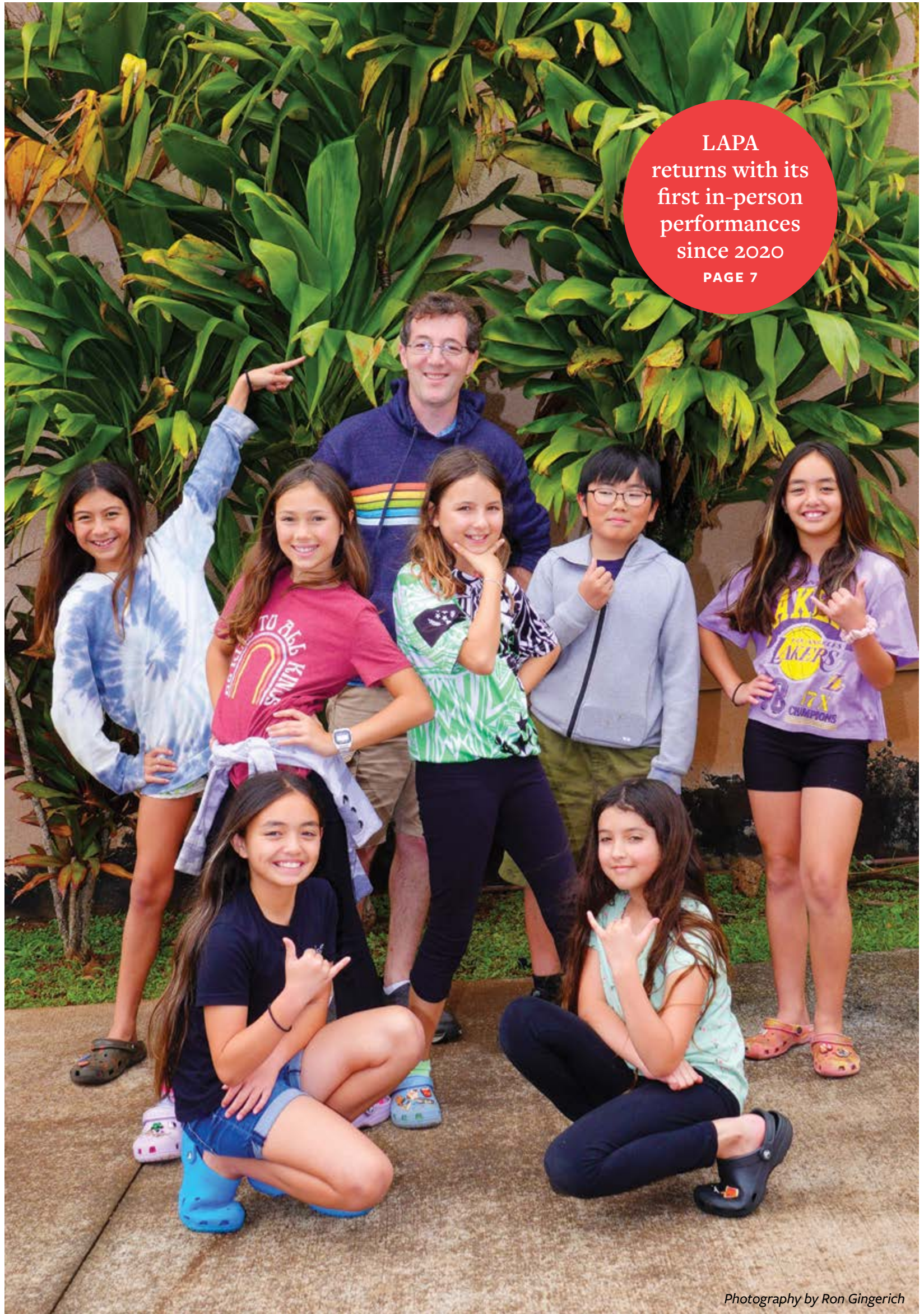


LĀNA'I TODAY

MARCH 2023



LAPA
returns with its
first in-person
performances
since 2020

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Photography by Ron Gingerich

Rehearsals have begun for “The Claw,” a 45-minute musical featuring students in grades K-8, and “Bad Auditions by Bad Actors,” a one-act play featuring students from grades 6-12.

Pictured are students involved with “The Claw.”

Back row: LAPA Executive Director, Matt Glickstein. Middle row, left to right: Akilah Sproat, Jade Beckman, Eliza Sheets, Isaac Shuster, Sage Schilling. Front row, left to right: Storm Schilling, Gianna Reilly

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Cut to the Chase

The Troy Barboza Torch Run and Spring Fair will take place on Saturday, April 22. Interested participants for the Torch Run and vendors for the Spring Fair can inquire with **Maui Police Department – Lānaʻi District** at (808) 565-8388 (option 2). Vendor applications for the Spring Fair are due April 14. MPD – Lānaʻi District is seeking vendors offering food, merchandise, crafts, games, baked goods, resources and exhibits/demonstrations.

The **Lānaʻi Cat Sanctuary** invites the community to its 'Ohana Stargazing event on March 25 starting at 5 p.m. Bring your family on down to Lānaʻi's beloved cat sanctuary to marvel at the night sky, listen to international and Hawaiian star stories and learn about Hawaiian starlines and astronomy! All keiki 16 and under must have parent chaperones. Feel free to bring chairs, blankets and snacks. MEO will provide roundtrip shuttle pick up at the county gym parking lot at 717 Fraser Avenue starting at 5:30 p.m. with last return at 8:30 p.m. Register at bit.ly/3ybhmAz.

The **Lānaʻi Community Health Center** has open positions for a front desk representative and medical assistant. LCHC is dedicated to providing patient-centered health care and is looking for someone who can demonstrate the highest level of customer service. Apply at lanaihealth.org/career-opportunities.

Lānaʻi Community Health Center and Hawaiʻi Department of Health will be hosting a Youth Resource Fair in June. Interested organizations that would like to participate and provide resources to keiki can email wellnessliving@lanaihealth.org or fill out a form at bit.ly/41X4Bao.

Lānaʻi Union Church will have an Easter Service at 10:30 a.m. on Easter Sunday, April 9, with an Easter egg hunt and potluck to follow. For more information, please email admin@lanaiucc.org or call (808) 565-6902.

A two-day **pickleball clinic** will be held on April 10 and 11. The Advanced Beginner Clinic will be from 1 to 4 p.m. and will cover dinks, scoring, volleys and blocking, groundstrokes, serves and returns. The Intermediate Clinic will be from 9 a.m. to 12 p.m. and will cover movement and placement, a dink/dingle game, volley session, serves and return of serves, top spin and slice return of serves. Cost is \$100 per person. For more information and to register, please email kb@kimmybrooke.com.

