LANAITODAY

NOVEMBER 2022



On February 20, 2022, Heather Davis, five and a half months' pregnant, gave birth prematurely to a baby girl on a medevac plane on the airport tarmac on Lāna'i, fifteen weeks shy of her May 30 due date. The newborn, weighing only two pounds, three ounces, required life support and was placed on an emergency flight to the neonatal intensive care unit (NICU) at Kapi' olani Medical Center in Honolulu, where she and her parents stayed for the next 122 days. The baby was named Anuhea, and she is a fighter. Left to right: loane and Heather Davis, holding eight-month-old Anuhea, who wears a dress that was a gift from her tutu, Irene Davis *Photography by Ron Gingerich*

Shortbread cookie

he kitchen of our school cafeteria was always immaculate. Serving spoons and ladles and tongs that, when polished dry, threw off a dull shine under the fluorescent lights. Everything stainless steel and hardwearing, the surfaces of which could take a hard scrubbing of Ajax with a steel wool pad – day in, day out. Double-ply plastic trays stacked at the right height, for easy access to and dispensing of canned pineapple or macaroni salad, Hungarian goulash, beef stew, or chow fun with wide, flat, juicy noodles, squiggly bean sprouts, diced Spam.

We would take our place in the serving line during cafeteria duty, which was not often enough to my thinking. There must have been a list of all the students' names that the office ladies kept somewhere in a file cabinet, and every day that school was open, about fifteen minutes before the lunch hour, five or six kids would be released from class and sent to the cafeteria kitchen to report for duty.

I have pondered it for days, and I have been unable to dredge up the memory of how we were informed we had cafeteria duty that day. This was before cell phones and email and PA systems. Was there a messenger from the office who took the list of names around campus, visiting the respective teachers to tell them so-and so-had cafeteria duty? Even if I had a week to think about it, to follow the trail of breadcrumbs of memory, the associations will only be discursive, and lead to nothing concrete. Which leads me to think that maybe this memory is not lost. Maybe I have never known it. Maybe I was one of those kids who was happy enough to let the process of cafeteria duty remain a mystery, and only too happy when my tour of duty came up.

What I do remember is that the cafeteria kitchen was a spotless, stainless steel kingdom where the cafeteria ladies held sway. Mrs. Mizomi, Mrs. Hashimoto, Mrs. Connally, Mrs. Matsumoto, Mrs. Batoon. When I worked on Ka Hōkū, the school yearbook, in my junior year, I finally knew their first names: Naoko, Cookie, Tanee, Takako, Florida. But they all remained missus to me, and to all the kids of that generation for whom using an honorific in school, such as missus So-and-So, showed respect.

There were no echelons in the cafeteria serving line, no class distinctions. It was as democratic a setup as one could hope to find in an institution that otherwise prized hierarchies. Ninth graders could

dish up the entrée of the day as well as any senior. Jocks were in the same berth as dorks and nerds and queen bees. There were no misfts, no loners, no top dog or underdog, no big man on campus. What mattered was wearing latex gloves, and pulling back our hair or tucking it into a hairnet. Keeping up with the flow and



Nelinia Cabiles

maintaining a consistent dollop of mac salad from tray to tray were also good skills to have. For the next fifteen to twenty minutes, we were all part of a mission: to feed the young and the restless, the bold and not-yet-beautiful, the hungry, teeming masses.

After serving, we re-stacked the dirty trays, swept the floors. A college friend asked me once, you guys did this without pay? Of course, I replied. It seemed silly to be paid for something that you would have been happy to do anyway and furthermore, was the right thing to do. I cannot speak for anyone else who worked in the cafeteria, but the questions, *are you a good worker? can you help today?* were at the heart of cafeteria work. At least they were for me.

To be accused of being a shirker of work or to stand around talking while other people hustled was to bring shame to my family name, so I made sure I always did my share so that I might never be called a lazy bum. It is a work ethic that comes from growing up in a plantation town, I think, where success of the endeavor is always a group effort, where no one can shine more brightly than others if the goal isn't met, if the truck load of pineapples is only half full.

At the end of cafeteria work, Mrs. Hashimoto would reach for a battered square tin. In it were shortbread cookies. Sometimes, she would hand us two, not because we had worked extra hard, but maybe because she was thankful we helped. I would leave the cafeteria kitchen with a good feeling that our work meant something to her and the others, that I was part of a starless, democratic system, whose simple reward was a shortbread cookie – buttery, rich, and perfectly crisp, the taste of which is etched in my memory, as I took teeny

bites, so the cookie would last the entire way back to class.

4

HIGH SCHOOL SPORTS

Nice guys finish first



NELINIA CABILES

AlohaCare awards \$35,000 in scholarship



PLANTATION LIFE

The way it was



BOB HIRAYAMA

6

THE ARTS
The music man



NELINIA CABILES

WE ARE LĀNA'I Honoring Wallace Tamashiro



NELINIA CABILES

10 & 11

PHOTOGRAPH ESSAY The fighter: Anuhea's story



NELINIA CABILES

Lāna`i Today

Planning annual Christmas gift delivery underway

Contributed by and photographs courtesy of Cindy Sagawa



Lisa Shin and Josh Ige

he planning for our Senior Citizen Community Christmas Event has begun. The Lāna'i Baptist Church will again host and coordinate this holiday event, a community gift to our seniors.

This year, we are asking for more volunteer drivers to deliver three hundred gift bags. Bags and routes will be ready for pick up at 10 a.m., Saturday, December 24, at the Lāna'i Baptist Church, 329 Sixth Street (corner of Gay and Sixth Street), Lāna'i.

We ask volunteers to come on Christmas Eve to pick up the gift bags and deliver them to seniors either that day or on Christmas Day. Please contact us with your name, phone number and email address to let us know you are available to volunteer on Saturday. Please also let us know of any senior who would appreciate a gift on Christmas.

Financial donations and gift items, of any amount, are always welcome.

Alan Calhoun with Rick and Debbie Wheeler

Please make checks payable to Lāna'i Baptist Church, with Senior Christmas gift in the memo. We look forward to partnering with you to bring some Christmas cheer to our seniors, age sixty-five or older. For more information or to volunteer, please send an email to LanaiSeniorChristmas@hotmail.com, or call the Lāna'i Baptist Church at (808) 565-9415.

Cut to the chase

Community

- Four Seasons Resorts Lāna'i's Lāna'i Observatory x Lāna'i Cultural Exchange Program Series: Kalā Baybayan Tanaka will offer an introduction to Traditional Wayfinding and the Star Compass, 7 p.m., November 18, Hulopo'e Ballroom, Four Seasons. Reservations available to Lāna'i residents, Island Club members, guests of Four Seasons Resorts Lāna'i and Sensei Lāna'i. Program does not include viewing opportunities at the Lāna'i Observatory. Please call (808) 565-2822 or email adventure. lanai@fourseasons.com to reserve a seat.
- Lāna'i Culture and Heritage Center's *Holiday Auction* on Facebook kicks off on Giving Tuesday, November 29, and ends Friday, December 2. Auction items include 60,000 Hawaiian Airline miles, restaurant dinners, local jewelry, staycations at luxury resorts, including Fairmont Kea Lani, Four Seasons Resorts Lāna'i, and more. Lāna'i CHC hopes to raise \$5,000 to support its new archival space and educational initiatives.
 - *Lāna'i CHC Holiday Fundraiser*, 4 p.m. to 8 p.m., December 10, Dole Park, Lāna'i. There will be live music by Na Hōkū Hanohano award winners Del Beazley and Ei Nei, ono food, gift items for all, keiki activities, an art debut, and a book launch. Hawaiian food will be available by pre-sale. Details posted soon on Instagram and Facebook.
- Maui Police Department-Lāna'i District's "Let's Talk" sessions are opportunities for residents to express concerns and ask questions. No agenda. 9 a.m.-10 a.m., December 6, 2022, at the Blue Ginger Café, 409 Seventh Street.
 - MPD-Lāna'i has job openings (full-time and part-time), including Public Safety Aide and School Crossing Guard (contract position). For more information, call or visit the Lāna'i Police Station, 855 Fraser Avenue, (808) 565-8388. To apply, go to: https://www.mauicounty.gov/jobs.aspx

