

LĀNA'I TODAY

NOVEMBER 2021

THE DAILY WORK OF COMPASSION



SEE PAGES 10 & 11

Meet the staff of Lāna'i Kīnā'ole, a home health care licensed agency on Lāna'i, the only such licensed agency on the island. Lāna'i Kīnā'ole's staff does the hard and tender work of providing care, and preserving the dignity of the most vulnerable in the Lāna'i community. Front row: Kishia Sigrāh; Uribita Cabatu; Tulpe Pablo. Back row: Anela Fernandez; Valerie Janikowski; Anabel Raqueno; Pritsana Heisler. Not pictured: Tish Kiskulis, Micah Velasco and Sandi Rabaca. *Photograph by Ron Gingerich*

My last summer in the pineapple fields

There were only two seasons on Lānaʻi when pineapples grew here: school and summer. That is how I marked the passing of time on this island. I was either in the classroom, learning trigonometry, Spanish, or I was in the fields, snapping off the crowns of pineapples so the fruit could roll unbruised into a thirty-foot boom. I would try to keep pace, and make sure I pulled my own weight in an all-girl gang of sixteen pineapple pickers, all young and strong, all stoic about suffering in the heat and humidity. No slackers in the bunch, ready to munso and go-for-broke at the drop of a hat. It was learning of a different kind in the fields, one that formed my earliest notions of identity, and of what I valued.

But one summer I was late to sign up to pick pineapples. I can't recall if it was the summer after my freshman year in college. The details of why I was late remain vague, receding as shadows, no matter how hard I try to hold them in place, to focus my mind's camera so the reasons would emerge as images on photographic paper and be known to me, so that I would have context.

At any rate, the gangs were set, no room for latecomers. I was assigned to a crew called Experimental. There were only three of us, two boys the same age as I, one of whom was my former high-school classmate. Our supervisor was Nobu, round-bellied and affable and funny. He had a slight underbite, like Deputy Dawg. He wore black-rimmed glasses, a trucker's hat, and a brown T-shirt, to work every day. I do not know if Nobu was his first or last name. Nobu! we would shout in the fields, to get his attention, and he would turn to look at us, and answer, 'Wot?' The same gruff-friendly tone every time, as though Wot was his way of saying, *hello!* It killed us.

When I think of that time, I can only come up with a handful of clear and singular memories. I remember we sat in the back of Nobu's company pick-up truck, and would cordon off a section in a field with cotton string and wooden dowels, to which we tied orange flags, visual reminders of where the experimental pineapples were growing.

My father's memory seems to be fading, the edges of time are blurring, floating in space like unmoored boats. He'll say

something happened one afternoon, when it actually happened earlier that morning. It's just temporal details he's forgetting. But I worry sometimes that the internal mechanisms that fix memories in place will become confused and reverse themselves, loosening the boats of memory, until they pull free and become lost in the sea of his mind. Will he always remember us? Will he remember who we are?

Nobu would check on certain hybrids of pineapples, see how they were doing. That was our job. He kept the locations a secret. Once we drove to a site west of town. We followed him into a field, and stooping over, he jerked a small round pineapple from its stalk, at the peak of ripeness, the telltale sunset below the crown. He fished in his pocket and pulled out a jackknife, and unfolded the blade. Holding the crown in one hand, he moved the blade across the fruit, slicing off the skin. The flesh was an opaque yellow, not translucent. He gave each of us a slice. It didn't need salt to bring out its sweetness. The flavors of pineapple, but also, improbably of mango and a hint of coconut custard burst in my mouth. Ohmigod, Nobu! What is this? I asked. It was the best pineapple I've ever had. Nobu smiled, shrugged his shoulders and took a bite himself.

Over that summer, we all became close friends. I loved the crew as I love my brothers, and Nobu as an uncle. On our last day of work, we gave Nobu a gift: a T-shirt, brown as dirt. On the front, we'd affixed lettering to spell his name: Nobu! On the back, it read: Wot? He laughed out loud. He loved it.

It was the last time I would see Nobu.

Someone asked me why the plantation days are important. Such negative associations with the word plantation, this person said. But those who worked in the fields don't have those connotations. And it isn't sentimental nostalgia. To remember is to honor a way of being in the world that still matters and has value, to pay tribute to those who worked here. Memory fades and we must fix in place our recollections of why this place is special, like orange flags in a field, before they are lost to us.



Nelinia Cabiles



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Pfizer vaccines now available for children

From the Lāna‘i Emergency Preparedness Group

The wait is over! You can now have your children, age five to eleven, vaccinated against COVID-19 via the Lāna‘i Community Health Center and Straub Lāna‘i. Call for more information and to make an appointment.

COVID-19 vaccines for individuals age twelve and older, as well as booster shots for qualified patients, are also still available. Call your local healthcare provider to check on vaccine brand availability and to make an appointment:

Lāna‘i Community Health Center: (808) 565-6919 - Straub Medical Center-Lāna‘i Clinic: (808) 565-6428

Rules reminder - Each county has its own COVID-19 safety rules, so be sure to follow the right rules for the right situation.

For the latest information on Maui County’s public safety rules, visit <https://www.mauicounty.gov/> Direct specific questions about the current rules to the Office of the Mayor, (808) 270-7588. County of Maui Public Health Emergency Rules, effective October 16, 2021 https://www.mauicounty.gov/DocumentCenter/View/125111/COM_Public-Health-Emergency-Rules

Cut to the chase

Community

- The **2021 Kahiau Project** needs your support. How to help: Visit the Lāna‘i Police Station, 855 Fraser Avenue, and donate new, unwrapped toys, gifts, and holiday wrapping paper OR make a monetary donation. Please make checks payable to Lāna‘i Community Association. One hundred percent of donations go to families on Lāna‘i. Drop off donations by December 15.
- The Lāna‘i 28th **annual Turkey Giveaway** for Lāna‘i residents, hosted by the **Coon Family** and employees of **Lāna‘i City Service** and **Trilogy Excursions**, is a drive-through event November 20:
 Last names starting with A to K: 9:30 a.m.-11 a.m.
 Last names starting with L-Z: 11:30 a.m.-1 p.m.
 Facemasks required. Vehicles will enter at Eleventh Street (LCS’ back entrance) and exit right onto Lāna‘i Avenue. A walk-up pick-up, available ONLY to residents who do not have a vehicle, will run 8:30 a.m.-noon, November 22.
- **Recycle Event**, 8 a.m.-1 p.m., November 20, Pūlama Lāna‘i Fleet Yard (enter from Ilima Avenue & Eleventh Street). Items accepted: AC units, batteries, freezers, household appliances, metals, propane tanks, refrigerators, tires, washers/dryers, water heaters. NO computers, copiers, monitors, or TVs.
- **UH-Mānoa’s Cooperative Extension** offers an **Edible Crops Production Workshop**, 9 a.m to noon, November 20, Lāna‘i Community Garden. Topics include: pollinator friendly habitat using native Hawaiian plants; Oriental fruit fly management; production of beans, green onions, okra, onion bulb varieties, pak choy, sweet potato, melon. To register: email gr6@hawaii.edu