There will be a white goods, metal and electronic-waste collection on Saturday, April 8, from 8 a.m. to 1 p.m. at the **Pūlama Lānaʻi Fleet Yard** (across from The Courts; enter on Ilima Avenue and Eleventh Street). Items accepted: refrigerators, freezers, washers, dryers, water heaters, A/C units, tires, batteries, household appliances, metal, propane tanks, TVs, computers, printers, copiers and monitors. Please call the Abandoned Vehicles and Metals Office at (808) 270-6102 with questions.

The **United Filipino Council of Hawaiʻi Foundation** is accepting applications for its "The Sakada Scholars 2023" scholarship. An annual project of the UFCH Foundation, the scholarship awards outstanding high school seniors who believe in the importance of education and community service as future leaders in our community and the community at large. All nominees must satisfy the criteria set forth by the scholarship board. Application forms, headshots and attachments must be received by May 28. Contact lanaifcc@gmail.com for more information.

Celebrate National Librarian Day at Lānaʻi Public and School Library

April 16 is National Librarian Day, a great opportunity to highlight library programming, and show gratitude for our local librarians at the Lānaʻi Public and School Library. Our library is part of the Hawaiʻi State Public Library System, the educational, informational and cultural heart of Hawaiʻi’s communities.

The Lānaʻi Public and School Library is the only place on the island that provides free internet access and Wi-Fi for library card holders. It also serves as a wonderful early childhood education resource to encourage young readers.

The library hosts a range of ongoing initiatives and activities. Storytime with Aunty Chelsea, recommended for kids three and

older, happens every Tuesday morning at 10 a.m. Once per month, Keiki Construction Zone invites children three years and up to a hands-on creative building session with STEM toys. This program generally takes place in the evenings at 5:30 p.m.

The library also rotates in other stimulating activity sessions focused on, for example, clay creation. The programs are made possible with support from local partners such as the Hui Noʻeau Visual Arts Center.

The Lānaʻi Public and School Library also participates in ‘Ohana Readers, a literacy program that is an affiliate of Dolly Parton’s Imagination Library. The program offers high-quality, age-appropriate books each month to children who are under the age of five. Families can find more information and register at friendsofthelibraryofhawaii.org/ohanareaders.

All programming is free and open to the community. Please note that the library is closed Saturday and Sunday. For everyone’s safety, young children attending library events must be accompanied by a caregiver. For more information and to confirm programming schedules, please call (808) 565-7920.

Nothing plain about the Plein Air Invitational

The Paint Maui 2023 Plein Air Invitational brought artists together from Hawaiʻi and across the United States. Lānaʻi’s Mike Carroll was one of the 20 artists invited to the week-long event, which ran from February 11-19.

At the Plein Air Invitational, artists celebrated this long held painting tradition showcasing their techniques for the public. Three public painting demonstrations were organized for residents and visitors to enjoy.

At the end of the week, Jean Stern, a recognized authority on California Impressionism and founding director of The Irvine Museum, awarded artists in a number of categories, including Best of Show, Best Body of Work, Best of Upcountry Maui, Best Quickdraw Painting and People’s Choice. The awards were presented at The Village Galleries Maui where the public was able to purchase art pieces.

Those interested in viewing and purchasing Mike Carroll’s paintings from the invitational can do so on his website at mikecarrollgallery.com.



Mike Carroll with his model for “The King of Front Street” painting.



Plein air painting is the act of painting outdoors. Up until the mid-19th century, painters would normally do rough sketches of landscapes in open air and finish the paintings in a studio. It wouldn’t be until the late 1860s that painting en plein air would become more popular with the help of artists like Claude Monet, Pierre-Auguste Renoir and Camille Pissarro.



“Sea Birds” by Mike Carroll.

IT’S THE LAW

It’s the Law

Contributed by the Maui Police Department – Lānaʻi District

The Maui County Municipal Code 10.20.450 - Mudguards states:

No person shall operate on any highway any motor vehicle, trailer, or semitrailer unless equipped with fenders, covers or devices, including flaps or splash aprons or unless the body of the vehicle or attachments thereto afford adequate protection to effectively minimize the spray or splash of water or mud to the rear of the vehicle.

Simply, this means that it is illegal to have any part of your tire sticking out of the wheel well/fender of your vehicle without proper equipment. If the vehicle body does not protect from projecting debris due to being lifted or having the tires extend past the body, then mud flaps/splash aprons or fender flares need to be installed on your vehicle.

Penalties begin from \$72.00 per tire and could total up to \$576.00. For example, if you have a lifted truck and you have four (4) wide tires that extend past the body of the vehicle, you can be cited \$72.00 x (4) for the tires for not having fender flares and an additional \$72.00 x (4) for not having mudguards/splash guards. That is a total of \$576.00 in penalties.

The community came together to paint Lisa and Brad Shin’s home



‘Ōlelo No‘eau

Hōhonu no ke kawa.
A deep diving place indeed.

A topic that requires deep thinking (Pukui 109).

One man's trash is a beach robot's treasure

During your next visit to Hulopo'e Beach Park, don't be alarmed if you see a low-profile white robot roaming the grounds above the high water mark. It's a new low-impact beach cleaning robot, called the BeBot, designed to pick up everything from cigarette butts to macro and nanoplastics that could otherwise make their way into the ocean.

Designed by The Searial Cleaners, the BeBot is a remote-controlled, 100% electric robot that runs on solar and battery power. It emits zero emissions and does not cause beach erosion due to its track system.

On its first test runs, the BeBot picked up a variety of trash including hair clips, fishing lures, sharp broken glass, small toys and coins. Before being properly disposed of, the trash is sifted and sorted, and pictures are taken so that data can be uploaded to the International Trash Trap Network (ITTN), a collaboration between the Ocean Conservancy and the University of Toronto. ITTN aims to fight more effectively against marine pollution by characterizing waste from trash collection tools like the BeBot. The compiled data is intended to inform manufacturers and policy makers about effective actions that fight against coastal pollution.

The Searial Cleaners believes that collecting plastics on coastlines is only a cure for a symptom. Solving the underlying problem of plastic pollution will require governments to ban single-use plastics and convince people and businesses to change their consumption habits. And this cannot be done without data from initiatives like ITTN that show how much plastic is being collected on coastlines, the final step before plastic travels into the ocean and causes great harm to marine life.

Plastic is widely used around the world due to ease of manufacturing. Production of plastics has been steadily increasing year by year. According to the Institute of Physics, about 8 million tons of plastic flows into the ocean every year from waterways and coastlines.