Lāna'i residents

- **Kim Masse** has been promoted to Lieutenant of the Maui Police Department-Lāna'i District, effective November 16, 2022. Masse had been a sergeant with the MPD-Lāna'i since 2010. She says she is honored for the opportunity to be the Lāna'i District Commander and to serve the Lāna'i community in this capacity.
- Zachariah Munro St. Clair (weighing in at seven pounds, six ounces) made his debut October 10, 2022, at Kapi'olani Medical Center, Honolulu, to the delight and joy of parents Rhoda and Duane St. Clair, and brother, Zain.

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:

Workplace information for Rose Baptista in "What does voting mean to you?" (see page 6, October, 2022) was inadvertently omitted. Baptista is a Commercial and Residential Properties coordinator in the Facilities department at Pūlama Lāna'i.

Hawaiian diacritical marks in the web site address and Instagram account of the Lāna'i Culture and Heritage Center (*see page 7*, *October*, 2022) were mistakenly left in place. The correct information is <u>lanaichc.org</u> and @lanaichc

'Ōlelo No'eau - I puni ia 'oe o Lāna'i a i 'ike 'ole ia Lāna'i-Ka'ula me Lāna'i-Hale, 'a'ohe 'oe 'ike ia Lāna'i. If you have gone around Lāna'i, and have not seen Lāna'i Ka'ula and Lāna'i Hale, you have not seen all of Lāna'i (Pukui 137).

Council passes historic transient accommodation caps

County Council press release

he Maui County Council passed, on second and final reading November 4, 2022, Bill 159, FD2 (2022), amending the comprehensive zoning ordinance to establish lower transient accommodations caps.

Keani Rawlins-Fernandez, Council vice chair, who introduced this legislation, said the bill is the culmination of well-considered solutions that resulted from the Tourism Management and Economic Development Temporary Investigative Group established last year. Bill 159, known as the "caps bill," establishes a point-in-time freeze on all existing short-termrental uses and creates much-needed regulation prohibiting camper-van vacation rentals on public property, she said.

"Since I got onto the Council nearly four years ago, residents made abundantly clear they felt inundated by the sheer number of people visiting Maui," said Rawlins-Fernandez, who chairs the council's Budget, Finance and Economic Development Committee, which established the investigative group. "The county is limited in its jurisdiction to control tourist," she said. "We cannot limit the number of planes flying here, for example. But we can limit the number of lodging units, disincentivize the proliferation of vacant second homes, and prohibit camper vans used as vacation rentals on public land."

Areas that permitted transient accommodations were identified to create a "cap" for each zoning district, including Lāhainā Historic Districts 1 and 2, the Apartment Districts, the B-CT Country Town District, the B-2 and B-3 business districts, the B-R Resort Commercial District, the Hotel Districts, planned developments, and time share plans.

"The caps bill is one in a series of legislative proposals that this Council has passed," Rawlins-Fernandez said. "This includes appropriately taxing transient accommodations to mitigate tourist impacts, reducing short-term rental homes ("STRH") and bed and breakfast caps in residential zoning, establishing a zero STRH cap on Moloka'i requiring vacation rentals to display their tax map key number while advertising on online platforms, such as Airbnb and VRBO, and creating a cultural overlay."

The legislation was attached to Resolution 22-70, CD1, FD1 and transmitted to the planning commissions and advisory committees on April 22 for their findings and recommendations. The Moloka'i Planning Commission, Lāna'i Planning Commission, Hāna Advisory Committee, Pā'ia-Ha'ikū Advisory Committee, and South Maui Advisory Committee all voted to recommend passage of the bill with the Planning Department's recommended nonsubstantive amendments.

Although the Maui Planning Commission scheduled the item, their recommendation was not transmitted within the charter-mandated timeframe because of a technical matter. Therefore, the council was able to move forward with its decision-making but required a two-thirds vote to advance the legislation.

An approved amendment was to cap the increased number of units below the 3.2-foot sea level rise line and add an extra layer of public review for hotel expansion projects proposed in culturally sensitive areas, now requiring Cultural Resources Commission review. Visit mauicounty.us/agendas/ or contact the Office of Council Services at (808) 270-8008, for more information.

LETTERS TO THE EDITOR



I would like to express my gratitude and mahalo to everyone that volunteered to help paint and clear everything off the porch, repair my ramp, my back steps, remove the lattice and power wash my home. I am so appreciative. You all worked so hard. Mahalo, especially, to my nephew, Pio, and his wife, Rhonda, and my sister, Yolanda, who graciously flew down from New Mexico.

Please excuse if I missed any names. I am very, very thankful to each and every one of you. Mahalo mahalo mahalo: Pio & Rhonda Moniz; Yolanda Abafo; Reggie Mock Chew; Neal Tamashiro; Jonathan & Diane Preza; Stan Ruidas; Eric Baldeviso; Curtis Onuma; Sean Oliva; Kaleo Ropa; Bobby Urpanil; Jesse Del Rosario; Larry Plunkett; Neil Manuel; Junior Gani; Maston Lamille; Leo Castro; Robinhood Noda. My utmost gratitude, Ah Moi Eskaran

Nice guys finish first

Text by Nelinia Cabiles Photograph courtesy of Jacob Janikowski

n the morning of the Hawai'i state high school cross country championship October 29 at Island School on Kaua'i, Jacob Janikowski, a senior at Lāna'i High School, did not have a time goal in mind to finish the 3.1 mile course. Janikowski is swift: his fastest time in a cross-country race is 19 minutes and 25 seconds, and during practice, 19:15. As with most competitive runners, pushing the pace (and one's limit) is par for the course. So, not having a time goal on race day is highly unusual.

"Over the past seasons, especially this season, I was always pressuring myself to be "the best" and it was extremely stressful," Janikowski says. "Even trying to be "my best"... would end with me comparing myself to others and would [make me] feel pretty down. After qualifying for states, I just let it all go and set my goal to have fun."

Janikowski says he was jogging for the entire race, his last of his high school career. "I took it slow this time so I could just be in the moment and enjoy everything."

Since his race pace was slower than usual, Janikowski was close to the rear of the pack when he came up on a fellow runner who seemed to be in some distress. The boy was grabbing his hamstring and hopping on his other leg. Are you okay? Janikowski asked. The boy replied that he was not.

When asked whether he wanted to stop or finish, the boy said "he wanted to finish," Janikowski says. "I told him I would help him finish, and he was okay with me doing that.