Business

- **Chengdu Taste** is now open for lunch, 11:30 a.m. to 2 p.m., Saturdays and Sundays. Take-out and dine-in available; reservations are recommended. Do not use the QR code that is used for ordering dinner take-out. Call (808) 563-0936 to make lunch reservations or to order take-out.
- **Destination Management Action Plan (DMAP) 2021 Community Forums for Lāna‘i** December 2, 2021 via Zoom. Tourism leaders will provide island updates specific to Lāna‘i in a process that would guide efforts to rebuild, redefine and reset the direction of tourism. Participants will have the opportunity to provide input on messaging to encourage and increase visitor support of Lāna‘i City’s economy. The sessions will cover: DMAP overview and updates; Mālama Maui County Pledge; Mālama Hawai‘i Program; Voluntourism Tri-Partnership; Lāna‘i DMAP Advisory Board. To register for the 8 a.m.-10 a.m. Zoom meeting December 2, 2021: <https://bit.ly/lanaicommunitymtg1>; for the 6 p.m.-8 p.m. Zoom meeting, register at: <https://bit.ly/lanaicommunitymtg2>
- **Pele’s Other Garden** will celebrate its 25th anniversary December 21. The community is invited to enjoy cake and one-dollar pizza slices (until supplies last). Customers dining in receive 25 percent off their dinner bill, excluding alcohol. To make dinner reservations, call (808) 565-9628.

Lanaians

- **Cindy and Sacha Figuerres** and family have moved to O‘ahu for job opportunities. Cindy will continue to help Lāna‘i residents with income tax preparation services. You may visit her website, lanaitaxes.com, or call her at (808) 649-9088 for more information.
- **Mike Lopez**, former manager of Community Gardens and Hulopo‘e Beach Park, Pūlama Lāna‘i, is retiring. He and wife, Brenda, will be moving to Yuma, AZ.

Corrections

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

Sophie Amoncio has Hawaiian ancestry and is a **kupuna**. She was incorrectly described as being an elderly kama‘aina in the photography essay, “Be kind whenever possible. It is always possible” (October 2021). Also, the correct term is **elder kama‘aina**. My apologies for the errors.

‘Ōlelo No‘eau - **Ke hi‘i la ‘oe i ka paukū waena, he neo ke po‘o me ka hi‘u.** *You hold the center piece without its head and tail.* You know only the middle part of the genealogy or legend. What about the origin and the latter part (Pukui 183)?

Trashy behavior

By Nelinia Cabiles

On August 26, 2021, Harvey Gaceta, a handyman/landscape gardener, owner of No Mow Time, received a call from Chris Richardson, a property manager, to see about garbage that had been dumped somewhere in the Pālāwai Basin. Hunters had come across the trash heap, and seeing Richardson’s name and address on the ship-to label of a cardboard box among the detritus and discarded junk, had called him.

Richardson regularly orders materials and repair supplies as part of his job. He had no idea how a cardboard box with his name on it had made its way to an obscure spot in Pālāwai and didn’t want to be falsely accused of illegally dumping trash, Gaceta says. He hired Gaceta to pick up the trash and haul it to the town dump.

Using coordinates from Google map the hunters had provided Richardson, Gaceta drove to the site in his full-size Chevy truck. The trash heap was sizable. Dog food, plate lunch containers, car parts, a car’s fender and paneling, receipts, household goods. “There was enough garbage to fill the bed of a small Toyota pick-up,” Gaceta estimates.

“The town dump is only about five miles away and instead of going there, this person dumps the trash in Pālāwai,” Gaceta says. “This is disgusting. I was disgusted. I want to tell the person who did this, shame on you. You know better.”

If trash reveals clues about how one lives, what one eats or enjoys, Gaceta, who is also a realtor with Pineapple Homes, a brokerage company, was nonplussed to characterize the odd assortment of garbage as coming from just one source. “I’ve been in the business long enough to know that this person had been hired to collect garbage from various people or locations,” Gaceta says. “This is really troubling because when people come across a garbage pile, they think it’s okay to throw trash wherever they like.” It sets bad precedent, in other words; it reinforces trashy behavior.

“We’re supposed to mālama the ‘āina,” Gaceta says. “Throwing trash where it doesn’t belong is not how we mālama the ‘āina.”



The pile of garbage Harvey Gaceta found dumped in Pālāwai. *Photograph courtesy of Harvey Gaceta*

Deer in the time of drought

Contributed by Jonathan Sprague, co-director, Conservation, Pūlama Lāna‘i



Lāna‘i is under severe drought (November 2021). *Photograph courtesy of Jon Sprague*



Driven by hunger and thirst, deer devour residents’ vegetable gardens and greenery. *Photograph courtesy of Ann Suzuki-Hough*

Wā malo’o e Lāna‘i. We’ve all noticed Lāna‘i getting drier and drier over the last months as an extended drought lingers on. At the time of writing, the National Drought Mitigation Center lists all of Lāna‘i under a severe drought (D2), with portions of the island in an extreme drought (D3). Historical rainfall from weather stations around the island indicate Lāna‘i hasn’t been this dry since 2011-2012. Residents will remember that during those years, much like now, the island was distressingly parched and many of our island’s resources—plants, animals, land, and people—suffered as a result.

Unfortunately, periodic droughts like these are a natural part of our long-term weather pattern. On Lāna‘i, there is an approximately 10-year cycle of relatively wet and dry weather. Three to four years ago, the island was about as green as it gets because we were at the peak of the wet cycle. Now the coin is flipped and we’re in a dry time. How long this will last is impossible to say. The drought of 2011-2012 and 1998-1999 each went on for over twelve months. The current drought is perhaps five months old. If we’re lucky, the winter will bring gentle rains, but it’s not guaranteed.

