

# Football Returns to Lānaʻi

by Fran Odoshi



**Front row from left to right:** Alicia Ebding, Giyana Agliam, Brooke Belista, Tyra Costales, Leah Vidad, Micah-Angela Manuel, Abigail Sandi, Malia Manuel, Nicole Velasco. **2nd Row:** Cheer Coach Rachel Shaw, Macy Ferguson, Sadie Schilling, Michelle Ferguson, Jana Ohashi, Tyana Foster, Jordan Sanches, Claire Vila, Anela Fernandez, Cheer Coach Divina Costales. **3rd Row:** Demytri Dameg, Kalei Hanog, Kauwila Kalehuawehe, Fonoimoana Moala, GeoriAnne Ornellas, Kristian Soriano, Isiah Nakano. **4th Row:** Blake Tan, Domenic Won, Hokupaʻa Stokes, Luke John Sandi, Blaise Kawasaki, Alex Natividad, Justin Belista, Lele Biho. **5th Row:** Jacob Bero, Trevor Sarme, Blahyze Botelho, Kaimana Riel, Maile Herolaga, Kerl Manuel, Mason Trevino, Parker Szelag. **6th Row:** Coaches- Darryl Joyce, Sid Alajaeda, Duane Ozoa, Kiiona Siliga, George Ornellas (missing from the photo is Coach Stephen Ferguson (Fergie)).

The Maui County Pop Warner Football Season has brought a new Junior Pee Wee team onto the field, the Lanaʻi Nakoa Rams. With (17) cheerleaders and (23) football players, boys and girls between the ages

of 8 and 11, the Lanaʻi Rams took Dole Park by storm for their First Annual Kick-Off Day Celebration on Saturday, August 30th.

This fundraising festivity was the official introduction of the Rams

team to its community of supporters, and helped to raise over \$4,000, which will go towards the team's travel expenses. With a \$1,100 price tag for travel to Maui for each game, and a total of 7 games and 1 cheer competition to attend, the team will certainly need every penny it can get.

The Kick-Off day opened with the traditional call of jersey numbers for each player on the lineup, the cheerleaders and then the board members. A scrimmage followed, and was enjoyed by the crowd despite the typical country rains that blessed the playing field. There was food and drink for all, as well as bouncing castles and games for the kids.

The Half-Time Show featured performances from the Lanaʻi High School cheerleading squad, the Lanaʻi Drumline – Kani i ka Pahu, and the debut of the adorable Na Koa Rams Cheerleading Squad. After the scrimmage, a Punt, Pass and Kick competition ensued bringing athletes, both past and present, to show-off their stuff.

Each official player or cheerleader on the roster was allowed one “supporter” (someone outside of the team roster) to take part in the competition. Each participant was measured by how far they punted, passed and kicked a football across

the field. Second place winners were given medals, while first place winners were given medals, a \$25 gift certificate from Wal-mart, and the ultimate prize, bragging rights.

Congratulations to our second-place winners, Kerl Manuel (punt), Luke John Sandi (pass) and Kalei Hanog (kick). Bragging rights, prizes and a job well done goes to our first-place winners, Demytri Dameg (farthest punt) and Kerl Manuel (farthest pass and kick). There was a stiff competition between all of the “supporters” who were invited to join in the fun, but a definitive battle ensued between Coach Kiona Siliga and his brother-in-law, Gordon Schilling, who were both former football players themselves.

At the end of the day final congratulations went to Gordon Schilling for pulling off the win with 163 total yards, topping Coach Kiona, who brought it in with a total of 153 yards.

Special thanks to all of the supporters who made this first Kick-Off Day the touch down that it was! We look forward to seeing more Lanaʻi football fans at the upcoming games on Maui. If you would like the latest news on the team, or a game schedule, contact Fran at [mrs.waiteonlanai@yahoo.com](mailto:mrs.waiteonlanai@yahoo.com). Will you be a Rams Fan?