"It felt natural. . . like it was just what I was supposed to do." Janikowski says, as the boys ran together. "If I was running at my normal pace, I probably wouldn't have seen him needing help and since I wasn't trying to go super fast, I had no reason not to stay with him. It was like the stars aligned and there was a reason for us to cross paths."

Janikowski says what inspired him to help when he first encountered the boy was sensing how disappointed the boy was in himself; Janikowski could relate to that feeling.

The two runners crossed the finish line, with the boy going to the medics and his teammates expressing their gratitude to Janikowski.

"This girl was bawling her eyes out and saying how it was the most kind thing anyone has done . . . I don't think I was extremely selfless and kind," Janikowski says. "I just treated the guy with compassion, the way I would like to be treated."

Janikowski may have placed last in the state course that day, but he ran with heart and finished the race as a champion.



Jacob Janikowski at the state championship on Kaua'i

I 'ie 'ia no 'oe i ka loa'a aku o kau. You are recognized as long as yours is received. A warning about fair-weather friends who are friendly as long as they continue to benefit (Pukui 127).

ENERGY NEWS HEALTH INSURANCE

Hawaiian Electric launches Charge Up Commercial pilot program

Hawaiian Electric press release

awaiian Electric is accepting applications for its new Charge Up Commercial pilot program that can help customers significantly reduce the upfront cost of installing electric vehicle charging equipment at stores, businesses, condominiums, office buildings and fleet and parking facilities.

Under the three-year pilot, Hawaiian Electric will pay for and install equipment, including transformers, conduit and electric panels, to support customer-purchased charging stations. The \$5 million program aims to help establish up to thirty new charging sites on Oʻahu, Hawaiʻi Island, and in Maui County.

The infrastructure associated with EV charging typically represents a sizeable investment that can be cost prohibitive for businesses. Charge Up Commercial helps bridge that gap by reducing the cost and complexity of installing charging equipment. Application forms and additional information are available on the Hawaiian Electric website.

"We're excited to give businesses, condos and apartments the opportunity to meet current demand and get ahead of the curve," said Aki Marceau, Hawaiian Electric's director of electrification of transportation. "Not only is it good for business but installing charging stations sends a clear message that you support Hawai'i's ambitious clean energy goals."

The pilot program approved by regulators authorizes Hawaiian Electric to provide "make-ready" infrastructure to support the installation of four to six Level 2 charging ports per site.

Hawaiian Electric will pay for and manage construction of infrastructure up to and beyond the customer's meter to the point where the charging equipment is installed. Customer responsibilities include installing and maintaining the charging equipment. Charge Up Commercial complements Hawaiian Electric's new commercial EV charging rates that reduce the cost for commercial customers who provide EV charging services. The pilot employs a time-of-use rate structure that incentivizes charging during midday hours when there is an abundance of solar energy on the grid.

2023 marketplace health insurance open enrollment begins in November

Legal Aid Society of Hawai'i press release

he Legal Aid Society of Hawai'i encourages Hawai'i residents who do not qualify for Medicaid insurance because of excess income or ineligible immigration status to enroll in federal marketplace insurance through Healthcare.gov. The federal marketplace insurance's open enrollment period for 2023 is from November 1, 2022 to January

After January 15, consumers cannot enroll in federal marketplace insurance, unless they experience life-qualifying events, as loss of healthcare insurance, change in household composition, marriage, birth of a baby, or loss of income.

Medicaid is cost-free government health insurance administered by the Med-Quest division for qualified individuals with limited income and assets. Both the federal and state governments provide some assistance with the federal marketplace insurance costs. The federal government can lower out-of-pocket payments through tax credits and other reductions based on income. Financial assistance through the state's Premium Assistance Program is available to individuals with income below 150 percent of the federal poverty level, and who choose certain types of plans and use all of their tax credits on the applications to pay for Marketplace premiums.

To apply for federal marketplace insurance, please visit www. healthcare.gov or call Healthcare.gov at 1-800-318-2596. If you need assistance with applying for Medicaid insurance or federal marketplace insurance, contact the Legal Aid Society of Hawai'i at 808-536-4302; select option 2.

This project is supported by the Center for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$270,347 with 100 percent funded by CMS/HHS.

COVID-19 NEWS

Bivalent boosters available

Hawai'i Department of Health press release

s the holiday season approaches, many Hawai'i residents are making plans to gather with family and friends or take a trip that was put off during the height of the pandemic. While case counts have remained fairly steady for the past two months, COVID-19 is still in our community. In its November 9 COVID update, the Hawai'i DOH reported 1,288 new cases—and sadly, five deaths.

DOH also reported that just16.5 percent of eligible Hawai'i residents received a bivalent booster since the updated vaccines became available. Bivalent booster vaccines provide better protection against the strains of COVID-19 circulating in Hawa'i, as they are designed specifically to protect against both original COVID-19 and Omicron subvariants BA.4 and BA.5. According to a November 9 DOH variant report, the Omicron subvariant BA.5 accounts for 69 percent of COVID-19 cases in Hawai'i.

In addition, protection conferred by COVID-19 vaccines wanes over time. The bivalent booster restores protection. COVID-19 vaccine protection increases in the days and weeks following the dose. Immunity spurred by the bivalent booster can take up to fourteen days to build. Individuals who get boosted in the next few days will be protected by Thanksgiving, offering peace of mind. The CDC and DOH recommend the Pfizer-BioNTech bivalent booster for individuals age five and older and the Moderna bivalent booster for those age six and older. Eligible individuals can receive a bivalent booster as long as they have completed the primary series of any COVID-19 vaccine, and received their last COVID vaccine, including boosters, at least two months ago.

Booster appointments can be scheduled with individual vaccine providers. Visit <u>vaccines.gov</u> or the vaccine finder map at <u>HawaiiCOVID19.</u> <u>com/vaccine</u> to find information about individual vaccine providers and the services they offer.

Slice of Life - The knight's tour

Text by Nelinia Cabiles Photograph courtesy of Judi Riley

ifteen-year-old Cooper Riley, a sophomore at Lāna'i High School, has been playing chess for only eight months, but is showing great promise. He placed second among fifteen contestants at a chess tournament November 4-6, 2022, on Maui, and will be playing in the Hawai'i Open, November 11-13, in Honolulu, a three-day tournament sponsored by the Hawai'i Chess Federation.

Riley mainly plays chess online at chess.com, but also meets up with an adult group, whom Judi Riley, Cooper's mother, describes as "really high ranking." Cooper Riley enjoys the challenge of playing better players. Of competition, Riley says, "you either win or learn. There is no losing in chess."

Riley will be participating in all three days of the Hawai'i Open, and says he is excited to represent Lāna'i at the tournament.



Mai kaena, o kō 'ole 'auane'i. Do not boast lest you fail to accomplish what you had boasted you could do (Pukui 223).

The music man

Text by Nelinia Cabiles Photographs courtesy of Amanda de Jetley

nyone who is serious about writing -- losing hours in search of the right words, and, finding them, arranges them for meaning and effect, listening all the while to the sentences' rhythms, and developing, over time, an ear for nuance and the music of those lines, making adjustments until the written piece is finally right -- knows that writing, while fulfilling, can be lonely work at times. Writing is, after all, a solitary act.

So, where do writers find fellowship with other writers, those who might offer words of encouragement, whose own craft and commitment might serve as inspiration?

For Matt Glickstein, executive director of the Lāna'i Academy of Performing Arts (LAPA), and a songwriter, the place to recharge his creative powers, hone his skills, and find motivation, is the Hawai'i Songwriting Festival, where music industry professionals share their knowledge and expertise with festival attendees.