Most plastics will form plastic debris, and debris that is less than 5 mm in size is known as microplastics. In addition to microplastics resulting from the breakdown of larger pieces of plastic, a second type of microplastic is intentionally produced. These are commonly known as microbeads and can be found in products like face scrubs or other exfoliators. Both types of microplastics further break down into nanoplastics under the effects of sunlight, waves and ocean salt.



A remote-controlled, 100% electric robot that runs on solar and battery power, the BeBot emits zero emissions and does not cause beach erosion due to its track system.

Easily eaten by marine life, microplastics and nanoplastics contaminate the entire food chain from planktons to fish and shellfish to whales. Plastics contain and can leach chemicals that, when ingested by marine life, can have harmful effects on their feeding and reproduction.



Trash collected from the BeBot after a 10-minute run.

The Searial Cleaners' parent company, Poralu Marine, is a world leader in the construction of aluminum marinas. According to its website, Poralu Marine has observed a significant and marked degradation of marine ecosystems which can be explained by an increase in marine pollution. Wanting to be a bigger part of the solution, Poralu Marine created The Searial Cleaners to develop a range of innovative products, like the BeBot, to collect important data from the trash it picks up in ports, marinas, waterways and on sandy beaches and coastlines.

The products also serve as important engagement tools. People are naturally curious when they see robot-like devices traversing a beach. Important conversations about why products like the BeBot are needed, raise awareness about the harmful effects of microplastics and nanoplastics.

Public and private organizations across the country partner with The Searial Cleaners to keep their beaches and coastlines clean and to provide important data that informs conservation efforts. The BeBot being used at Hulopo'e Beach Park is The Searial Cleaners' first product to be used in Hawai'i.

Photos courtesy of The Searial Cleaners

Protecting Hulopo'e-Mānele's natural, cultural and economic resources

By now, many community members have probably noticed a large-scale fence spanning the Hulopo'e-Mānele coastal area. At the end of 2022, a 3.75-mile-long fence was installed to protect about 940 acres of natural resources, cultural sites and resort grounds from damage caused by deer.

The area is home to more than 2,000 'ua'u kani burrows which are at risk of being trampled by deer. The native 'ua'u kani, or wedgetail shearwater, are critical to Lāna'i's ecosystem, transporting key nutrients from the sea to plants located along the coast. Without the 'ua'u kani, recovering Lāna'i's native coastal habitat would be difficult.

Once used for agriculture, lithic workshops, burial sites and koa lawai'a, the land around the recreational harbor and mauka of the coastal area holds important cultural significance. Today, these places are being trampled by deer and buried by sediment due to overgrazing. Deer also damage the landscaping surrounding Four Seasons Resort Lāna'i and Mānele Golf Course which could otherwise be avoided.

"The goal for this area is to fence it in and get the deer out so we can start protecting some of those natural, economic and cultural resources as well start to restore them," says Jonathan Sprague, co-director of Conservation for Pūlama Lāna'i.

So, how exactly do you get deer to exit a fenced-in area with only two openings each measuring about 16-feet wide? With slow and steady human coordination and plenty of physical exertion.

In February and March, two deer pushes took place where about 45 people lined up evenly spaced in a half mile triangle and walked upslope to direct deer toward a fence opening, which was at the top of the triangle.

"The goal is to go relatively slowly to encourage the animal to move away from the line at a more relaxed pace, so it doesn't stress the animal out as much and it's less likely that they'll cross over your line," says Sprague.

Sounds simple enough, but the terrain is what poses the biggest challenge. "It's super gnarly, very uneven," explains Sprague. "It's rocky, and that part of the island gets really, really hot and pretty much you're always working uphill."



A crew gathers for one of two deer pushes in the Hulopo'e-Mānele coastal area. Photo courtesy of Jonathan Sprague.

Despite the unfavorable working conditions, the group was able to clear over 100 deer from the area over the two pushes, counted via cameras installed at each fence opening.

After a few more pushes, and later a targeted campaign to whittle down the remaining deer using bows and arrows and crossbows, the fenced-in area should be rid of destructive deer by the end of this year.

While the fence is intended to keep deer out, people still have access to the coastline and highways are not blocked.

To see more photos accompanying this article, visit lanaig6763.com/deer-push

2023 Lānaʻi mouflon sheep hunt details

Contributed by Melanie Bandalan, Wildlife Technician V, DLNR-DOFAW

Applications for the 2023 Lānaʻi mouflon sheep hunting season are now available. Applications can be made at gohunthawaii.ehawaii.gov by clicking on “Apply for Hunts.” The deadline for submitting applications will be 4 p.m. on Friday, April 7.

The Lānaʻi mouflon sheep season will consist of four hunts: an Archery Hunt, a Youth Hunt, a Muzzleloader Hunt and a General Rifle Hunt. Please review the hunt details online at gohunthawaii.ehawaii.gov carefully to understand which conditions apply to specific hunts. Hunt applicants must pay particular attention to the hunt announcement, instruction sheet, addendum and online information for any changes in the application process and hunting season. Due to unforeseen circumstances, the 2023 Lānaʻi mouflon sheep hunting season may be modified, rescheduled or canceled.

- Public drawings for the Archery, Youth and Muzzleloader Hunts will be held on Friday, May 5 at 10 a.m. at the J. Walter Cameron Center MEO facility on the island of Maui. At noon, a public drawing to assign hunting dates, a going status, and if necessary, to establish standby positions for the General Rifle Hunt lottery will be held. The standby selection process will begin upon completion of the General Rifle Hunt lottery. The Lānaʻi resident public drawing will be held at 9:00 a.m. at the same above location.
- The bag limit for the 2023 Lānaʻi mouflon sheep season will be three mouflon sheep (one ewe, one either sex and one non-typical ram) per hunter per authorized hunt. Hunters may be required to purchase a ewe tag before being able to purchase or receive an either-sex tag and non-typical ram tag. A non-typical ram tag will be issued free of charge. Based on aerial survey data, additional tags (ewe and doe) may be offered free of charge.

Conditions specific to the Archery Hunt:

- The Archery Hunt will consist of two draws each totaling 12 days. Subject to limited participation for non-Lānaʻi residents. The first draw will begin on June 28 and end on July 9. The second draw will begin on July 12 and end on July 23.
- A lottery drawing will be conducted for the Archery Hunt to assign hunting dates, with no limit on the number of archers who will be allowed to participate. Hunters applying for and participating in the Archery Hunt will be allowed to apply for and participate in either the Muzzleloader Hunt or the General Rifle Hunt lotteries.

Conditions specific to the Youth Hunt:

- The Youth Hunt will be conducted for one weekend (Thursday through Sunday), July 27–30. Subject to limited participation for non-Lānaʻi residents.
- Youth hunters must be 15 years of age or younger (HAR13-123-2), possess a valid 2023-24 State of Hawaiʻi hunting license, and be accompanied by a non-hunting adult (18 years of age or older) who also possesses a valid 2023-24 State of Hawaiʻi hunting license. Only the youth hunter will be required to submit an application. A permit will be issued to the adult at the time of hunter check-in.