Drought brings problems ranging in severity from minor nuisance to danger to life and limb. Local farmers must irrigate their crops and provide extra water and feed to their livestock, which creates scarcity and increases prices at the store. Shrinking soils can rupture water lines and stress our aging water system. Deer, already overabundant for what the land can support, venture further and more regularly into town and across roads in search of food and water. Loss of vegetation on the landscape from water stress and overgrazing exposes the soil to increased wind erosion and sets the stage for severe water erosion when the rain returns, further threatening the health of our coral reefs. And, of course, wildland fire brings perhaps the most dangerous threat of them all.

One of the most visible symptoms of drought are deer and sheep—in many cases, weak, malnourished, and dehydrated—coming more often into town and along the highways, looking for food and water. This severe a drought means there simply isn’t enough water and food on the landscape for the number of deer and sheep we have. Unfortunately, some deer will not make it through the drought.

While a similar die-off occurred in 2011-2012, a large part of the current issue is an explosion of the deer population. Conversations with long-time hunters and community members almost universally indicate we’ve never seen this many deer before. The data support these observations. Axis deer have an average of 1.25 fawns per year and without proper harvest their numbers can increase very quickly. In the early 1960s, there were an estimated 1,700 deer. By the early 1980s, the number swelled to 10,000. In 2011, a thermal camera-equipped helicopter survey of the entire island estimated 17,000 deer. Based on hunting records and reproductive rates since then, we estimated approximately 27,000-35,000 deer in 2020.

A doubling of the deer population from 2011 through 2020 is unsustainable, has made our current drought situation that much worse, and is unhealthy, both for the island and the deer themselves. Reducing reproduction through doe harvest is critical to reducing the herd to a healthy size over the next few years. The Pūlama Lāna‘i Conservation Department, DLNR, DoFAW, recognized the problem and, as a result, made changes to the hunting program, including offering ongoing, free control hunts for residents, longer hunting seasons, and issuing a greater number of tags. Consequently, harvest rate of does has increased by 180 percent in four years. But we can’t change the weather, and these issues will continue to one degree or another until the rains return. In the meantime, we suggest the following:

Report sick and dead deer. Dead or dying deer in public areas is a health issue. Call (808) 563-0086, and the Wildlife Control team staff will assess the deer and remove it, if necessary, at no charge.

Please drive carefully. To lessen the chance of vehicle strikes, the Conservation Department and DoFAW maintain more than thirty water troughs away from roads, vegetation breaks along the highways, and have recently erected a fence along the Mānele highway to prevent deer from bolting along that stretch of road out of town. However, these are not perfect solutions; deer will continue to be on and around roads, so we all need to do our part by driving safely.

For those who hunt, please go out and hunt more. We have more deer and sheep than the ‘āina can sustain. The Lāna‘i Culture and Heritage Center manages free community stewardship hunts on the windward side (rifle A1/2) six days a week; stewardship@lanaichc.org for more info. Hunting permits are also available at very affordable rates for residents and there may be more opportunities for control hunts for does later in the year.

We recommend AGAINST feeding deer or providing water around residential areas. Water and food attract deer into town, bringing animals into areas where they can’t be hunted safely or effectively, and increase the risk of vehicle collisions. There are more than thirty water troughs for deer and sheep, intentionally placed away from town and roads, across Lāna‘i.

For current and historical drought conditions in Maui County, visit <https://www.drought.gov/states/hawaii/county/maui> We are always interested in hearing ideas for dealing with drought from community members. Email us at game@pulamalanai.com with your thoughts.

I ali‘i no ke ali‘i i ke kānaka. *A chief is a chief because of the people who serve him.* This was often used as a reminder to a chief to consider his people (Pukui 125).

Planting of endangered ‘Āwikiwiki part of preservation effort

Four Seasons Resort Lāna‘i press release

Lāna‘i is home to twenty-one federally threatened and endangered plant species, including a number endemic to Lāna‘i. *Canavalia pubescens*, more commonly known as ‘āwikiwiki, is a federally endangered perennial vine with dark purple to pink flowers. A planting ceremony October 20, 2021, commemorated the launch of a botanical preservation project to reintroduce this species to the area around Four Seasons Resort Lāna‘i.



Alastair McAlpine, general manager, Four Seasons Resort Lāna‘i, and Kurt Matsumoto, president, Pūlama Lāna‘i, hold an endangered ‘āwikiwiki for planting. Photograph by Robert Woodman

The ‘āwikiwiki planted October 20 is from a former Lāna‘i ‘āwikiwiki founder near Ka‘ena, on the northwest side of Lāna‘i. The plants are being established inside the Resort’s Tennis Garden, where they will be protected from non-native herbivores (such as axis deer), and cared for by the landscaping team.

Authorized seed collection from these plants will be sent to Lyon Arboretum for long-term seed storage. Some seeds will be withdrawn in the next few years when Pūlama Lāna‘i and Four Seasons Resort Lāna‘i staff can reintroduce the ‘āwikiwiki to its native habitat in the Hulopo‘e-Mānele coastal zone. Wild ‘āwikiwiki has not been seen in this area for over two decades. Plans are in place to create a protected area that would fence out destructive ungulates (axis deer and mouflon sheep), allowing plants the opportunity to grow.

Historically endemic to Ni‘ihau, Kaua‘i, Maui and Lāna‘i, ‘āwikiwiki has most likely been extirpated from Ni‘ihau and Kaua‘i. The species is found in open lava fields, open dry shrubland to dry forest habitats, and along rocky shorelines.

Although a number of new ‘āwikiwiki plants have been discovered on Lāna‘i in recent years, the total number of known wild plants on island is currently only two mature individuals, the seed collection from which is ongoing. There are currently more than twenty ‘āwikiwiki outplanted at four protected (fenced) sites on Lāna‘i.

This project is part of ongoing preservation efforts by both organizations. Pūlama Lāna‘i’s Conservation Department cares for Lāna‘i’s diverse species and fragile ecosystem through the protection and monitoring of native species, control and removal of invasive species, and biosecurity—preventing the introduction of any new invasive species.

Among many initiatives, the team has constructed a nursery that grows numerous native plants that are then outplanted around the island. Rare plant monitoring, seed collection, nursery propagation, and outplanting are all covered under the rare plant permit that Pūlama Lāna‘i has maintained for a number of years with the State of Hawai‘i’s Division of Forestry and Wildlife. The Conservation team is focused also on establishing predator- and ungulate-free zones throughout the island to protect native plants, tree snails, and seabirds, particularly through fencing.