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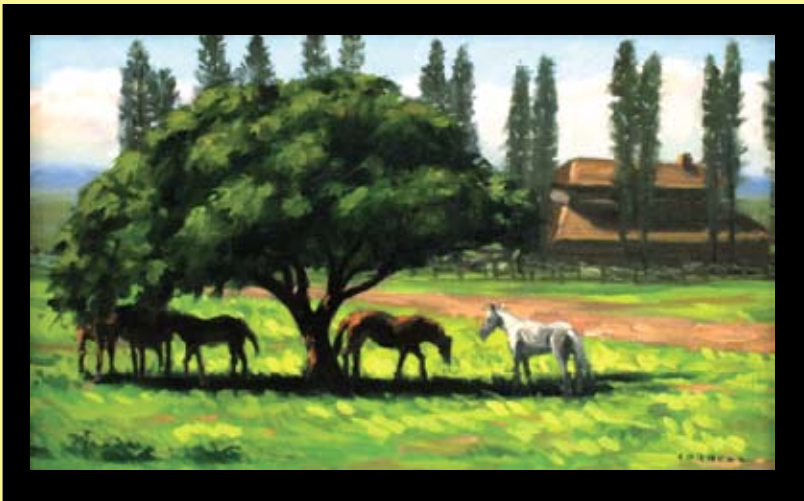


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Clearing a Path from Mauka to Makai at Kalaehi “White Stone”

The Lana’i and Maui Connection

by Kathy Best, Castle & Cooke Community Relations Manager

Can you imagine 40 people coming over from Maui on the early morning Saturday ferry to help us with a community cleanup on Lana’i? Well, it happened. The Wailea/Kihei Rotary reached out to support their neighbors on Lana’i and came together for this community stewardship project with Lana’i residents and Castle & Cooke employees to work on clearing a pathway to the ocean at Kalaehi - commonly referred to as “White Stone.”

How did we get so lucky? Who would take the time and money to come over to Lana’i to spend their day on a cleanup project? It all started with a phone call from Lis Richardson of the Wailea Rotary to her good friend Sue Murray who is the Principal Broker at Island of Lana’i Properties. Lis said that her Rotary group wanted to come to Lana’i to help with a community project. The Wailea Rotary has received recognition and awards for their community service on Maui and is especially known for their beach cleanups and stewardship



Maui Rotary member, Carol Perry, helped pick up broken glass and trash.

projects. This was the start of our Lana’i and Maui connection.

The caravan of cars to get the 55 volunteers to the site included Lana’i community members and Castle & Cooke employees. After picking up our Maui Rotarians and their family and friends who came to help, we met at the Lana’i Culture & Heritage Center, where we welcomed our visitors. Kepa Maly, Executive Director of LCHC shared some information on Kalaehi to give us all a “sense of place” and the significance about where we were going to spend the day. He also explained how we should approach the sites – to walk carefully on the uneven and sharp coral terrain, and no uprooting or pulling which can disturb the native plants. Instead, we should cut, saw or clip.

Armed with saws, loppers, clip-pers and lots of enthusiastic hands to help, the crew worked diligently in the heat of the day. They cleared lots of kiawe bushes, hauled the over-



Alberta de Jetley battles the keawe bushes with a saw



Pau hana time for this work crew ... time to head for the beach!

Mahalo!

A special mahalo to our Lana’i Drivers and Hosts for their time, vehicles and in-kind contributions!

- |                       |                                 |
|-----------------------|---------------------------------|
| Sue Murray            | Mikala Borders `Ohana (and Ben) |
| Elarka Yuen           | Nick Palumbo `Ohana – van       |
| Kathy Best            | Mike & Kathy Carroll – jeep     |
| Kepa & Onaona Maly    | Lana’i Youth Center – van       |
| Alberta de Jetley     |                                 |
| Kahau and Liko Manuel |                                 |

An extra special mahalo to all our Maui friends! We heard they plan to return again sometime next year – we look forward to their next visit.