"Writing songs can be a lonely experience," Glickstein says. "The Hawai'i Songwriting Festival is unique from other music conferences. It's harder to get noticed in larger conferences, but here, everyone supports each other. Its small size and the relaxed island atmosphere create an intimate experience where amateurs, professionals, and everyone in between, can develop meaningful relationships through the one thing that unites us all: music."

Glickstein says he had not attended the Hawai'i Songwriting Festival since 2012, and was pleased to see that little had changed. It had the same spirit of support, the same [fifteen-minute] workshop setting, as in years past. The songwriter festival ran October 20-22, 2022, at the Westin Hapuna Beach Resort on Hawai'i Island.



Karen Mitchell and Matt Glickstein. Mitchell and James Kocian (not pictured) were Glickstein's co-writers on "Searching for Familiar", which won third place in the Festival's songwriting contest.

ral ran October 20-22.
Hawaiʻi Island.
Two high school
sophomores, Kei
McAlpine and Ariah
Shimokawa, joined
Glickstein this year,
each having written
an essay and won

scholarships to the

songwriting festival.

McAlpine and Shimokawa submitted three songs to the festival workshops, comprised of ten to fifteen people and a mentor. "You play your song, and the mentor gives critiques," says Glickstein. "Sometimes, people also give comments."

"You're learning from all these mentors. And from everyone," says McAlpine, who says she would come up with a lot of songs, but did not know how to finish them. The workshops gave her tools to help her in the songwriting craft.

"Each day I would present



John Cruz, Hawaiian singer-songwriter, Ariah Shimokawa, Kei McAlpine and Matt Glickstein

a song and it was cool how most the comments lined up together," McAlpine says. "Getting feedback is super important; everyone is trying to make the song better."

What Shimokawa most appreciated about workshops was "to hear a bunch of different music styles, to discover how diverse people were in their music," she says. She learned that her songs really moved people. Of the big takeaways from the festival, Shimokawa says, "it wasn't one particular thing, not one big moment, but a bunch of small ones."

Both students learned there are many hats one can wear in the music industry and that developing one's network is key.

To the songwriting contest this year, Glickstein submitted "Searching for Familiar", a song he co-wrote with Karen Mitchell and James Kocian. The judges selected the top twenty songs, then the top eight, on the first day of the festival. Glickstein's song made the cut. The top eight songs were performed that first night, an experience that Glickstein found intense and cool, "because this isn't a regular audience, like in bars and cafés. The audience is dead quiet. They're songwriters and they're listening to the words."

Glickstein's song tied for third place this year, a finish he owes to the emotional hook of the song, which deals with a person who has Alzheimer's.

"The [songwriting festival's] ultimate goal is to encourage you to keep going, to help get you on the path that's best for you. Not everyone wants to write hits; everyone's on a different path," says Glickstein.

The experience has deepened Glickstein's commitment to songwriting. "I know I want to keep pursuing this," he says. "I'm getting closer. The dream would be to get songs out there, as a writer."

Museums for All program to expand access for low-income families

Bishop Museum press release

ernice Pauahi Bishop Museum has joined Museums for All, a signature access program of the Institute of Museum and Library Services (IMLS), to encourage people of all backgrounds to visit museums regularly and build lifelong museum-going habits.

Administered by the Association of Children's Museums (ACM), the program provides free regular admission, for up to four people, to those receiving food assistance (SNAP) benefits who are visiting Bishop Museum.

Guests present their SNAP Electronic Benefits Transfer (EBT) card and will also receive free parking for one vehicle.

Museums for All is part of Bishop Museum's broad commitment to seek, include, and welcome all audiences to its galleries, exhibitions, and programs, as well as access its high-quality learning resources.

"We in the Bishop Museum 'Ohana often express how fortunate we are to work with and care for some of the most amazing historical, cultural, and scientific objects and specimens in the Pacific," said Brandon Bunag, Ed.D., vice president of public programs and interim director of education, Bishop Museum. "Our greatest reward comes from being able to share what we've learned and make meaningful connections with our neighbors, our community, and our visitors. Through the Museums for All program, we hope to provide greater access to Bishop Museum to those who may not have been able to visit us previously, or at all. To these neighbors, friends, and 'ohana we say, 'Welina! A e komo mai,' welcome, and we hope to see you soon."

Free regular admission under Museums for All at Bishop Museum started November 4, 2022. Bishop Museum also offers five-dollar reduced pre-sale admission for kama'āina and military 'ohana to its Bishop Museum After Hours event, held every second Friday of the month.

For more information, visit BishopMuseum.org. Museums for All helps expand access to museums and also raise public awareness about how museums in the United States are reaching their entire communities.

More than 850 institutions participate in the initiative, including art museums, children's museums, science centers, botanical gardens, zoos, history museums, and more. Participating museums are located nationwide, representing all fifty states, the District of Columbia, and U.S. Virgin Islands.

Ka hana a ka mākua, o ka hana no ia a keiki. What parents do, children will do (Pukui 141).

AlohaCare awards \$35,000 in scholarships

AlohaCare press release

lohaCare awarded seven \$5,000 academic scholarships to Hawaiʻi students from four islands three from Maui, two from O'ahu and one each from Lāna'i and Moloka'i.

"Our annual AlohaCare Scholarship's mission



AlohaCare Provider Relations Representative Jacey Laborte and Micah Manuel

is to encourage workforce development and support students seeking careers in healthcare," said AlohaCare CEO Francoise Culley-Trotman. "Our team is grateful that we are able to help students follow their educational dreams."

AlohaCare scholarships are granted to members or their dependents who are pursuing health-related post-secondary degrees or programs.

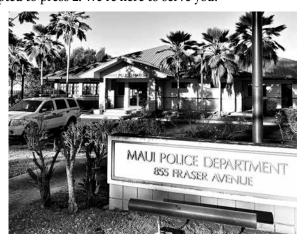
Micah Manuel is the 2022 AlohaCare recipient from Lāna'i. A graduate of Lāna'i High, Manuel is pursuing a bachelor's degree at Minot State University in North Dakota, having received her Associates in Arts from Lake Region State College in Devils Lake, North Dakota. She is studying accounting and plans to return home to Lana'i following her graduation. Manuel has worked as a front desk representative at Lāna'i Community Health Center and hopes to return to work in the financial department there when she receives her bachelor's degree.

AlohaCare scholarship opportunities are provided annually, with applications available in the spring of 2023. For more information, visit imualoa.alohacare.org

New automated attendant at the Lāna'i Police Station

Maui Police Department-Lāna'i District

he Lāna'i Police Station has a new automated attendant when you call. If it is an emergency, please hang up and call 9-1-1. If you need non-emergency police services or need to make a police report, you will be prompted to press 1. For all other services, you will be prompted to press 2. We're here to serve you!



IT'S THE LAW

Contributed by the Maui Police Department - Lāna'i District

Community complaints regarding speeding have increased. This is a reminder to drivers that these are the speed limits in the following areas:

- Around town: 20 mph
- School zone: 15 mph (7 a.m. to 6 p.m., seven days a week, even when school is not in session)
- Mānele Highway: 35 mph
- Kaumālapa'u Highway: varies, but mainly 45 mph Please note that the fines for speeding vary, depending on the posted speed limit and your rate of speed. Please drive with aloha!