The Resort’s botanical gardens consist of twelve densely-planted acres (almost five hectares) with more than 500 species, including a deliberate and thoughtful program to incorporate a wide variety of Hawaiian native plants. The Resort recently achieved Arboretum Accreditation by the Morton Register of Arboreta, which recognizes professional standards and capabilities in a shared purpose to plant and conserve trees and advance goals specific to tree-focused public gardens.

The understory of the koa forest

Text and photography by Nelinia Cabiles

A six-acre forest of koa (*Acacia koa*) about six hundred meters (2,000 feet above sea level) on the leeward slope of Lāna‘i Hale was being choked by six-foot high guinea grass (*Magathyrsus maxima*) and thickets of strawberry guava (*Psidium cattleianum*), which scientists and land managers recognize as one of Hawai‘i’s worst invasive species.

But thanks to the weed-routing muscle and careful stewardship of Pūlama Lāna‘i’s Conservation department over the past several years, the canopy of the koa forest is now thinned out from invasive trees, its understory cleared and reclaimed for native ‘ōhi‘a lehua (*Metrosideros polymorpha*), māmaki (*Pipturus albidus*), ‘ūlei (*Osteomeles anthyllidifolia*), and the federally endangered nā‘u (*Gardenia brighamii*), which are thriving.

As part of Re-Tree Hawai‘i’s annual tree-planting to honor Hawai‘i’s Arbor Day, a round of planting saw the Conservation crew back in action November 5, 2021, this time planting dozens of seedlings of ‘ōhi‘a, ‘ūlei, kōlea (*Myrsine lanaiensis*), and keahi (*Sideroxylon polynesianum*).

“By diversifying the koa-dominated forest with other native species that are non-nitrogen-fixing, we’re increasing the carbon to nitrogen ratio of the soil and leaf litter, because when you have a huge amount of nitrogen, you get an influx of non-native species that are fast-growing and good at utilizing the fresh source of nitrogen,” says Kari Bogner, botanist, Pūlama Lāna‘i. “It’s somewhat analogous to a freshwater system on the mainland: too many nutrients, and you get an algal bloom. Here, it’s a grass bloom that we hypothesize is being at least partially driven by high amounts of nitrogen from koa and, until recently, non-native formosan koa (*Acacia confusa*).”

While the koa forest is returning to life as its understory is being restored, the ultimate goal of the replanting project is one that botanists and other scientists, racing against species extinction, share: for nā‘ū and other federally endangered native species to flourish so well that they can be removed from the U.S. Fish and Wildlife Service’s endangered species list.



Botanist Kari Bogner, Pūlama Lāna‘i, at the November 5 planting.



Alicia Jacquemin, botanical assistant, Conservation, Pūlama Lāna‘i, watering a freshly-planted seedling.



Christina Pisani, conservation project manager, and John Deslippe, senior conservation program manager, Conservation, Pūlama Lāna‘i, clear tree trunks and branches from the koa forest.

I ha‘aheo no ka lawai‘a ka lako i ka ‘upena. *The fisherman may well be proud when well supplied with nets. Good tools help the worker to succeed (Pukui 125).*

WASC, highly qualified teachers, and home sporting events

Contributed by Douglas Boyer, LHES principal

Aloha, school community! I want to thank Pūlama Lānaʻi for hosting the community meeting on October 25, 2021. I appreciated the questions and feedback from the community – feedback that can be implemented into the school. The following are three questions from the community meeting on which I wanted to follow up:

What was the outcome of the WASC Accreditation process?

On July 9, 2021, Elton Kinoshita, former Lānaʻi High and Elementary School principal, received a letter from the Accrediting Commission for Schools Western Association of Schools and Colleges reaffirming LHES’s accreditation through to the current accreditation cycle, which ends June 30, 2024. The school is continuing to implement the WASC recommendations from the accreditation report that focuses on Growth Mindset, Student Success Criteria, and Project-based Learning into the 2021-2022 school academic plan.

What is the percentage of highly-qualified teachers at LHES?

The percentage of classes being taught at LHES by highly-qualified teachers is 81.06 percent. This percentage has risen from 72.1 percent in the previous school year.

What are the requirements for home sporting events?

As LHES is wrapping up its fall high school athletic season, girls’ volleyball will be hosting St. Anthony (Maui), on November 12 and 13; and Maui Preparatory Academy November 19 and 20. Home and visiting teams are currently allowed four fully-vaccinated spectators per player. The definition of fully vaccinated is two weeks after receiving the second shot of the Moderna or Pfizer, or the single shot of the Johnson and Johnson vaccination. To observe the event, spectators are required to follow mitigation strategies established by the Department of Education and Maui Interscholastic League. The school wants to remind fans that requirements can change with the current state of COVID-19 and updates happen weekly. If there are changes to requirements, the school will notify the community as soon as requirements are published.

Lānaʻi Senior Christmas

Contributed by Cindy Sagawa

The 2021 Senior Citizen Christmas Day Event to

honor our senior citizen friends is being planned. Lānaʻi Baptist Church will continue to host this free community outreach, which serves Lānaʻi seniors, age 65 and older.

During this challenging time, and out of safety concerns for our community, we will not have an in-person party; lunch will not be served or delivered.

Volunteers will be asked to follow COVID protocols and show proof of vaccination or proof of a negative

COVID test within 72 hours of the event. Young people who are not vaccinated can participate by hand-writing holiday notes or creating hand-drawn sketches for the seniors’ gift bags. Please drop off these handmade tributes at the Lānaʻi Baptist church.

Volunteer drivers will deliver gift bags, which will be prepped and ready for delivery by 10 a.m., Saturday, December 25, at the Lānaʻi Baptist Church staging area, corner of Gay and Sixth Streets.

Please contact LanaiSeniorChristmas@hotmail.com or (808) 565-9405, if you would like to make deliveries, know a senior who would enjoy a gift, or have questions regarding volunteer service.

Donated items of any number or a gift of financial support is appreciated. Please make check donations payable to Lānaʻi Baptist Church, and mail to P.O. Box 630149, Lanai City, HI 96763, writing Senior Christmas on the envelope. We look forward to partnering with you to serve our community.