Conditions specific to the Muzzleloader Hunt:

- The Muzzleloader Hunt will be conducted for one weekend (Thursday through Sunday), August 3-6. Subject to limited participation for non-Lānaʻi residents.
- Participation in the Youth and Muzzleloader Hunts may be assigned by lottery if application levels exceed the allotted number of hunters allowed in the hunting area.
- Hunters may apply for either the Muzzleloader Hunt lottery or the General Rifle Hunt lottery but may not apply for both.

Conditions of the General Rifle Hunt:

- The General Rifle Hunt will be held over 11 consecutive weekends (Thursdays through Sundays), beginning on August 10 and ending on October 22. Subject to limited participation for non-Lānaʻi residents.
- General Rifle Hunt dates will be assigned by lottery drawing. Interested hunters may apply for either the Muzzleloader Hunt lottery or the General Rifle Hunt lottery but may not apply for both.

Makana Brown’s road to recovery

The Lānaʻi Archery Club has raised \$12,000 to help with the medical expenses of a local teenager diagnosed with a rare form of brain cancer. The organization held its “Road to Recovery for Makana — Archery Shootout” tournament on February 17 to raise money for 16-year-old Makana Brown, who was diagnosed with optic pathway glioma, a slow-growing brain tumor that forms in or around the optic nerve.

The event was open to people of all ages and featured 3D targets of real animals. Participants received trophies for their achievements, along with chances to win raffle prizes donated by Pineapple Brothers, the Four Seasons Resort Lānaʻi, Pūlama Lānaʻi and many more.

For more than a decade, the Lānaʻi Archery Club has hosted events such as this to help families and nonprofit organizations in need of financial help. However, event organizer Jayson Medeiros says Brown’s story hit close to home for him.

“When stuff like that comes to you, your heart melts,” says Medeiros. “It kind of hit deep inside, because I know Makana’s family. I know her parents, so that’s what stuck out to me.”

Brown said it was a “blessing” to see the community come together to support her. “It really warmed our hearts to see that people actually came up there to support me and my road to recovery,” Brown says. “I’m just literally blessed.”

Brown was diagnosed with an optic pathway glioma in March 2021 after doctors noticed one of her eyes was protruding during a routine examination. Upon further investigation, doctors found a tumor lodged in the nerve in her left eye and told Brown and her mother, Nina Garcia, that they would need to do a biopsy.

But according to Garcia, it wasn’t easy finding a doctor comfortable enough to do the surgery. “A lot of doctors don’t like going in the nerve, because cutting any nerve is very risky and dangerous,” Garcia says. “We had two doctors decline.”

The tumor was also already causing irreversible damage to Brown’s eyesight and Garcia was told that if no doctor in Hawaiʻi would do the surgery, they would need to travel to the mainland for help.

“It was so high stress at this time and it was becoming a reality like, ‘no one wants to help her?’” says Garcia.

According to Johns Hopkins Medicine, optic nerve gliomas can cause vision loss and growth problems since tumors are typically located at the base of the brain where hormonal control is located. It mostly affects children under age 10 and the tumors are usually difficult to treat due to the risk of damage in sensitive areas of the brain.

Finally, after weeks of uncertainty, a surgeon agreed to do the biopsy. But the family was dealt another blow when it was revealed that the tumor was cancerous and could not be removed due to the risks.

“It was really hard for me and my mom, but mostly for me because I was only a 14-year-old girl,” says Brown. “I told myself no one should be going through this at a young age, but it happens.”

Despite her diagnosis, Brown remained strong throughout her cancer treatment and learned to cope with her illness. She took up drawing and painting in her free time, attended Camp Anuenue, a free, weeklong camp on Oʻahu for children who have or have had cancer, and was granted a trip to Disney World by Make-A-Wish Hawaiʻi.

Then, after 15 months of traveling between Lānaʻi and Oʻahu every week for chemotherapy, Brown’s cancer went into remission.

Now a junior at Lānaʻi High & Elementary School, Brown says she wants to go to college after she graduates and become a nurse practitioner. She’s even enrolled in a six-week internship with the Lānaʻi Community Health Center.

“I’ve been so inspired by all the ladies that I was with,” says Brown. “I’ve noticed what they’ve been doing to help me and I want to do the same for people.”

Though in remission, Brown still needs to travel to Oʻahu every other month for follow-up tests and monitoring. A GoFundMe page is active for those who want to contribute to her journey.



To see photos accompanying this article, visit lanaig6763.com/makana-brown

New veterinary clinic to serve Lānaʻi's pets

Contributed by Keoni Vaughn, Executive Director, Lānaʻi Cat Sanctuary

Tails are wagging as the brand new Lānaʻi Veterinary Care readies to welcome its first pet patients on Monday, April 10; Wednesday, May 3; and Monday, May 15. After that, the mobile center will offer clinics twice a month.

Pet parents can schedule appointments for their furry loved ones online at LanaiVeterinaryCare.org. Clinic dates and appointments will be made available on the website and must be scheduled in advance. An online pet pharmacy and pet supply shop will also be available as part of the program.

The community clinic will operate from the Lānaʻi Cat Sanctuary's mobile veterinary clinic at the Dole Administration Building (same location as The Pet Doctor previously). For more information, email info@LanaiVeterinaryCare.org or call (808) 563-0588. Calls will be returned as soon as possible.

Lānaʻi Veterinary Care will have a Yappy Hour Open House on April 10 from 3 p.m. to 4 p.m., where the community will have a chance to meet the veterinary team, learn more about service offerings and have their questions answered. Light refreshments will be provided.

Lānaʻi Veterinary Care opens as a new community health clinic for all animals as a program of the nonprofit Lānaʻi Cat Sanctuary.

Services offered will include the following:

- Annual health exams
- Sick/injured care
- Minor surgery
- Free spay/neuter surgery
- Pet travel health certificates
- Vaccines
- Bloodwork & disease screening
- Heartworm, flea & tick preventative
- Euthanasia

**Nail trims and walk-ins will be offered in the last hour of every clinic.*

Dr. Aleisha Swartz of Oʻahu serves as head of animal services. She will coordinate traveling veterinary teams and also serve as a veterinarian. She has been a part of the Lānaʻi Cat Sanctuary ʻohana for the last four years and has been a Hawaiʻi veterinarian for more than a decade. She is a former president of the Hawaiʻi Veterinary Medical Association, the state's coalition of veterinarians. Since 2018, she has devoted herself to improving access to care for rural communities across the nation from Alaska to Tennessee. After graduating summa cum laude from University of Georgia, she got her start in private practice and has since refocused on public service, greater good initiatives that help animals in need and their people. A resident of Kaimukī, she shares her life with two dogs, two cats and five fish.