New judicial clerk on Lāna'i

Text and photography by Nelinia Cabiles

hen we are lucky enough to work with someone who was excellent at what she did and a pleasure to work with, it can take time for colleagues to reflect on the void this person leaves behind when she

That is not the case with Lieutenant Kim Masse on the departure of Tess Morimoto, former office operations assistant of the Maui Police Department-Lāna'i District, to take on the judicial clerk position at the Lāna'i District Court.

"Tess was with the MPD for almost seventeen years. She was the backbone at the Lāna'i Station," Lt. Masse says. "She did so much more than her listed job."

In recounting Morimoto's work, it seems that Tess Morimoto was everything and everywhere all at once.

"She was instrumental in helping us communicate better with the public," Lt. Masse says. "She took it upon herself to do a survey to find out what the needs were. She set up the MPD -Lana'i email list to keep people informed. She did so many things to help

with all of our community events. She dealt with the public, professionally and compassionately. She really did a lot for everyone! She was a good friend to us all and it is sad that she has moved on. But we are happy for her and thankful we will still get to work with her at the Court house."

Morimoto started work as judicial clerk November 1 and says she misses her MPD family. Tess Morimoto, Lāna'i's new judicial clerk

But the opportunities for crossing paths is inevitable, for the work of the two agencies run parallel.

The last full-time judicial clerk retired in 2009. In the midst of COVID, Morimoto says the judiciary recognized the need for a presence on Lana'i. She looks forward to the challenges of her position and "being able to give Lana'i full-time service and the same equal access to judicial services as other islands.'





Keke'e ka waha, ua nahu i ka makani. His mouth is wry after biting the wind. Said of one who has found that what he said of others is true of himself (Pukui 187).

Honoring Wallace Tamashiro

Text and photography by Nelinia Cabiles and * Ricky Tamashiro

pair of benches sit at an angle in the sun, opposite a stone grotto enclosing a statue of the Virgin Mary. The benches look like they were made to last: the curved legs are made of concrete, the seats of wood. As with all things thoughtfully placed, the setting looks intentional, as if the benches have always been there, occupying that sun-filled corner of the church grounds of the Sacred Hearts of Jesus and Mary on Fraser Avenue on Lāna'i.

But the benches are new, their light-green coat of paint as fresh as it was when the benches were first built and put together in mid-July this year by Ricky Tamashiro, Neal Tamashiro, and Rodney Isa, cousins of the late Wallace Tamashiro in whose memory these sitting benches were made.

The idea to honor Wallace came to Ricky Tamashiro after Wallace's funeral service April 30, 2022, at the aforementioned Sacred Hearts of Jesus and Marv. the Catholic church to which Wallace belonged and had devoted years in worship and caretaking. He volunteered his time to mow the



Ricky Tamashiro *RT

church's lawn, trim its hedges, pick up trash around the church's property. Regular upkeep and maintenance.

"Wallace did a lot for the church, from what I hear from other people, other than family," says Tamashiro. "Whatever they needed, he would be there for them."

The April 30 service was overflowing with friends and family who had come to pay their respects, for Wallace Tamashiro was a beloved figure on Lāna'i, a scion of one of the great families of the plantation era that had helped to build the Lāna'i community. Ricky Tamashiro looked around him and saw there was "no place outside for people to actually sit down and be in the service. Because of COVID, they got rid of the chairs and benches that they had had before," he says.

That night, when Tamashiro was sitting with family members, the idea to make a set of benches in Wallace's name took hold.

"My cousin guys, Wallace, Bobby, Collins, their legacy is the [Richard's Market] store. Wallace gave lots to the community. In a quiet way, not bragging. He was a low-key guy. We all owe him something," says Tamashiro. Ricky Tamashiro comes from a family known for giving back, of doing good things quietly, and with humility.

Tamashiro wanted his cousin to be remembered for the countless ways Wallace had given his time to the community; he also wanted to give the church something by which its parishioners would remember Wallace.

"There's a saying [from Lāna'i] I remember from long time ago," Tamashiro says. "If you get the ability to do something, and you no do 'em, you wasted.""

In his desire to honor Wallace, it would seem that Tamashiro was ideally suited to do a very specific something, for Ricky Tamashiro is a retired mason. He knows a thing or two about cement, of how to control water to arrive at the perfect ratio of water to cement. Tamashiro is also a craftsman with wood; he makes beautiful 'ukulele, a hobby he took up many years ago.

It took a team to make the pair of benches. Richard Morita, a Lāna'i carpenter/builder, got the materials for Ricky's brother, Neal, who then cut all the wood to size; Rodney Isa, a cousin, helped Tamashiro assemble the bench.

To build the concrete legs, Tamashiro used a form for a mold that he had previously used for a bench project, the evidence for which is on display at Sandy's Beach on O'ahu – a pair of benches he rebuilt in 2020, in memory of his late son, Dean, at the request of Dean's high school classmates. (A previous build in 2017 had left the benches in a dilapidated condition.)

Tamashiro had researched the forms, and determined that this particular form was the best designed for durability and strength.



Pair of benches made by the Tamashiro family to honor Wallace Tamashiro

Tamashiro poured the concrete for the legs in Honolulu where he lives, using two sets of mold for one bench. It took a week to make four legs. "There is a fiber mesh, fine fiberglass in the cement legs to hold everything together. That'll prevent cracking," he says, who cites the biggest challenge of the build was getting everything on the barge to Lāna'i.

"We all drilled the holes and put the bolts in to attach the wood to the bench legs," he says. "Then we put bondo on it," which seals it. It took three days to paint everything. From start to finish, the project took about a month, Tamashiro says.

The benches were already being used by parishioners who prayed the rosary in the afternoons during October, a month dedicated to the Most Holy Rosary in the Catholic faith.

Tamashiro dismisses praise for the benches. "This is the least we can do," he says, giving credit instead to the role models who taught him about kindness and giving back.

"No can beat growing up on Lāna'i. I'm one lucky guy. I grew up in a community that was always giving." he says. "The values that we got from the older guys I was around: Hideo Onuma, James Nunotani, Joey Morita, Sam Shin, Cadoi Sabino - all these guys taught me life lessons: how to treat people, to be real. They're part of my whole life, people from the bowling alley, Cissy Ka'aikala. All good people, good lessons."

Like the benches that now grace



Rodney Isa *RT

a corner of the grounds of the Catholic church, the lessons Tamashiro speaks of have endured for generations on this island, creating unbreakable bonds between families, and growing the kind of people who make something with love to honor a son of Lāna'i, whose own selfless giving defined the beautiful and most enduring values of our community.



Lilo aku la ka nui a koe ka unahi. *Most [of the fish] are taken and only the scales are left.* Said after someone has taken the lion's share for himself (Pukui 216).

The way it was

Contributed by Bob Hirayama

Editor's note: As a way to honor Lāna'i's past, and those who shaped and helped make this place what it is, I asked Lāna'i 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 Lāna'i resident) responded to the call for submissions with his written recollections of that time. Part three of a fourpart series, volume two

hen we went goat hunting, Lloyd would drive on the beach and he knew exactly where to cut off to get back on the main road. I started hunting birds with his 410 and shot many pheasants, chucker,

Japanese quail and doves. Lāna'i used to be a hunter's paradise with so much game. Not anymore. You could drive to the harbor and see dozens of pheasants alongside the highway. What happened to these birds? I remember hunting on the left side going up to Kō'ele. Today, as I walk in the hunting area, I see a few franklins, maybe lucky to get a pheasant, a few turkeys. No quails.