‘Tis the season of giving: Volunteer Gina Alonzo shares her holiday spirit. December 2020 photograph, courtesy of Cindy Sagawa

The scrimmage

The word scrimmage is both a verb: *to engage in a simulated game; to practice*; and a noun: *a confused struggle or fight*.

On November 6, 2021, at the lower field on Lānaʻi, in a scrimmage inter-squad football game between the Grays and Whites, the sky cloudswept and clear, and spectators scattered far apart outside the fenced playing grounds, there was no evidence of a confused struggle on the gridiron. The scrimmage that bright fall day was all verb.

Nor was there any inkling that this was a practice game. To a casual passerby who might have happened to catch even a minute of the action on the field, the players appeared locked in an intense, all-out battle, executing plays, tackling and feinting and intercepting, firing the ball like missiles, the ground beneath them cleat-scudded and gouged, rumbling with their full-blooded exertions.

Eight-person football, a form of gridiron football played in the United States, is ideally suited for high schools with small enrollments. The Lānaʻi High School eight-person football season, which typically spans weeks, was circumscribed by COVID-19 this year, its run reduced to one single contest: the scrimmage game between the Grays and Whites. To make the numbers work for the scrimmage, both offense and defense players were combined to make two eight-person teams.

Assigning which player would go on which team was either a stroke of brilliance or luck, for the teams appeared—on the scoreboard, at least—to be evenly matched.

The final score of the one and only game of the football season at LHS was 28-28.



Up for grabs: Aiden Hough (#16, Gray team) tries for an interception, but the ball will barrel its way to Skyler-Kalanikai Segismundo (#18, White team), who will charge down the field and make the first touchdown in the game.



A player leaps, airborne, as his teammates face off on the scrimmage line.



The lunge and the parry: A study of power and grace



The Grays, in possession of the ball

Kāhiko o ke akua. *The adornment of the gods.* A shower of rain. The gods express their approval with rain (Pukui 143).

Virtues in Paradise An attitude of gratitude

Contributed by
Linda Kavelin-Popov

This month we celebrate Thanksgiving. Historically, this was a time when the indigenous people generously fed wild turkey and other native foods to hungry English pilgrims. Here on Lānaʻi, it is a time for sharing food and love together, although it is part of the fabric of life here all year round.



Linda Kavelin-Popov

This holiday is a special reminder of the power of thankfulness. It is one virtue of which we can never have too much. A Quaker prayer for Thanksgiving says: “As we worship, let us hold each other in prayer and thanksgiving, and let our hymns of praise resound across the world.” Our world really needs to be held in prayer these days. Being thankful is a key to genuine happiness. Simply noticing what we appreciate can literally change our minds and hearts. Psalm 9:1 says, “I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvelous works.”

It is easy to be thankful when things are going well. Yet, according to scripture, it is even more important to open ourselves to gratitude during the testing—in *all* circumstances. “Be thankful in all circumstances, for this is God’s will for you...” (1 Thessalonians 5:18). The Baha’i Teachings say, “Be generous in prosperity and thankful in adversity,” and “Nothing save that which profiteth them can befall My loved ones.” Is it humanly possible to accept suffering as God’s will? There is one way I have found to transform a time of pain into grace – by recognizing it as a Teachable Moment—a time to learn—to grow a new virtue, be it Acceptance, or Strength, Faith or Courage. I have come to believe that our tests are tailor-made for each of us, to receive our soul lessons.

Thankfulness literally has the power to heal. I recall a time when I was praying about a serious problem. As I got on about my day, I realized my stomach was doing flip flops, and I was still deeply anxious. I hadn’t been able to quiet my mind enough to meditate and listen for a Divine answer. I felt both helpless and hopeless about the problem, not yet having reached a state of faith that could “move mountains”. I went out on the lanai, wondering, “What virtue do I need to quell this anxiety?” What came to me strongly was gratitude. So, I started thinking on all the things in my life for which I am thankful: the beauty around me, my faith, my treasured friendships, my son’s new job, the food on our table, the ability to work and serve, the creativity to write, my health. The list grew longer and longer. Within a few minutes, my heart was at peace. I felt cheerful and I trusted that an answer would come.

Not only is gratitude a key to healing anxiety, stress, or depression, it is a magnet for our joy. Christian writer G.K. Chesterton said, “I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder.” Whenever we begin and end the day by counting our blessings, we are appreciating the gifts God has given us. Knowing we are in the Creator’s hands, we can trust that, as Peter Feddema said, “The will of God will never take us where the grace of God cannot sustain us.” Psalm 118:24 says: “This is the day that the Lord hath made; let us rejoice and be glad in it.” www.lindakavelinpopov.com



No ‘eau ka hana a ka ua; akamai ka ‘imina o ka no ‘ono‘o. *Clever are the deeds of the rain; wise in seeking knowledge.* Said in admiration of a clever person (Pukui 252).

Reese’s Peace Practicing gratitude consistently

Contributed by Caroline Reese

Growing up with non-formally educated immigrant parents from Italy, I became aware, especially over Thanksgiving, that assimilating to America was their main focus. Learning American history or the native or indigenous peoples’ perspectives of Thanksgiving took a back seat. Mom would always struggle to learn new recipes to incorporate with some of our typical Italian meals when we had friends over for Thanksgiving dinner.



Carolina Reese

For my family, Thanksgiving was about thanking God that we could live in America. It was a gratitude reminder for the opportunities we had and that positive outcomes are possible.

Reflecting on your life, what are your gratitude reminders? Think of gratitude in terms of appreciation, acknowledgment, and recognition. A reminder clarifies that gratitude is an action of giving. It is an emotion that brings positive outcomes for one’s self and others.

How do you feel when you are appreciated and acknowledged? It generally feels good to receive a compliment or recognition, especially when you do not seek it. The person who receives praise enjoys being recognized and valued and is motivated to do more. Research has shown that giving and receiving gratitude results in physical and psychological changes that influence how we think and behave.

Studies have shown many positive outcomes to practicing gratitude. When we express gratitude for the positive things in our lives, it lowers stress and depression. Practicing and sharing gratitude increases optimism and our social connection to others – it creates a sense of having more possibilities in life. Research shows that those who actively express gratitude tend to take care of their physical health and have stronger immune systems.

So, how can we practice gratitude more consistently in our lives – not just during the holiday season?

Start by setting your intention to practice gratitude daily. Are you willing to incorporate gratitude into your daily routine? Knowing your level of commitment will determine your success in it. If you stay committed, it will become a daily habit that reaps benefits for yourself and others.