Dr. Claire Conrath is also part of the Lānaʻi Veterinary Care team. She graduated with honors from University of Illinois, College of Veterinary Medicine in 2009. She spent her first eight years practicing in Illinois, focusing on high quality high volume spay/neuter surgery, shelter medicine, private practice and emergency medicine. In 2017,



Dr. Conrath moved to Hawaiʻi to help animals in rescues and shelters. She also works as a base veterinarian in service to military families.

In 2022, Dr. Conrath launched her own endeavor, Paws of the Pacific, to bring veterinary services statewide and to the Marshall Islands. She lives on Oʻahu with her two dogs Pumba and Darla.

A meow mahalo to Dr. Eric Ako of Pet Doctor Lānaʻi. For nearly a decade, he has served Lānaʻi's families with pet services to the community. His semi-retirement plans include focusing on Lānaʻi Cat Sanctuary's feline health care programs as its needs are growing with over 650 cats.



Photos courtesy Lānaʻi Cat Sanctuary

A new statewide program offers free online tutoring

The Hawaiʻi Tutoring program was launched last month by HawaiiKidsCAN, a local nonprofit organization that advocates for high-quality education for all children. It's funded by the Spectrum Digital Education grant, which selects organizations based on their efforts to educate financially underserved communities on the benefits of broadband and how to use it to improve their lives.

According to founding Executive Director David Sun-Miyashiro, the idea for the program came during the early stages of the COVID-19 pandemic after speaking with parents who expressed an interest in enrolling their children in tutoring, but were concerned about the cost and lack of tutors within their community.

"The idea is everybody, no matter where they live, no matter how much money their families have, everybody deserves tutoring and it's something that would benefit them," says Sun-Miyashiro. "So, rather than thinking about technology and digital learning as just kind of an emergency measure that was put in place during COVID, it's actually an innovation that will allow, especially rural communities, access to high-quality programs like tutoring."

Students enrolled in the program will receive personalized tutoring from Air Tutors, an online platform supported by highly qualified, bilingual tutors with more than 10 years of teaching experience. Every program is customized to meet students' individual needs and tutors are trained to align with the specific curriculum and learning standards of each school district.

Sun-Miyashiro says scheduling is also available at a convenient time for students who may choose to have a session immediately after school or at home either before or after dinner. The cost varies depending on how many sessions students choose to enroll in, but the program guarantees a scholarship for any LHES student who applies.

"I think we've been trying to make sure, although we have a good amount of scholarship money, that it's going to help the families and kids that need it the most," says Sun-Miyashiro. "Which is why it's been really great to work with a number of community partners on Lānaʻi to make sure that kids and families are aware of the opportunity and that they know how to register and apply for scholarships."

To begin the enrollment process for Hawaii Tutoring, visit hawaiitutoring.org.

ʻOhana Pods Program

HawaiiKidsCAN also provides learning opportunities for children on Lānaʻi through its ʻOhana Pods program.

Established in 2021, ʻohana pods are small groups of students from different households who learn and socialize together outside the classroom. The pods are organized by parents and community leaders who can receive up to \$1,000 in microgrants from local and national foundations to help pay for students' learning materials and tutoring.

In addition to providing students with the resources and supplies they need, Sun-Miyashiro says the organization is also working with its parent leaders to help build a stronger relationship between the community and schools.

"My hope is that for the next couple of months, you will really see more of that parent network stepping up and really providing an opportunity for parents and schools to come together and talk about what other things that kids need," says Sun-Miyashiro.

HawaiiKidsCAN Afford College

Through a partnership with EVERFI, an online financial education platform, HawaiiKidsCAN is also offering students free online financial literacy courses and college admission assistance.

According to Sun-Miyashiro, HawaiiKidsCAN Afford College is a new initiative that uses a gamified approach to educate students who may have never thought about financial literacy or what it means to pay for college.

"The purpose of this campaign is to help make sure that families have the information and support they need so that kids know their college options and what the cost would be," says Sun-Miyashiro.

He says Lānaʻi High & Elementary School counselors can provide any student with access to the online courses.

For more information about the programs HawaiiKidsCAN offers, visit HawaiiKidsCAN.org.

Photo courtesy of HawaiiKidsCAN





The show goes on: LAPA prepares for a new season of performances

The Lānaʻi Academy of Performing Arts (LAPA) is starting rehearsals for two new performances: “The Claw” (June 2 and 3), a 45-minute musical performed by students in grades K-8, and “Bad Auditions by Bad Actors” (April 28 and 29), a one-act play performed by students from grades 6-12. As always, the Lānaʻi community can look forward to two wonderful shows that represent a true community effort and showcase the talents of local K-12 students.

The Lānaʻi Academy of Performing Arts was founded in 2013 by Matt Glickstein. Since then, LAPA has performed 13 musicals for the Lānaʻi community, including originals “Island Below the Star” and “Day of Conquest.” In 2019, LAPA also took 15 students to the Junior Theater Festival in Sacramento, California, where they were awarded Excellence in Acting for their 15-minute performance of “Shrek the Musical JR.” Executive Director Matt Glickstein won the Broadway Junior Spirit Award and \$5,000 for the LAPA program. From 2020-2022, during the COVID pandemic, LAPA held a variety of performing arts classes in songwriting, dance, screenwriting, filmmaking, intro to theater, improv and special effects makeup. “The Claw” and “Bad Auditions by Bad Actors” will be the first in-person performances for the Lānaʻi community since “Frozen KIDS” in February 2020.

LAPA is cherished by families on the island as a safe haven where kids can be themselves and gain self-confidence. Even for kids who are not interested in pursuing a theater career, having experience in the performing arts helps them build many skills such as public speaking, teamwork, presentation and gaining a comfort level in group settings.

Experience in the performing arts also helps them become risk takers who are willing to step outside their comfort zones and try new things. Parents and students alike who have come up through the program say that their experiences have contributed positively to their growth and development as people.



LAPA takes an inclusive approach to casting performances and celebrates children of all ages and experience. As a result of participating in LAPA, the students often show improvement in school and are more likely to participate in the classroom.

“I love how the repetition of reading scripts for memorization not only encourages all children to learn to read, but often gives all types of students a more confident voice,” says Jamie Hale, former LAPA choreographer and LHES special education teacher. “I’ve witnessed students with dyslexia grow to become better readers with the motivation of being a part of LAPA. Studies show that exceptional students need multisensory approaches to learning which are easily accomplished through LAPA’s continued effort to educate through the arts for all students,” Hale adds.



Students rehearse for “The Claw,” a 45-minute musical which imagines life inside an arcade claw machine.



Particularly in a remote setting such as Lānaʻi where extracurricular opportunities are limited, LAPA is a critical resource for families. Executive Director Matt Glickstein explains, “LAPA’s vision is to include every single student that wants to participate in our programming. We are very heavily reliant on grant funds and donations, which are used to supplement tuition costs so as many students can have access as possible. Our goal is to be able to keep tuition for one semester of programming at only \$100 per child, where comparable programs on other islands charged up to \$800 for the same services.”

Glickstein, who also teaches classes and helps direct LAPA productions, is excited students will be able to return to the stage after a three-year hiatus. “We have a great group of kids who are anxious to perform in front of audiences again and share the magic of live theater with the community.”

The LAPA staff also includes Mindy Bolo, Rochelle Vereide, Terri Lynn Cousley, Susan Book, Chris Komatsu and Anthony Pacheco.

The upcoming show “The Claw,” which will feature students in grades K-8, imagines life inside an arcade claw machine, where all the toys have come to life. “Bad Auditions by Bad Actors,” with students in grades 6-12, features a series of hilarious auditions by actors trying out for a community theater production of “Romeo and Juliet.”

Tickets for “The Claw” and “Bad Auditions by Bad Actors” will be available for purchase online at lanaiaacademy.org, pre-sale by students, and available at the door. Performance venues and times are still to be determined.

“We have a great group of kids who are anxious to perform in front of audiences again and share the magic of live theater with the community.”

If you would like to support LAPA, which is a 501(c)(3) nonprofit, tax deductible donations can be made directly through the LAPA website, lanaiaacademy.org, or mailed to P.O. Box 631124.

Photos courtesy of Matt Glickstein



Local students to talk to astronauts on International Space Station

Amateur Radio connects kids, crew as ISS orbits overhead

Amateur Radio on the International Space Station press release

Students at Lānaʻi High & Elementary School located at 555 Fraser Ave in Lānaʻi City, Hawaiʻi will talk with astronauts on the International Space Station via Amateur Radio at 08:22 on 23 March 2023. This activity is part of the ARISS (Amateur Radio on the International Space Station) Program, which promotes learning opportunities as part of the STEM (Science, Technology, Engineering and Math) initiative.

Danyel Erickson is the lead for this project and has been preparing students for the event since March 2022 by starting a science club, hosting field trips, stargazing events, and inviting guest speakers to the school. Danyel is the head teacher for the elementary science club and works together with STEMworks Hawaiʻi to utilize their professional development training, lending library for educational lessons, and technology. Tricia Calhoon, middle school science teacher, also hosts a science club for middle and high school students.

In September of 2022, Danyel took seventeen fifth and sixth grade students to the AMOS (Advanced Maui Optical and Space Surveillance Technologies) conference at the Wailea Beach Resort. Once there, students were able to meet Scott Altman, former NASA astronaut and also visit numerous hands-on exhibits to learn about astronomy, aeronautics, and space exploration.



Student at the Advanced Maui Optical and Space Surveillance Technologies.



Ahead of the contact with the International Space Station, guest speaker Peter Palisbo spoke to LHES students about Amateur Radio and shared simplified radio presentations. Photo courtesy of Peter Palisbo.

Danyel also hosted two stargazing events for students and parents with the help of Alan Tokunaga in September and another event with Heather Flewelling in December. Two additional stargazing events are scheduled for the 11th and 25th of March put on by ʻOhana Kilo Hoku with participation from Stargazers of Hawaiʻi and the University of Hawaiʻi.

The school has also had the following guest speakers present about Amateur Radio, astronomy, and health care: Art Kimura, Peter Palisbo, Heather Flewelling, Leinani Lozi, Mary Beth Laycheck and John A. Burns School of Medicine students.

Our contact with the International Space Station will happen using a Telebridge connection with HAM operator Jan Poppeliers ON4ISS in Belgium. The astronaut we will be interviewing is one of the following: Warren Hoberg KB3HTZ, Steve Bowen KI5BKB, or Sultan Al Neyadi KI5VTV. We will be streaming this event live on the ARISS YouTube channel: <http://youtube.com/c/ARISSlive/videos>

Photos courtesy of Danyel Erickson



What is Amateur Radio?

Amateur, or “Ham” Radio, is a popular service and hobby in which federally licensed participants operate communications equipment.

There are over 700,000 licensed amateurs and nearly 2,300 ARRL-affiliated Amateur Radio clubs in the United States. Hams talk to each other across town, around the world, and even into space without the need for normal communications infrastructure, such as cell phone networks or the internet. Amateur Radio is regularly used during natural disasters to help local emergency and served agencies (such as the Red Cross, Salvation Army, and state and local governments) respond when normal communications methods are disrupted. The Amateur Radio community is a great source of electronics experimentation, public service and fun.

More information on Amateur Radio can be found at arrrl.org/what-is-ham-radio.

What is ARISS?

ARISS is a joint venture by NASA, the Center for the Advancement of Science in Space (CASIS), the American Radio Relay League (ARRL), and the Radio Amateur Satellite Corporation (AMSAT) to facilitate communication via Amateur Radio between astronauts aboard the International Space Station and schools and communities around the world. ARISS programs excite and motivate students in a one-of-a-kind presentation and exchange.

ARISS program goals are:

- Inspiring an interest in STEM (Science, Technology, Engineering and Math) subjects and in STEM careers among young people.
- Providing an educational opportunity for students, teachers and the general public for learning about wireless technology and radio science through Amateur Radio.
- Providing an educational opportunity for students, teachers and the general public for learning about space exploration, space technologies and satellite communications.

More information on the ARISS program can be found at ariss.org.