I remember walking down Mahana pasture with a biologist looking for bird nests on the ground. We found chucker nests and we would count how many hatched and didn't hatch.

Lloyd told me where the Hawaiian battlegrounds and sporting grounds were. Not to take anything from the battlegrounds, but it was alright to take from the playground. While hunting, he would show me some petroglyphs, and told me how Hawaiians were surveyors, planting watermelons above Mānele (Black Sand), diving with a bottle to the middle of the bay where fresh water was coming

out, and carrying it back up the ridge to the watermelons.

He showed me medicinal herbs like 'uhaloa for the mouth and throat, noni for blood pressure and cancer, et cetera. Speaking of herbs, my hunting dog's front leg got all smashed when it was run over

While hunting, he would show me some petroglyphs, and told me how Hawaiians were surveyors, planting watermelons above Mānele (Black Sand), diving with a bottle to the middle of the bay where fresh water was coming out, and carrying it back up the ridge to the watermelons.

by a car. I didn't want to put the dog down, so I asked Lloyd what to do, and his mother got some kind of Hawaiian plant and herbs and pounded it into a paste and applied it to the crushed leg and covered it with a bandage. I forgot how long [the dog wore it]. After a while she unwrapped [the bandage] and you could see the fine crushed slivers sticking out and she pulled out each one. She continued wrapping the leg with her medicine and each time pulled out the slivers until [there was] nothing to pull. Believe it or not, my dog's leg was good as new. A little larger, but he walked normally.

One day, Lloyd asked if I wanted to go for a ride with his small boat. We left Kaumālapa'u Harbor, and he said, we'll go around the island until we run out of gas. Park the boat and walk home for more gas. As we were riding the boat, he would point to some dangerous spot [in the water], like a rock sitting just below the surface. Lots of boats got hung up on that rock. He also showed me where to throw a throw net across a pond and jump in to scare the fish toward the net. It worked and we caught many fish. He also showed me where ulua and pāpio would bite his trolling line lures. The very important thing he told me is that pāpio was born pāpio and ulua was born ulua. They were two different fish. No such thing as pāpio over ten pounds is called ulua. Old timers would say that, too. We rode all the way to White Rock where we ran out of gas. Caught ride to the city and the next day we continued our ride back to the harbor with little gas to spare. We had

gone completely around Lāna'i.

If you were driving up to the city from the airport, you could see the top of the mountain He also showed me where to throw a throw net across a pond and jump in to scare the fish toward the net. It worked and we caught many fish.



According to <u>uwlax.edu</u>, noni is used to treat a variety of health problems, including high blood pressure, depression, ulcers, arthritis. *Photography by Nelinia Cabiles*

with Norfolk Pine trees growing. Many of the trees had none to a few branches. Maybe it was the age of the tree.

We had about a hundred Norfolk pine trees in cans, growing from seeds, and it was my job to water and fertilize them. After about eighteen months or more, they were ready to be planted on the mountain and in the forest. My dad made backpacks with burlap bag strapping so it wouldn't cut into your skin; the backpacks could hold two to three cans. The Boy Scouts camped behind the cemetery, and the following morning we carried two or more trees up the mountain under the leadership of Mr. T. Morita, our neighbor. As we walked up the mountain ridge some of the younger scouts couldn't make it, so the older scouts carried the trees. We planted them all. That was over sixty-five years ago.

Mr. Morita had the job of planting trees around the city and I volunteered to help him. We planted plumeria in front of the police station and where the bakery is now. We planted lots of different colors plumeria around the city.

As a Sunday school teacher and den chief, with Mrs. Cherry Mitsunaga as den mother, I had lots of activities for the Cub Scouts. Their favorite was building and flying kites in the ballpark. I taught them how to use rice as glue and number ten thread, newspaper, and how to make a frame out of bamboo from an umbrella. We would also go hiking to the reservoir to see some wild ducks, but their interest soon changed to picking and eating big, sweet, yellow guava.

They didn't have any bags to put the guavas in so they put the fruits in their pockets, shirts, and some even put them in the back of their shirts.

While we're on the subject of water, my dad once took me to a well (I forget which well), and we rode a trolley car into a cave to the water. While my dad was doing his work, I went to the edge of the water and touched it. It was very cold and I made my hand into a cup and drank the cold water. I knew of another place at Waiakeakua where there was water in a cave. A place with a house which we called red house. I don't know why it was called red house, since it was mostly black for being so old. Someone mentioned that *Mr. Munro built that house ages ago. On the side of the mountain was a cave with water. On the day we hiked up to the tunnel, we saw several goats along the ridges and some were drinking water from the cave. Had lots of wigglers and mosquitos. We laid pipes up to the cave to bring the water to the house.

Today, the pipes are rusted away, but the house is still there. Another interesting water hole is in Mānele Bay (Black Sand) and you can still see fresh water shooting up. In the early days, Lloyd told me that the Hawaiians use to dive down to the water hole and trap the water in a gallon and bring it up to the canoe. Lloyd dove several times until he had enough. He would carry the water up the hill to his watermelon patch and water his plants.

*George C. Munro was a farmer from New Zealand hired to run the Lanai Company's cattle ranch in 1911 (Egan, Michael; "Tale of Lāna'i is an instant classic", *Star Bulletin*, June 25, 2007). "Near the Waiakeakua Spring, George Munro had a cabin built for the cowboys and watermen who rode the mountain trail to check on the cattle and water lines. In the 1950s, the Lāna'i Boy Scout Troops used the cabin as a camping site" (*A Field Guide to Lāna'i's Storied Places*, *People*, *Resources*, and Events in History, prepared by Kepā Maly for Pūlama Lāna'i, 2014).

The fighters Anuheas story

n February 19, 2022, after feeling extremely tired all day, Heather Davis, five and half months' pregnant, started getting cramps.

A hot shower offered some relief, so Davis took one. Then later, another. The

so Davis took one. Then later, another. The cycle of cramps continued, from midnight until five o'clock in the morning February 20, when Davis stepped into the shower, and this time, her water broke.

Neither she nor her husband, Ioane, realized the cramps were actually contractions, for Davis was only twenty-five weeks along. They rushed to the Lāna'i Community Hospital. Davis was assessed as being four centimeters dilated, which meant she was in active labor.

Anecdotal evidence indicates there have been no childbirths at Lāna'i's hospital since before the early nineteen-nineties. (Calls to LCH staff seeking verification went unanswered.) Davis would be medevacked to Kapi'olani Medical Center for Women and Children in Honolulu. Ioane bought a ticket on Mokulele with the plan to meet her there.

When the medevac plane arrived four hours later, Davis was loaded into it. Space was tight. "My goal was to make it to Kapi'olani," Davis says. "But the contractions were happening every few minutes."

Hold her in! Hold her in! the crew instructed.
But I'm not pushing, Davis thought. "The
next thing I knew, I felt an incredible amount
of pressure and then, a release," she says.
Davis' legs and feet were bowed, given the
cramped interior. The crew pulled back the
blanket and there, in the bowl of her feet, was
her baby. Davis had caught her with her feet.

Fifteen weeks shy of her May 30 due date, Heather Davis gave birth on 9:14 a.m., February 20, to a baby girl on the Lāna'i airport tarmac. Ioane, just about to board the Mokulele plane, was alerted of the news.