Second, focus on one or two things for which you are grateful that day. Concentrating on one or two things versus a whole list of things will allow you to stay committed to the practice.

Ralph Waldo Emerson said, “Cultivate the habit of being grateful for every good thing that comes to you and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

My wish for all of us is that we encourage and accept one another. We are all connected.

Remember gratitude is a reminder of what is good in our lives and acknowledging it enough to stimulate giving back.

Jack Kornfield’s Meditation on Gratitude is one of my favorites: With gratitude, I remember the people, animals, plants, insects, creatures of the sky and sea, air and water, fire and earth, all whose joyful exertion blesses my life every day.

With gratitude, I remember the care and labor of a thousand generations of elders and ancestors who came before me.

I offer my gratitude for the blessing of this earth I have been given.
I offer my gratitude for the measure of health I have been given.
I offer my gratitude for the family and friends I have been given.
I offer my gratitude for the community I have been given.
I offer my gratitude for the teachings and lessons I have been given.
I offer my gratitude for the life I have been given.



From the Farm

Celebrating the season of gratitude: Three delicious recipes from Sensei Farms

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

The holidays are just around the corner, and while we may not experience the traditional cool autumn weather in Hawai‘i, there are plenty of ways to celebrate the harvest season with some of our favorite recipes that will tantalize your taste buds. Here are three great recipes featuring our greenhouse-grown greens and delicious local ingredients. We hope you enjoy these recipes and precious time with your loved ones this holiday season. Happy cooking from everyone at Sensei Farms!

Mizuna and Apple Salad – a great starter

Peppery Mizuna, honeycrisp apple, toasted pumpkin seeds, tart pomegranate seeds, and a smoky sweet Charred Lemon and Honey Vinaigrette make for a simple and elegant salad, featuring some of the best ingredients of the season.

Salad:

- 1 cup mixed Mizuna lettuce
- 1 cup spring greens mix
- 1 medium honeycrisp apple, thinly sliced
- 1/4 cup toasted sunflower seeds
- 1/4 cup toasted pumpkin seeds
- 1/3 cup fresh pomegranate seeds

Vinaigrette:

- 1 medium lemon, zested and halved, seeds removed
- 1 tablespoon honey
- 1/4 cup white wine vinegar
- 1/2 teaspoon fresh thyme
- 1/2 cup olive oil
- 1/4 teaspoon sea salt
- Freshly ground black pepper

Directions:

- Combine the lettuces with the pomegranate seeds, freshly-cut apple, and toasted sunflower and pumpkin seeds in a large bowl.
- Then, heat a cast-iron grill pan until very hot, about 3 to 5 minutes. Add the lemon halves flesh-side down and sear until charred. Allow the lemons to cool completely and then juice them.
- Next, in a blender or food processor, combine the charred lemon juice, lemon zest, honey, white wine vinegar, and fresh thyme, and blend until thoroughly combined. With the blender or food processor running, slowly add the olive oil until emulsified.
- Season to taste and then toss thoroughly with the salad mixture. Extra dressing will keep in the refrigerator for up to three days, if covered.

Curried Sweet Potato and Tofu Salad – a healthy, light meal

In this vibrant salad, roasted tofu with sweet potatoes and herb-marinated apples combine for a refreshing and balanced bite. Our sweet Lāna‘i orange pepper adds the fruity, floral notes of a habanero chili without the heat, rounding out this simple and protein-filled meal.

Tofu & Sweet Potatoes:

- 1 pound extra firm tofu
- 3 medium sweet potatoes, cut into 1-inch wedges
- 1/4 cup coconut oil
- 2 teaspoons curry powder
- 1/4 teaspoon kosher salt

Salad:

- 3 honeycrisp apples, diced
- 4 tablespoons fresh lime juice (about 2 limes)
- 5 tablespoons fresh lemon juice (about 1 1/2 lemons)
- 3 tablespoons maple syrup
- 1 cup dried cranberries
- 1 bunch fresh cilantro, thinly sliced
- 1 bunch fresh scallions, thinly sliced
- 3/4 cup toasted cashews, coarsely chopped
- 4 cups rainbow Swiss Chard, rinsed well and patted dry, chopped
- 1 cup sweet Lāna‘i orange peppers, thinly sliced
- 2 cups cherry tomatoes, halved
- 3 avocados, diced

Directions:

- To start, preheat your oven to 425°F. Cut tofu into half-inch cubes and place them on a cutting board lined with paper towels. Cover the tofu with another set of paper towels, and set a baking sheet or cast-iron skillet on top to press the tofu for 15 minutes. Meanwhile, combine the apples, lemon and lime juices, maple syrup, dried cranberries, cilantro and scallions in a mixing bowl, and place in the refrigerator to marinate.
- While the apples marinate, combine the diced sweet potatoes and pressed tofu with the curry, coconut oil and salt in a mixing bowl. Spread this mixture on a baking sheet and cook in your preheated oven for 20-25 minutes.
- Finally, add this tofu/potato mixture to your cashews, Swiss Chard, sweet Lāna‘i orange peppers, tomatoes and apple mixture. Divide mixture evenly between bowls and enjoy! Makes four to six servings.

Hawaiian Boiled Peanuts with Basil and Hot Chili – a spicy ending

Did you know that peanuts are harvested in the autumn months and take much less water to grow than other nuts, making them a sustainable product? Their growing season is quite long, though, taking between 140 to 150 days before they’re ready for harvest. They offer the potential to be used as a delicious conclusion to a meal or a quick snack along the way. Here’s a great recipe that puts your pressure cooker to work.

Ingredients:

- 12 ounces raw peanuts
- 5 cloves garlic
- 1/4 cup sliced ginger
- 5 Hawaiian hot chilies
- 5, 1-inch strips of orange zest
- 3 star anise pods
- 1 stick cinnamon
- 3 to 4 large basil stems or sprigs
- 1 teaspoon whole white peppercorns
- 2 tablespoons Hawaiian sea salt
- 1 1/2 tablespoons sugar
- 2 tablespoons Japanese soy sauce
- Water

Directions:

Place all of your ingredients into a pressure cooker and cover them with a thin layer of water. Weigh down the peanuts with an oven-safe plate or container, and then lock the pressure cooker lid, and cook on high for 65 minutes. Safely release steam valve and allow steam to completely escape before opening pressure cooker. Drain peanuts and enjoy warm or allow to cool before serving.



Curried Sweet Potato and Tofu Salad



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THE DAILY WORK OF COMPASSION

Text and photography by Nelinia Cabiles

The hands of Anabel Raqueno, a certified nursing assistant at Lānaʻi Kināʻole, are sure and steady, perceptive. Never still, they alight on a cloth belt of ninety-three-year-old Alejandro Haban, alert as birds to his shuffling gait, to any pause or wobble in his step, there to guide him as he counts his footfalls in Ilocano, from living room to kitchen and back again, a three-lap circuit, a journey of thirty steps: his daily walk. She asks him how he feels, how he's doing, and checks his blood pressure and weight.

Raqueno's hands are gentle when she combs Haban's hair, and strong, as they hold his arm, testing his resistance and strength and mobility. She puts him through his paces with light exercises, encouraging him when she senses his energy flagging. How about one more, she asks him, and he complies, exhaling loudly as he pedals, counting in Ilocano all the while. He completes the circuit and rests. These light exercises, among other home health care services, are part of Haban's plan of care, typically customized after a provider's referral and a nurse's assessment of a client's medical and health needs.

It is clear that Raqueno, who, with Lānaʻi Kināʻole's other CNA, Uri Cabatu, manages the care of more than twenty clients, is part coach and cheerleader, trusted friend and caregiver.

Lānaʻi Kināʻole is a nonprofit home health care agency that started in 2018, the only such licensed agency on the island. Its CNAs provide personal care, such as help with dressing, feeding and personal hygiene; light housekeeping, shopping, meal planning, respite care and family support. The agency also offers community-based services, such as chiropractic and podiatry care from outside contractors.

Lānaʻi Kināʻole's license means its skilled registered nurses can also care for complex wounds, assist with medication management, including intravenous administration in the home, and obtain various laboratory specimens, including blood. "These home health visits are the truest assessment of a client and their family," says Valerie Janikowski, program administrator. "For example, I can go to my doctor's appointment for diabetes, put on my lipstick, but the doctor won't know I have a hoarding problem, and will never know, unless she goes to my home," she says. "We would never know [any] client's true circumstances without having gained the client's trust."

In a home health visit, a CNA monitors a client's health, and if she notes problems, immediately reports it to a registered nurse, who then, follows up with the primary care provider.

If trust is the soul of Lānaʻi Kināʻole, "compassion is its driving force," says Janikowski. It emanates from within the agency's walls and in the hearts of every staff member who goes out on her daily rounds to do the hard and tender work of providing care, preserving the dignity of the most vulnerable in the community. What else but compassion could explain staff working for little to no salary months at a time when the Lānaʻi Kināʻole first started? Janikowski herself did not receive compensation for many months. (The agency operates on a sliding fee scale and relies on donations.)

"Val is an amazing person," says Dwight Gamulo, a client. "She waves the magic wand, and inspires everyone. She does things she's never done before, like running a nonprofit."

Janikowski says Lānaʻi Kināʻole was formed because "the need for a home health program in our community was glaring in our faces." She kept the enterprise running on a shoestring budget against all odds. She says no way could she have done it without her staff, especially Raqueno and Cabatu, her CNAs.

Support from Judy Mikami, a retired public health registered nurse, and rural health care consultant, and Emmet White, former president and chief executive officer of the Arcadia Family of Companies, also helped keep them going. "They saw our work and said I'm going to support these people and what they do," says Janikowski.

It is a given that the work of nurses is tough. But the thankfulness of patients must also help lighten the load – that, and understanding they are doing essential work for a community they love. "We love what we do," says Janikowski. "Everyone needs compassion. Everyone deserves dignity."



The welcome sign in the lobby of Lānaʻi Kināʻole



Anabel Raqueno, on her way to a home health care visit



Giving a client a blood sugar test



Testing a client's hand strength



Personal care service, such as grooming, is part of Raqueno's work.



Pritsana Heisler, registered nurse, assesses Client Dwight Gamulo's heartbeat and breathing.



Heisler monitors for any fluid build-up.

PHOTOGRAPHY ESSAY



Inspiration for both staff and visitors to Lānā'ī Kīnā'ole



Heisler with her medical supplies



Raqueno guides Alejandro Haban on his walker.



Evaluating health and condition of a client's feet



Lānā'ī Kīnā'ole's CNAs do light housekeeping for clients.



Haban gets his physical exercise.



Raqueno helps Haban with stretching and strength exercises.



Lānā'ī Kīnā'ole offers semi-monthly chiropractic services.



Raqueno and Maria Haban review Haban's medical supply inventory.



Heisler goes through medications to see what needs refilling.



Building a true and genuine connection takes time and trust.

Lāna'i Community Health Center

Thank you to our patients, partners and community for your continued support. Have a wonderful Thanksgiving!



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Lāna'i Fitness Challenge results!

Lāna'i Community Health Center (LCHC), along with its community partner, Maui Health Systems, has successfully completed the 2nd annual Lāna'i Fitness Challenge! With over 200 participants registered in our Move Spring app, we accomplished 61,493,432 steps as a group, which is equivalent to 21,194 miles within the month of October. Through this fitness challenge, all of our participants came out as winners, motivated to accomplish their personal fitness goals as well as the weekly challenges. This October challenge definitely helped participants establish healthier habits of exercise and/or maintain their current workout routine. On behalf of LCHC, we would like to say thank you to all of our sponsors who allowed us to distribute over \$6,000 in prizes – LHES Foundation, Maui Health, Royal Lāna'i Yacht Club, MKCF, Intech, Expeditions, Sally Clemens, Altres, Pat M. Taylor, Pulama Lāna'i, First Hawaiian Bank, No Ka Oi Grindz, The Local Gentry, Pine Isle Market, Lāna'i Adventure Park, and Bank of Hawai'i. Lastly, Congrats to all the winners and congrats to each individual who participated in this year's event! Mahalo!

Holiday Closures - ▼ Thanksgiving: 25th and 26th
▼ Christmas: Dental/Admin/Finance 24th and Medical 25th
▼ New Years Day: January 3rd

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Be smart before you start



Be smart before you start, and plan while you can!

The holiday season is a time to gather, celebrate, and relax with loved ones. It is also a time when driving under the influence is even more prevalent. Maui Health is working to educate the community on the dangers of driving under the influence – and that includes not only alcohol, but any substance that impairs your ability to drive safely.