Building healthy soil

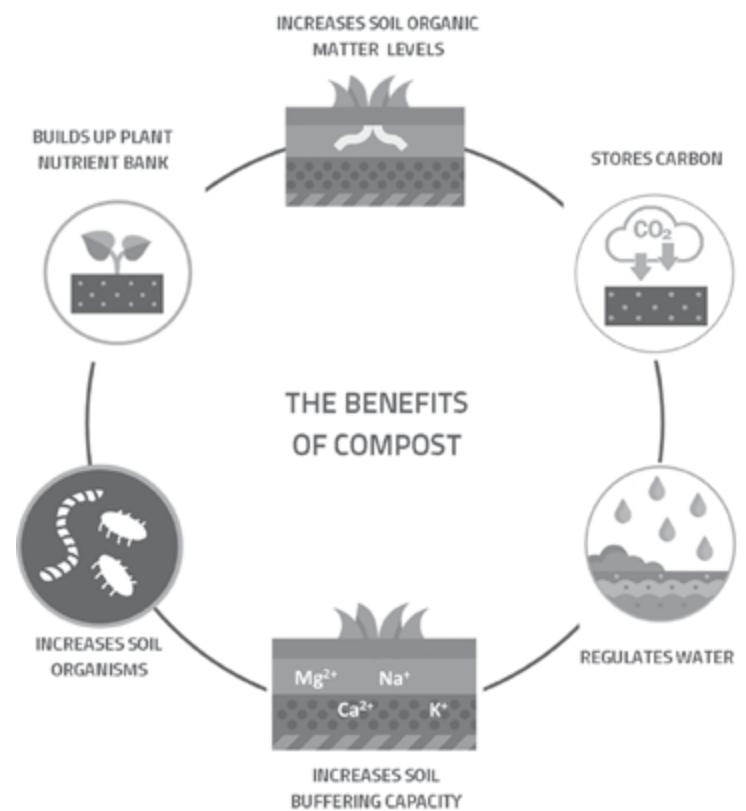
Contributed by Katy Deshotels-Moore

Are you a gardener? If so, this article may help unlock answers you've been looking for on how to improve your soil's fertility, and give your plants the boost they need to thrive. The answer can be as simple as adding compost as an amendment to your garden beds, pots or raised garden boxes.

What benefits will compost offer your soil, and thus your plants? Here are a host of answers that can help you understand why compost is such an important part of healthy soil:

- It can improve the structure of your soil through the formation of soil aggregates that are bound together, creating larger particles with a crumbly structure, rather than sticky like the texture of heavy clay.
- Compost in your soil retains moisture, so you don't have to water your plants as often.
- Drainage is improved due to the larger spaces between soil aggregates, creating pore space that allows water to move through the soil rather than puddling.
- Greater porosity is maintained, allowing the soil to have a healthy blend of oxygen and water-holding capacity — which plants need to thrive.
- As compost breaks down, nutrients such as nitrogen, phosphorous and potassium become available to your plants. This allows you to use fewer additives, such as fertilizers, which in turn reduces your overall cost of gardening.
- The soil food web is improved because compost helps to feed the microbes as well as a host of other organisms that are important in the breakdown of detritus in the soil, completing the cycle of life in the soil.
- Compost helps to create healthier soil, which in turn provides better health for your plants, so insect pests and diseases are less likely to harm them. Healthy plants have their own devices for warding off pests — allowing you to use fewer chemicals for controlling unwanted pest problems.
- Erosion is controlled because root systems are stronger and more wide-spread, helping to hold soil together rather than blowing away in the wind or washing away during hard rain.
- A healthy, compost-rich soil will help to reduce runoff and filter water as it reaches our aquifers. We are all aware of how runoff into our oceans can create problems for our marine life, and thus our ability to catch healthy fish.

Making your own compost is quite simple. There are lots of different compost turners out there for purchase; or you can have a simple pile of green clippings and food waste that you turn and aerate on a regular basis to assist with the breakdown process.



Many years ago Pūlama Lāna'i set up a green waste/compost site to reduce valuable "waste" from going to the landfill. The facility is open to the public and is just a short ways out of town — easy to get to. Green landscape clippings are shredded into mulch then placed into windrows for the breakdown process. It can be several months before the mulch has broken down to the compost stage, but well worth it when you think of all the benefits compost provides our soil. The facility literally turns waste into a valuable product that all gardeners should be using.



Now that you know how critical compost is to a healthy soil, don't delay — start reaping the benefits of it today! If you're not making your own compost, feel free to stop by the Pūlama Lāna'i facility to purchase a super sack or a pickup truck load. The cost is small, but the benefits are huge.

Happy gardening, everyone!

Photos courtesy of Katy Deshotels-Moore

Pūlama Lāna'i Compost Greenwaste Facility

(across from Sensei Farms entry)

Hours of Operation:

Monday – Friday, 7:30 a.m. – 2:30 p.m.

SIMPLE SIGHT

By Kevin Zoldan



Homecoming *returns!*

After a two-year hiatus due to the pandemic, Lānaʻi High & Elementary School students were finally able to celebrate homecoming in-person the week of February 27. This year's theme was Pixar movies, and students showed off their creativity and camaraderie at each activity. The week culminated on Saturday, March 4, with the homecoming parade where each class debuted their spectacular floats.

“It was a huge effort with support from our administration, fellow teachers, the parents and our community,” says Ms. Brenda Palumbo, student activities coordinator at LHES.

Mahalo to the following families who hosted the float build sites

Senior Class: The Dimaya family
Junior Class: The Woolsey family
Sophomore Class: The Cantero family
Freshman Class: The Kahihikolo family



Freshmen class float



Sophomore class float

Class Advisors

Seniors: Kris Hera
Juniors: Iolani Zablan
Sophomores: Michelle Fujie-Kauamo
Freshmen: Josh Joggerst/Natalie Ropa



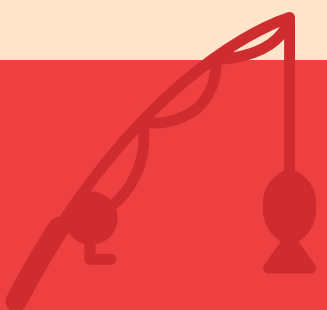
Junior class float



Senior class float

Dress up week

- Monday:** Dress as a teacher
- Tuesday:** Hunter vs. Fisherman
- Wednesday:** Dress to impress
- Thursday:** Dress as a celebrity
- Friday:** Class shirts



Freshmen class



Alma mater circle after the parade



Senior class with float



Alexa Pascual, junior class president with Veniza Jackson



Aerial view of the parade start

Homecoming Court

Choreographer:
Zena Ann Kageno

Seniors:
Evelyn Hera (Queen)
Annika Padilla
Nathan Amby (King)
Johndel Olbinado

Juniors:
Vanessa Kahananui-Peralta
Geirvrielle Ostrander

Sophomores:
Carla Ramos
Naighgel Sudio

Freshmen:
Kelly Raqueno
Micah Kahihikolo



Junior class performance at the homecoming assembly



Sophomore class with banner



Senior class performing for the alma mater competition at the assembly



Junior class marching on the parade route

Winners of the competitions:

- Banner:** Junior Class
- Alma Mater:** Senior Class
- Performance:** Senior Class
- Float:** Freshmen Class
- Spirit:** Junior Class

Overall winning class:
Juniors

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Church of Jesus Christ of Latter Day Saints
348 Jacaranda Street, Lāna'i;
Tumama Fauat'ea, (808) 726-3717

Ka Lokahi O Ka Mālamalama
1 Keōmoku Highway, Kahu Freitas

Lāna'i Baptist Church
corner of Sixth and Gay Streets;
Pastor Chris Komatsu, (808) 565-9405

Lāna'i Seventh-day Adventist Church
628 Ninth Street, Lāna'i
Pastor Ron Taylor, (808) 565-7881

Lāna'i Union Church
751 Fraser Avenue, Lāna'i, (808) 565-6902
Pastor Ben Sheets, (808) 565-6902

Pastor Saul Kahihikolo, (808) 563-0830

Sacred Hearts of Jesus and Mary Catholic Church
815 Fraser Avenue, Lāna'i, (808) 868-8562



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*Available to Lānaʻi residents and Island Club members.