Bentos, brownies and time to relax – a great way to end our day at Kalaehi.

grown brush and other plants and weeds that were crowding out the endemic native Hawaiian plants, as well as, picked up trash and broken glass in the area.

After hours of hard work, the dedicated volunteers headed down to the beach to enjoy some bentos provided by Castle & Cooke and home-made brownies baked with aloha by Onaona Maly. The beautiful view looking towards Maui was

enjoyed by all as they rested their weary bodies and the keiki played joyfully with a carefree spirit in the ocean along the shoreline.

In the future, we ask everyone to please kokua and to keep our community beautiful and clean. Take your opala with you after camping or enjoying a day at the beach. E laulima kakou. Let’s work together to be good stewards of our community.

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# The Story of Kalaehi – A message from Kepa Maly



## Kamakaopahulu at Kalaehi

Kalaehi (now called White Stone) is one of the important storied places on Lanaʻi. The ocean fronting Kalaehi is called “Kuʻunaakeakua” (Net fishing ground of the ghosts). It was here that the young chief Kaululaʻau entangled some of the ghosts in his fishing net in his quest to rid the island of its ghostly inhabitants. A small cave on the west side of Kalaehi is the place that Kaululaʻau slept on certain nights of his stay on Lanaʻi. On the up-lifted coral flats, between the present-day road across Kalaehi and the shore, is a small hole of about

four inches in diameter called “Kamakaopahulu” (The eye of Pahulu). This little feature is one of the most significant cultural sites on Lanaʻi. Its name comes from the tradition of Kaululaʻau having killed Pahulu - the king of the Lanaʻi ghosts. Kaululaʻau dropped a large boulder upon Pahulu, and his eye flew out of his head. It landed at Kalaehi, and formed the little hole, called Kamakaopahulu. This small feature is one of the most significant cultural sites on Lanaʻi, as it is tied to events that made Lanaʻi inhabitable.

Aloha to all,  
Mahalo nui to each of you, your ‘ohana and organizations for your kind and caring nature. Lanaʻi is a treasure. Part of what makes it so, are the people who are touched by it, and who come together to help care for it, and re-install a sense of community stewardship. As the Kupuna taught us, “Care for the land, and the land will care for you.”  
Our day at Kalaehi was blessed and productive. I am personally excited about the next step that we will build upon the foundation that you helped us set. We will work on finishing the clearing of a view plane corridor from the road to the shore---with luck, finding Ka maka o Pahulu again—and development of an interpretive wayside exhibit, to help people appreciate and understand the landscape they are in, when traveling the Keomoku region.

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# Lānaʻi Faces:

## Phyllis McOmber



Phyllis McOmber, Lanaʻi resident since 1972 and force-to-be-reckoned-with, one busy lady, helping reopen Lanai's first preschool after budget cutbacks closed it, assisting with the 4H program (giving local kids outdoor experiences like horseback riding and raising pigs), helped start the children's gymnastic program, and generated parental and community support for the keiki when they became National Champions in the President's Council on Physical Fitness.

Originally from Lady Lake, Florida, her mother was a perennial community contributor, reaching out to the elderly, to anyone in need. So she "comes by it honestly,"

her outgoing, generous nature. She came to Hawaii in 1960 to work for the University of Hawaii. She started July 1, and the 50th state flag was flown for the first time a few days later on July 4th, 1960. Married in 1969, Phyllis and husband, Ron, raised their daughter Melissa here on Lanaʻi. This three-time cancer survivor speaks of now having a deeper faith, more of a willingness to get out there and make things happen, because one never knows when will be their last day. A pet project today is the Lanaʻi Community Health Center, federally funded, turning no one away for inability to pay. For more information, call 565-6919.

# Lānaʻi Places:

## Rec Center Walking Track



Walking just 20 minutes to half an hour three times weekly can provide a host of healthful benefits, including: lowered blood pressure, increased heart function, improved muscle tone, general physical strength, resistance to many diseases, weight loss, and it's a mood booster as well.