It has been a challenging year and people are looking forward to seeing their loved ones and having a good time. Spending time with the people you care about is important for mental and emotional well-being, but with the celebrating comes responsibility. Make a plan before you start your celebrations and keep everyone safe this holiday season. Remember – 100% of injuries and deaths due to impaired drivers are preventable!

Some hard facts on impaired driving:

- In the last ten years on Maui, there have been 190 fatal car crashes (averaging 19/year)
- For Maui County, of the fatal crashes in the last five years (between 2015-2019):
 - About 42% involved alcohol impaired driving – the highest proportion in the state
 - About 29% involved a driver who tested positive for illicit drugs
- In total, nearly two-thirds of all fatal crashes on Maui involved someone under the influence of drugs or alcohol
- As of October 12, 2021, 447 DUI arrests have been made this year alone – a 12% increase from 2020
- Traumatic injuries from impaired driving account for the second most common injuries cared for by the Maui Memorial Medical Center Trauma Center Team

To learn more, please join Maui Health for the first Virtual Trauma Community Health Fair. Maui Health’s Trauma Center Medical Director, Dr. Art Chasen and Emergency Medicine Physician, Dr. David Williams, along with the Maui Police Department, Maui Driving School, and several other community partners will provide more information on the consequences of impaired driving, the most common traumatic injuries, education and tips, and real-life stories and testimonials.

This interactive, virtual event will be streamed live on Facebook at facebook.com/wearemauihealth. Register by December 1, 2021 and receive a FREE event gift pack mailed directly to your home.

Register today at mauihealth.org/trauma.

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Thank you to all of our clients and friends. May the coming year be good to all of us.

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Direct inquiries contact: Alison Harding at aharding@sensei.com



FOUR SEASONS RESORTS LĀNA'I

We're Hiring!

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 (808) 565-2611

Lāna'i Hardware & Lumber

We have the tools and supplies you need to spruce up your home and garden.

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We also feature an array of birthday and greeting cards.

Come check us out!

OPEN:

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CLOSED for LUNCH:

12:30 p.m. to 1:30 p.m.

Hours subject to change; please call for most current information, **565-9394**.



Centrally located at 1110 Lāna'i Avenue, next to the service station.

565-9394

*Malama
 To Take Care*

*Me Ke Aloha
 With Love*

*Mahalo Nui
 Thank You Very Much*



The month of November is designated
"National Family Caregivers Month"
 throughout the nation.

The Maui County Office on Aging would like to recognize all family caregivers in Maui County, past and present.

Mahalo Nui Loa for your Love and Dedication in caring for your Loved ones. We appreciate You!



Maui County Office on Aging
 Dept. of Housing & Human Concerns

If you need help as a caregiver,
 call us today: (808) 270-7774.

National Family Caregivers Month
 Administration for Community Living



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Thanksgiving Rule #3: *Few people can say no to pie.*

Get your pie fix – and pie fixings – at PINE ISLE MARKET, and make your family's favorite pie this Thanksgiving, like this pumpkin pie with real whipped cream topping.

In this season of gratitude, we send heartfelt thanks to the Lāna'i community for supporting PINE ISLE MARKET and keeping us strong. We wouldn't have made it through 2021 without you. *Mahalo nui loa.*



Open Monday - Friday
8 a.m. - 9 a.m. - medical & senior citizen hours
Monday - Saturday
9 a.m. - 6 p.m. - General Public
Closed on Sunday

PINE ISLE MARKET

Your neighborhood grocer since 1949

Located on Dole Square in **565-6488**
the heart of Lāna'i City



Amidst a holiday tableau, Mia chills with her gnomies™ and a toy reindeer. Get a head start on your holiday shopping at The Local Gentry – the shelves are brimming with stocking stuffers a-plenty.

In this season of gratitude and giving, we would like to extend our deepest THANKS to our wonderful community – on island, online, and abroad. We wouldn't be here without your support and aloha. It means the world to us.

The Local Gentry!



Now Open:
10 a.m. - 5 p.m. Mon - Sat.
Sun. - 10 a.m. - 2 p.m.
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Hours subject to change pending
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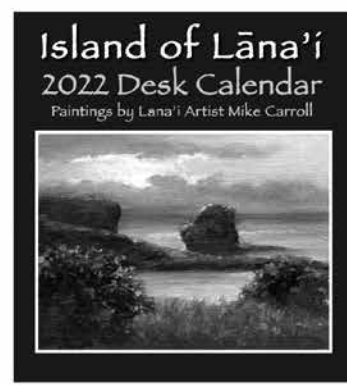


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THE LAST WORD

Text and photographs by Nelinia Cabiles

For all this I am thankful

Thankfulness is not one of those inscrutable emotions – it is as immediate and pure an experience as one can feel, the conduit from heart to brain direct and open and free. And yet, to ask the question, *for what are you thankful?* is to ask someone for his or her time, for the question requires a moment of reflection, a probing of memory and feeling. Here are Lana‘i residents who, in honor of the coming Thanksgiving holiday, give the question of thankfulness its beautiful due.



The Hanog Family: **Atreyu:** I’m thankful for my family, my job, for the opportunities on the island, and for Blue Ginger’s wicked tuna melt. **Aimee:** I am thankful for school; I show my thanks by being the smartest in the class. **Bella:** I am thankful for catching fishes. **Brenda:** I am thankful for my two daughters. Before I had them, I used to live life day to day. But now I live life for them.



Graziela Reece: I am thankful for a roof over my head, for my family; that I’m able to eat and keep warm. I am grateful in my life that I have a family who loves me.



Heavenly Tabucbuc: I am grateful for my family. I show my gratitude by helping watch my siblings.



Ava Riel: I am thankful for my family.



Lillee Sparks: I am thankful for my friends and family. I express my thanks by being there whenever my friends need help. I’m pretty reliable.



Nestor Riel: I am very thankful that [wife] Stella’s back surgery was successful. I show my thanks by supporting her.



Parker Morimoto: I am thankful for my family. I express my thanks by helping out and showing respect.



Roxanne Catiel: I am thankful I am alive and well to care for, love and support my family and friends, to offer words of encouragement; give them a hug or lend them an ear.



Sarah Plunkett with Maya: I am thankful to be alive, to have a job, to live on this island, and have the freedom to walk around. Above all, I am thankful for my family. I show my thanks by doing my part: getting my shot and booster; to be respectful of others.



Isaías Riel: I am thankful to be free from a religious cult, from being controlled, to be able to spend time with my family without criticism and judgment.