The medevac plane was not equipped for preemies. They needed a Neonatal Intensive Care Unit (NICU) plane, with a life support system. Her baby was two pounds, three ounces, and at twenty-five weeks, a micro preemie. Her body was underdeveloped, her skin fragile; she was unable to maintain her heat. Nor could she breathe on her own. The crew took turns manually resuscitating her. The oxygen mask covered most of the baby's face. With every squeeze of a bag, the crew released air into the mask that puffed out the newborn's eyes, as it also gently pushed air into her lungs, which Davis says was "on the verge of collapsing. If that happened, she would have no chance of surviving, at least on this island."

The NICU plane arrived at 1:30 p.m., and their baby was whisked away to Kapi'olani. No room for them on the plane. The Davises returned home, in shock and traumatized. Heather had just given birth and they were home without their baby. Somehow, they found



Anuhea Davis, born February 20, 2022, at twenty-five weeks a micro preemie, being manually resuscitated.



Holding on to mom and dad





Irene Davis (bottom left) meets her granddaughter, Anuhea, for the first and only time March 22, 2022. Davis passed away six weeks later on May 8.





the wherewithal to find a dog sitter, make arrangements with their employers. Friends and neighbors stepped in to help, an outpouring of love and support that moves Davis to this day.

The next morning, the Davises flew out on the earliest Mokulele flight available, went straight to NICU, and to their tremendous relief and joy, found their baby. She was attached to catheters and tubes. But she was alive and that was everything. They also learned they had a place to stay at the Ronald Macdonald House. Davis does not know if Dr. John Janikowski put in a referral, but she says they "bawled for an hour straight. We couldn't control ourselves. We were so thankful," Davis says.

The new parents would spend twelve to sixteen hours a day over the next 122 days in the NICU, watching over Anuhea, praying, talking and reading to her, and to the seventy-five preemies, some whose families could not be there, because of their jobs, Davis says, and she would feel so grateful that she and Ioane were able to be with their child.

Because of her underdeveloped system, Anuhea had four blood transfusions; she was revived 762 times during her time in the NICU. The episodes stem from a condition called Bradycardia and oxygen desaturation (Brady and desat), when the heart rate slows and oxygen levels drop.

At the same time Anuhea was struggling, Irene Davis, Ioane's mom, was dying. Both were fighting for their lives, says Davis. No visitors other than parents are allowed in the NICU, but they spoke to the charge nurse and informed her that Anuhea was Irene's only grandchild, that Irene's remaining time on earth was uncertain. Unbenownst to the Davises, the nurse had recently lost her mother to cancer. So, the nurse bent the rules, and on March 22, granddaughter and tutu met for the first – and only – time.

"We are so very thankful for that day. [Irene] could still sing and talk then," says Davis. Six weeks later, on May 8, Irene Davis passed away. If Anuhea had come on May 30, her due date, she might have never met her tutu, says Davis.

Over time, Anuhea grew stronger. She gained weight, met all thirty-five NICU milestones, and on June 20, flew home to Lāna'i with her parents.

The eight-month-old Anuhea, now 14 pounds, loves to eat. She loves the ocean; is fascinated with the underwater world. Davis reflects on their amazing child, how hard Anuhea fought for her life, on the year they've had.

"We look at life differently now. We're not promised even tonight. Easy to forget everything could be gone in an instant," says Davis, who says at 9:14 a.m. every Sunday, they would sing to Anuhea, "Isn't She Lovely" by Stevie Wonder. "In the NICU, we'd be grateful that we made it to another week. We are grateful for what we have and the time we have together. We are grateful for all of it."



Getting stronger





Anuhea's first beach outing September 3, Lāna'i



Salmon sushi roll costume for Halloween 2022



Anuhea, the water lover, and her dad, Ioane Davis, in the keiki pond, November 1, 2022, Hulopo'e Bay

Lāna'i Community Health Center

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







This year's *Lāna'i Fitness Challenge* was quite unique. Solely relying on the power of social media, we transitioned our event to platforms like Instagram and Facebook vs. a step tracking app we used in previous years. Wow! What a month it has been seeing people post what they do for exercise! LCHC's hope was to unify our island residents through showcasing their exercise routines with one another and participants did just

that! Seeing people out and about, then posting their activities motivated, inspired, and challenged a whole network of people to move their bodies. This is what we are all about!

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



Here are some testimonials of participants from the Lāna'i Fitness Challenge 2022!



"It was only because of the LCHC fitness challenge that I began tracking my steps. The LCHC fitness challenge helped me feel successful in setting and reaching my goal. Now that the fitness challenge is ending, I am challenging myself to continue to reach my daily step goal. I am grateful for the LCHC fitness challenge for helping me build this habit of daily exercise." - Marie Hannon, 2nd Grade Teacher

Marie Hannon

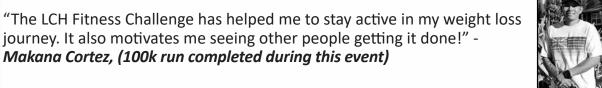
"My hope every year for the LCH Fitness Challenge is to remain active and keep myself healthy for my family. This year, I am glad I did not miss 1 day! Rain or shine, I exercised." - Guillermo Bolo Sr, Pulama Lanai Landscaper



Guillermo Bolo Sr



The Medeiros Ohana: Kendra, Kei, Kiai, and Jared "The LCHC fitness challenge was a great opportunity to make new memories with my family. LCHC created a fun program to help show my children the importance of taking care of their bodies." -Kendra Medeiros, Small Business Owner







"I've always been working out but I haven't been consistent. Thanks to the LCHC fitness challenge, it gave me the consistency, motivation, and helped me sustain a balanced lifestyle. I've been committed with the daily workouts and now I crave for it. I am grateful for being a part of this Lāna'i Community Health fitness Challenge and can't wait to do another one!" - Morgan Divina, Morgan Divina Four Seasons Massage Therapist

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If you're feeling overwhelmed, stressed, or just plain sad this holiday season, you're not alone. About 44% of women and 33% of men report having "holiday blues." The holiday blues usually strike between November and January and can include symptoms like stress, anxiety, fatigue, irritability, difficulty concentrating, and depression.

Here are steps you can take to prevent holiday burnout:

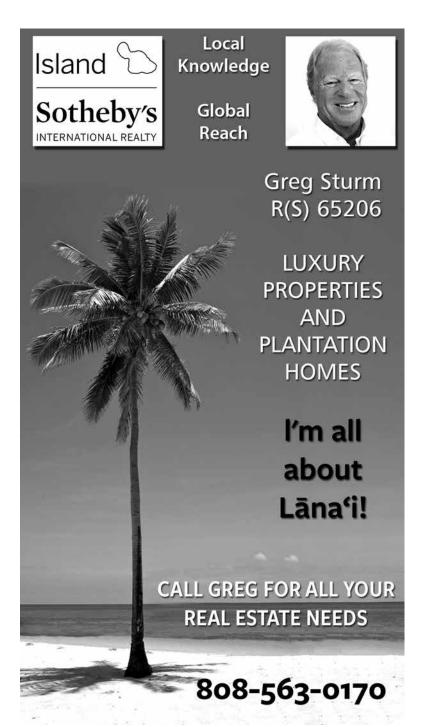
- Schedule ahead and keep plans realistic. Pick a few favorite traditions, don't try to do
 everything, and don't be shy about delegating.
- Set a budget and stick to it. Consider "Secret Santa" for a gift exchange with friends.
- Take care of your body by staying active, getting enough sleep, and eating healthy food.