Here on Lanaʻi we're blessed with so many terrific walking opportunities (most everything is half a mile or less away), and with little in the way of traffic, it's a walkers' paradise. A great place to plug in the iPod and get in your exercise for the day: the Rec Center's walking/running track, behind the swimming pool complex, adjacent to Lanaʻi High & Elementary School.

When I first moved to Lanaʻi (summer 1999) I recall a Cancer Walk taking place there. Since then I've occasionally stopped by to walk a bit, always meaning to return, make it a habit. It's another of those "it's on my list" activities. A lovely place, the path is easy strolling (or running, jogging), winding through shady trees and fresh, open grassy spaces with vistas of the Hale in one direction, the ocean in another. Two laps equal one mile.

Visit in the early morning hours, in the cool of the evening or any time in between, alone or with friends and family, put more years in your life (and more life in your years): go for a walk.

# Lānaʻi Times Worldwide: KOREA



Tom Roelens, General Manager of the Four Seasons Resorts Lanaʻi, discovers at The Hotel and Resorts Seoul Workshop that *The Lanaʻi Times* is a major draw in Korea for the island. Forecast is for a major increase in Korean visitors within the next 5 years.

## PUBLIC HEARING NOTICE

For the Proposed Amendment of Hawaii Administrative Rules Related to DLNR's Practice and Procedure and to the Civil Resource Violations System

The Department of Land and Natural Resources (DLNR) will hold statewide public hearings for the proposed amendment of Chapter 13-1, Hawaii Administrative Rules, Rules of Practice and Procedure. This proposed amendment would establish a Civil Resource Violations System to be managed by DLNR and amend certain rules governing the administration of DLNR and proceedings before the Board of Land and Natural Resources. DLNR will also hold a public informational meeting immediately before each hearing to discuss the proposed rules. The public meeting and hearing on Lanai will be held on Tuesday, October 14, 2008, at Lanai School Cafeteria, Fraser Avenue, Lanai City, HI 96753. Informational meeting will start at 3:30 p.m., hearing at 4:30 p.m. For more information, visit DLNR's website at <http://hawaii.gov/dlnr/>, or contact DLNR Administrative Proceedings Office at 1151 Punchbowl St, Room 130, Honolulu, HI 96813, (808) 587-1496, or [DLNR.CO.APO@hawaii.gov](mailto:DLNR.CO.APO@hawaii.gov).

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*Love, Jason and Nalani*



## Manele Harbor Blessing

Wednesday August 20, 2008

Harbormaster, Sherry Menze, and the Harbor Advisory Committee worked diligently to bring about the much needed and anticipated changes at Manele. Ron McOmber is quoted as saying, "Sherry Menze was the glue that kept this project together... it's because of the dedication of the Harbor Advisory Committee, working along with Sherry to secure the funds and 'work the process'...we now have our beautiful harbor facilities."

Senator J. Kalani English led the dedication ceremonies, attended by locals from every ethnic and economic group, visitors, tourists, boating enthusiasts, and spiritual leaders in the community.

The \$13.7 million project's funding came mostly from the Federal Transit Administration, which provided \$10.6 million, while the state put in \$3.1 million, providing us with a restroom, admin-

istrative office, improved roads and parking areas, waterlines, fire hydrants, a sewage pump station and fuel dispensing facility. An estimated 80% of Lanai's traffic on and off island is done by locals. Senator English expressed happiness that the improved, more attractive harbor would serve the local population first and foremost.

Mark Tracy, president of Valley Isle Marine Center in Wailuku, "The new facility is fantastic," he said. "...a beautiful and functional design...harbor looks like a quaint village...the waiting area reminds me of a 19th-century train depot."

Our new harbor was designed by Bow Engineering and Development Inc. and built by Maui Master Builders Inc. Construction began in November 2006. The major work is complete, with some landscaping, disabled access work to be finished soon.



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## Pennies From Heaven?