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Lāna'i Community Health Center



**March is
Dental
Health
Month!**

Dr. Oishi named Oral Health Director at the University of Hawai'i

Dr. Matthew Oishi, a licensed Hawaii dentist who practices at Kokua Kalihi Valley as well as the Lāna'i Community Health Center (since 2021) has been named as the first oral health director at the University of Hawai'i John A. Burns School of Medicine. The part-time faculty position was funded by \$2.25 million endowment from Hawaii Dental Service. Dr. Oishi will integrate oral health into the medical school's core curriculum for aspiring physicians during their four years in medical school.

"Oral health is a critical component of whole person health. We see this association between oral health and chronic health conditions such as cardiovascular disease, diabetes, and dementia," said Dr. Mark Sweet, HDS dental director. "Training medical professionals in oral health care helps them better understand this connection. We are creating a more comprehensive healthcare system that delivers better outcomes for patients."

LCHC is proud and excited for Dr. Oishi's well-deserved recognition and wish him the best!



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Life,
Health
and
Well-being
for Lāna'i**



SCAN ME

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Since LCHC relies on grants and fundraising to help fulfill our mission, it is our hope that you'll consider giving a one-time or monthly donation. Donations can be made via our website under the "Make a Donation" tab and can be designated to help with a specific cause.

As a 501(c)3 non-profit organization, all donations are tax deductible. **On behalf of our team and patients at LCHC, mahalo nui loa your support!**

Scholarship Opportunity



**The annual LCHC Scholarship
Application is now available!**

Due date is April 21st.

Contact us for more info.

*(contact address and
phone below)*



MEDICAID/MEDQUEST UPDATE

Under Section 319 of the Public Health Act (PHS), the Public Health Emergency (PHE) will end on May 11, 2023.

- Are you covered by Medicaid or MedQUEST?
- Do you have AlohaCare, 'Ohana HealthPlan, United HealthCare Community Plan, or HMSA Quest, and are a patient of Lāna'i Community Health Center?



Lāna'i Community Health Center and "Aunty Wilma" Costales Koep, our Community Outreach & Education Specialist is available to help on island here in Lāna'i. Please call or stop by to schedule an appointment for assistance. Services available in English and Ilocano.

Medicaid/MedQuest will be performing redeterminations and re-enrollments shortly. You will receive a "Pink Envelope" in the mail. Please be sure your information up to date and look out for the communication.

You may also visit medquest.hawaii.gov to update your account, or call 1-800-316-8005 for MedQuest.



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July 1, 2023

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THURS. APRIL 20TH

\$68 PP

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Spotlight on two elite youth athletes

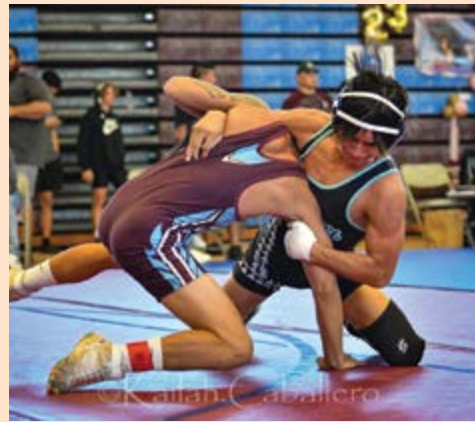
Shooting for a state championship

Last year, Diesel Del Rosario made history as the first sophomore from Lāna‘i to take first place in the Maui Interscholastic League wrestling tournament, but he wasn’t able to make it to the state tournament due to an injury. He had no such problems this year. The now two-time MIL champion in the 120 lbs. weight class traveled to O‘ahu for the state tournament which took place on February 24 and 25.

At states, Del Rosario defeated Yuki Uchishiba of Waipahu High School in the preliminary round and Joshua Frias of ‘Iolani School in the quarterfinals. He was eventually defeated in the semifinals by Kulika Corpuz of Mililani High School. He wrapped up his debut state tournament by defeating Joshua Frias again for third place.

Wrestling has been a lifelong passion for Del Rosario who started at the young age of four. Inspired by his older brothers, he joined the Lāna‘i Tiger Sharks wrestling club where he was coached by Alan Sanchez. Today, the club has a new name, Lāna‘i Wrestling, but Alan Sanchez is still his coach along with Kali Kardebrum and Jesse Del Rosario, Diesel’s father.

He attributes his success to the support he receives from his family, friends and the community. With that and hard work, he’s made it his goal next year to win the first wrestling state championship for the island — and maybe prove that he’s better than his brothers.



Photos courtesy of Jesse Del Rosario



The Pine Lasses basketball team after winning the MIL Division II championship.



Haley Ostrander (second row from top, second from left) and her Mufi Hannemann Invitational Girls Basketball Jamboree teammates.

Photos courtesy of Haley Ostrander

Historic senior season

Following a history-making Pine Lasses basketball season, senior Haley Ostrander found out that she’d make history once again, and her high school basketball career would extend to two more games. Ostrander was invited to participate in the Mufi Hannemann Invitational Girls Basketball Jamboree on O‘ahu, a nearly three decades old all-star tournament which showcases the state’s best female high school basketball players. Ostrander was “shocked and surprised” when she heard the news.

Upon learning a few days before the tournament that she was the first player from Lāna‘i to ever be invited, Ostrander says, “Of course I was nervous, but it made me more excited just to be able to participate.”

On February 20, Ostrander and her father Ben flew to O‘ahu for the jamboree. “It was an experience,” says Ostrander. “Just looking back, it’s so much easier to play with my team because we’ve been playing together for so many years.” But by the second game, the players — all representing different high school teams from across the state — fell into a groove and were able to read one another.

“It was a bit of a shock,” reflects Ostrander. “I got to meet players that our team kind of looked up to [during our season].”

Looking back on her senior season, Ostrander says she is most proud of her teammates because it has been a dream of theirs since freshman year to be Maui Interscholastic League Division II champions.

“I just want to thank our community for being there with us and supporting us, especially at our games,” says Ostrander.