Learn more and read the complete article up on our blog: mauihealth.org/blog

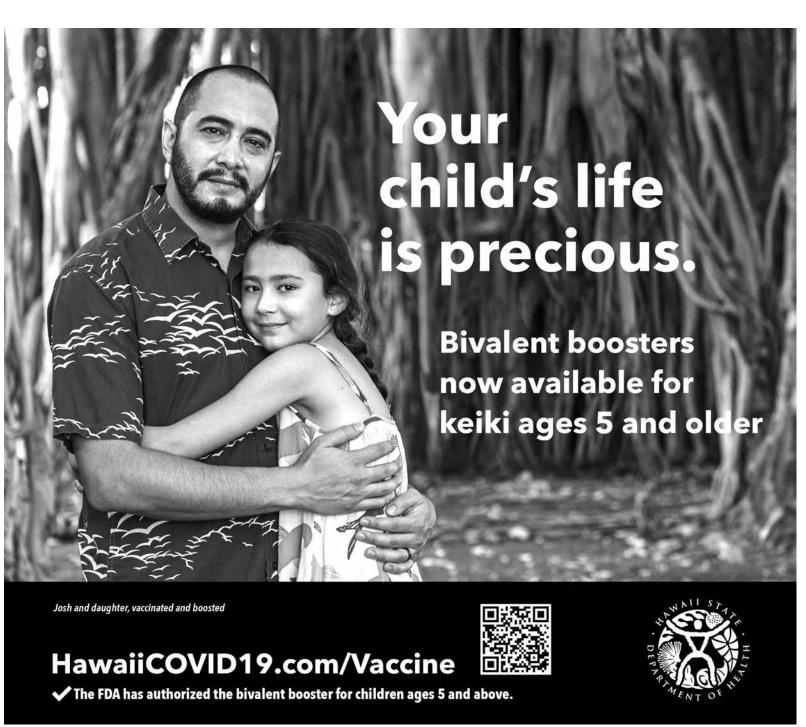
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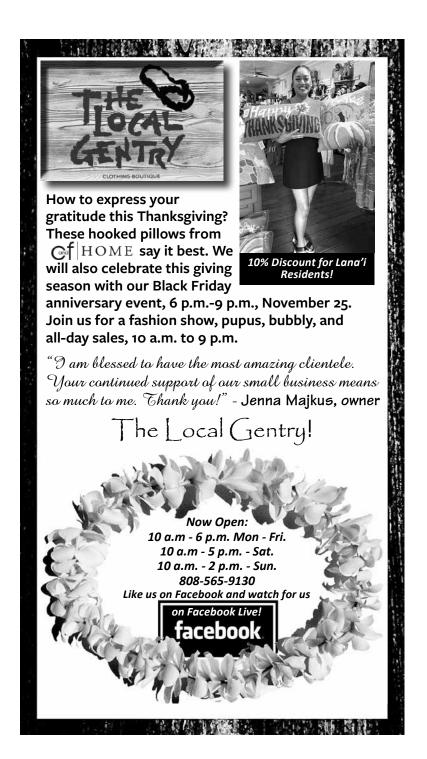
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Aloha kākou to our dear friends of Lāna'i,

Most of you have already heard the news that we sold our dream home of seventeen years. It was a hard decision to make, especially given all the friends and extended family we have been blessed to make while residing on Lāna'i. The Johnson 'ohana would like to extend our gratitude and aloha for the friendship and kokua we received from this community. We certainly



could not have succeeded in building our home, or keeping it up over the years without the love and support of this community.

We will certainly miss the breathtaking sunrises and sunsets, and the quiet open spaces of the island. But above all, we will miss the people of Lānaʿi, the most special part of a most special place. Though we may no longer be residents of Lānaʿi for now, please know you will always remain in our hearts. Our hope is to return one day.

We have moved from our home to our vessel, the Norse Star, at Ko Olina Marina. Our plans are to cruise and travel. We will stop by Lāna'i occasionally, so keep an eye out for us. The V Sisters, our family boat, will, of course, remain a resident in Mānele Harbor.

Aloha & a hui hou, Bruce, Myong & Johnson 'ohana





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David Daly Director 808 243-4318 Email: david.daly@meoinc.org



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THE LAST WORD

Text and photography by Nelinia Cabiles

Hot-dopping at Halloween costume parade

t was the first costume contest of its kind at Dole Park, Saturday, October 29, 2022, and the contestants, well-heeled and bewhiskered, came dressed to impress, trotted out in wigs and capes and butterfly wings, with none entertaining any expectation to win, and perhaps all carrying the fervent, woofish hope that being well-mannered in the costume parade just might earn them a scratch behind their ears and a mouthwatering treat. Really, any savory snack would do. Beef jerky. A bully stick. A biscuit. Eh, you, Brutus: a rawhide kabob?

It would surprise no dog lover to know how Lāna'i's first-ever dog costume parade went down that Saturday: with tail-wagging showmanship and non-stop cuteness. About thirty-six canines and their humans (about twenty-six) showed up.

The call for the Halloween costume event came from Dogs of Lāna'i, a Facebook group, whose founder, Alberta de Jetley, is also one of the core group of volunteers who started the Lāna'i Cat Sanctuary more than sixteen years ago. She formed the Facebook group in October, when a new Lāna'i resident had a canine emergency and reached out on Facebook for advice.

"The response to her request for help was huge!" says de Jetley. "It was then I decided to start Dogs of Lāna'i, our own dog community. . . it was an instant hit." There are 116 members, who share photos of their pets, and also post photos when their pets have wandered away. de Jetley says group members have been able to reunite dogs with their families within the hour.

Kim Nelson, who works at The Local Gentry, and Kathy Carroll, from Mike Carroll's Gallery, had the enviable task of being judges.

"Oh, my gosh, it was so fun! There was a great turn out and terrific energy," says Kim Nelson, who says the judging was "super hard...because the costumes were all really fun." But judge fun and cuteness (among other categories) she and Carroll did, coming up with the following winners of the pack: Cutest: Yohda with Mindy Bolo; Most Fun: PJ and Princess with Rahina Boyer; Fur Baby and Human: Nate with Cameron Chin; Aloha Doggy: Bumpie with Eunice Turqueza; Most Original: Tucker with Rochelle and James Vereide.

Each winner received a twenty-dollar prize and dog treats. de Jetley says the event was spectacular and exceeded her expectations. "I was very concerned about the safety of our pets and children, and I didn't want to have aggressive dogs there. From the start, I emphasized the rules for the gathering. Mahalo to MPD Lt. Kim Masse for supporting this event," says de Jetley, who also announced that resident Jason Fabrao will officially become the Lāna'i Animal Control Officer on November 16, 2022.

Dogs of Lāna'i events, such as a hike or beach walk on the Shipwreck side of island, are being considered for



Eleu with Alberta de Jetley



PJ and Princess with Zayden and Rahina Boyer.



Judges Kim Nelson and Kathy Carroll



2023.

and Rebecca Holmes



Janine Cervantes.



Poki with Sherry Menze



Rocky with Joe and Ikuyu Pavsek



Yohda with Mindy Bolo



Tucker with James and Rochelle Vereide



Lucy with Jaxon Baetge



Bumpie with Eunice Turqueza