Mahalo, Lana'i...

The Lana'i Cancer Fund's colorful penny jars have yielded over \$1,260 to the Lana'i Cancer Fund over just the past three months!

The first place winner is Richard's Market, whose efforts produced \$444.76, and right behind the staff at Richard's is Lana'i City Service – their penny jar contributed \$399.23 to aid cancer victims and their families. Lana'i Hardware and Lumber captured third place with contributions over \$126.

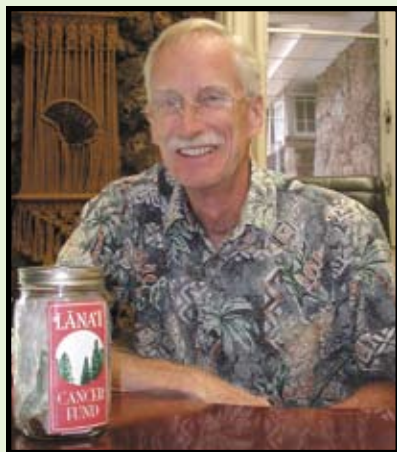
Associated with Na Pu'uwai, the Lana'i Cancer Fund determined several years ago to raise funds through a variety of efforts to aid Lana'i cancer patients, and to keep the funds here. Since its inception, the Fund has aided 20 residents, with over \$14,748 in stipends and expense reimbursements.

Julieann Mock Chew, the Na Pu'uwai liaison at Ke Ola Hou o Lana'i, will be telling the world about the generosity of Lana'i residents and visitors in helping care for their own at the Native People Circle of Hope conference in Salt

Lake City, Utah, this November, and is always available to assist applicants at her office in the Old Dole Administration Building.

The Lana'i Cancer Fund Advisory Committee also thanks Pine Isle Market, International Food and Clothing Center, Café 565, Canoe's, CoffeeWorks, Hotel Lana'i and all those Lanaians and visitors who generously contributed to this vital fund.

Save your small change for our penny jars and help us help each other in waging the continuing battle against this dreadful disease!



*John Schamburg with penny jar*



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# Ka Lanakila o ka Malamalama Church Clean Up

Along the dusty road of Lanai's windward coast, there occur many important traditional sites. Also scattered along the way, passed by the old Government Road (Keomoku Road), are found several significant historical features, reminders of earlier days on Lana'i.

Perhaps most notable of these historic features is the "Keomoku Church," which marks the center of Keomoku Village. Keomoku and countless other areas along the coast hosted many Hawaiian families over the centuries. Built in between 1898 and 1901

Keomoku developed into a thriving village, established as a sugar plantation town—at one time home to nearly 800 residents.

The short-lived sugar plantation left many "village" features behind, and Keomoku remained an important place of residency for about 30 years after closure of Maunalei Sugar Company. In 1903 the Hawaiian families of Lana'i—with the help of members of a family of churches on other islands—built and dedicated Ka Lanakila o ka Malamalama Church, originally a part of the Hoomana Naauao churches. The last service in the church occurred in the early 1950s. For years, several Hawaiian families cared for the church, but as they aged, it became more difficult to care for, and wild kiawe growth, along with dirt washing down from the mountains, have impacted this historic site.

Over the last few years, Kupuna Irene Kamahu'ialani Cockett Perry and Solomon Kaopuiki (whose parents helped to build the church), along with Momi Suzuki and "Maoli" Sue

Osman and others have periodically tried to do what they could to trim back the kiawe growth. It has been a difficult process.

On September 13th a group of 15 people, aged 4 to 91, spent five hours at Ka Lanakila Church, and with the help of Jeff Skidmore (who provided the group with heavy duty chain saws and an arborist's skills), turned back the hands of time and cleaned the landscape around the church, in an effort to give it a little breathing room.

Participants in the community service project included: Kupuna Irene Perry; Jeff Skidmore; Daniel Squiers; Kevin Humphrey; Mikala, Justin and Naupaka Borders; