in the festival, which was filled with lots of learning, food, fun, and live music by Nā Hōkū Hanohano award-winning musical trio Ei Nei.

The Kupulau Festival was the culmination of Lānaʻi CHC’s Kupulau Program, which included volunteer stewardship days at the Koa Forest Restoration, Hiʻi Agricultural Heiau, and Kānepuʻu Native Dryland Forest. Close to two hundred community volunteers participated in these stewardship events from February to April, 2022. Volunteers helped to honor the ʻāina by removing invasive species and at Hiʻi, planting natives back on the landscape.

Lānaʻi CHC extends a warm mahalo nui to its board and countless volunteers who helped make Kupulau a success! We are grateful for the support of Pūlama Lānaʻi, in particular, the Culture & Historic Preservation, Conservation, Sports & Rec, and Landscaping departments for all their contributions. We also mahalo LHES Foundation, Kamehameha Schools, the Baldwin Foundation, and Hawaiʻi Tourism Authority’s Aloha ʻĀina program for their support of this initiative. Mahalo, everyone, for helping us to honor Lānaʻi!



Lānaʻi Cultural & Heritage Center’s first ever Kupulau Festival, April 30, 2022



Ritichel Cabiles and Sagi Baldwin



Festival attendee with potted ʻōhiʻa



Kupulau Festival participants check out the native plants



Eddie Morimoto and Matt Mano, Lānaʻi Community Stewardship program managers



A few members of Pūlama Lānaʻi’s Conservation department



Lānaʻi CHC Board members





Pam Alconcel (far right) with her chili-making volunteer crew



Kaiea Morita



Festival-goers string a plumeria lei.



Diane Preza ran the lei-making booth.



Nā Hōkū Hanohano award-winning musical group, Ei Nei



La'i Hanog, dancing hula



Kula Kaiapuni 'o Lāna'i students



Grazel Caceres with E 'Ike Hou iā Lāna'i 2021 T-shirt



Kalo



Palapalai



# Lānaʻi Community Health Center

## New Staff Announcement!

**D**r. Arceli Imasa with her family migrated from the Philippines to Hawaii in 2007. She is the 7th of 13 siblings. She comes from a family of farmers in the Philippines and experienced firsthand the challenges of being underserved and in poverty. She always wanted to become a doctor to care for the people of Hawaiʻi and especially those who are in need as she understands those challenges coming from an economically disadvantaged background.

Dr. Imasa is also a graduate of CCSP Lab High School in the Philippines. Dr. Imasa received her Bachelor's degree in Nursing from the University of Hawaiʻi at Hilo in 2012. With her goal of becoming a physician always in her heart, she earned her admission into John A. Burns School of Medicine (JABSOM) through successful completion of the ʻImi Hoʻōla Program. Dr. Imasa then received her medical degree at JABSOM in 2018. She has completed her residency at the University of Hawaiʻi Family Residency Program. Dr. Imasa also received the Dr. Volt H. Tom Excellence in Geriatric Medicine Award at the 2019 JABSOM Convocation Awards Ceremony.

A farmer at heart, she looks forward having a garden and cultivating vegetables while on Lānaʻi. But she is also excited to enjoy the ocean and learn how to fish. She is fluent in Tagalog, Ilocano, and Visayan. We are excited to have Dr. Imasa join our LCHC team this summer in July 2022 to provide medical services to our patients and community.



Dr. Imasa and family

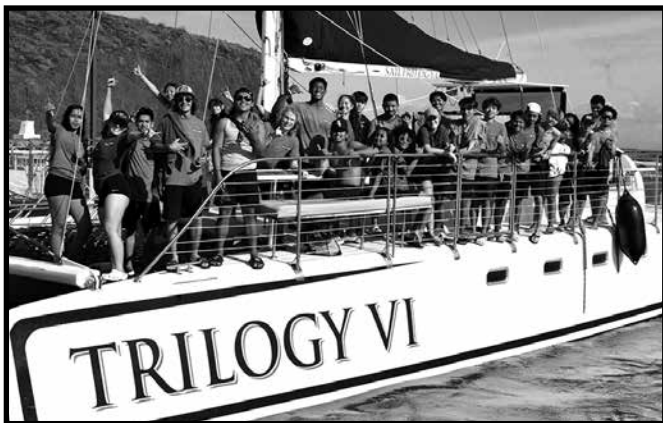


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SCAN ME

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The class of 2022 celebrating their graduation on Trilogy VI.



In Memoriam: The class of 2022 would like to honor one for their classmates, James Anton

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### Call for submissions



Photo courtesy of Lāna'i Culture and Heritage Center

*We are our island's memory keepers.*

Pineapple used to grow here. Our parents and grandparents worked in the fields, bending and stooping in search of fruit, and in the summer, we learned to do the same. Day after day, in sun and rain, we came to the fields, to back-breaking work from which our plantation community was built. It was our way of life. Until it wasn't. Except for the scraps of black mulch paper that litter the roads, there is little evidence that pineapple used to grow here.

To honor our island's past and those who shaped this island and made it what it is, Lāna'i Today is looking for stories of the pineapple era for its series, Plantation Life. The stories can be brief reminiscences, a moment in a life, a glimpse back into a certain way of doing things. I want to shore up these stories before the memory keepers are gone.

To submit your stories, email me: [ncables@lanaitoday.com](mailto:ncables@lanaitoday.com) Or if you would like to tell me a story of the plantation life, please call (808) 563-3127. *Mahalo nui loa.*



THE LAST WORD

By Nelinia Cabiles Photography by Ron Gingerich



# In a league of their own

**W**hat Rob Sanches wants the Lānaʻi High School softball girls to do when they’re at the DataHouse Division II softball state high school championship May 11-14, 2022 in the Patsy Mink Field, Maui, is straightforward: “Play well. Win or lose, play well. We can be up or down by ten [points], but if they don’t execute, they’ll hear from me.”

As the LHS girls’ softball coach, whose coaching experience in softball and physical fitness spans over thirty years, Sanches knows his team’s potential, evinced this year when the team won the 2022 Maui Interscholastic League Division II girls softball crown.

“To make it to state was unbelievable,” Sanches says, referring to a pandemic that shut down training and practice time for over two years. March, 2022 was their first practice, post-pandemic, Sanches says, and what he saw was not encouraging. “I thought, *we’re in trouble*,” he says.

And yet, the Pine Lassies, led by pitcher Keala Montgomery, Alanna Manuel and Malia George, defied the odds, and brought the MIL title home, trouncing Molokaʻi, 19-4, in the championship game April 30, 2022, on Lānaʻi. Sanches believes the team quickly got up to speed because of their closeness and because they’ve been playing together since they were ten, eleven years old, which is when he first became their coach. It’s their unity and closeness that is their greatest strength.

“I tell the girls, we all one. I’m always preaching that. Help bring the others along,” he says. “We’ve had prima donnas. But not this team. I keep them in check since they were young.”

As any coach knows, a superb player is someone who is coachable and has a great attitude, someone who has the heart and drive to keep improving, and won’t ever quit.

“I’m trying to train the girls to believe that they’re not quitters. I tell them, *you quit this, and everything that comes up in life that is hard, you going quit*,” Sanches says, “and that you gotta put yourself in uncomfortable situations. Otherwise, you won’t grow.”

When asked what his coaching philosophy is, Sanches doesn’t hesitate. “Give it your all. I don’t want to hear, *we could’ve done this, we should’ve done that*. We may not be the best team that day, but as long as you give me your all, I’m happy with it. Give it everything you’ve got. Leave it all on the field.”



High-stakes drama at home plate



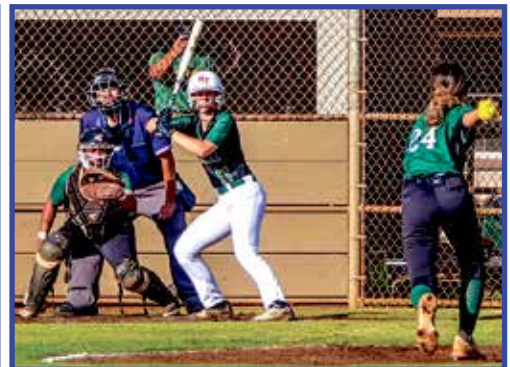
LHS player at bat



The swing



Veniza Jackson



Keala Montgomery



Catcher Malia George in action



Lānaʻi player gets ready to sprint



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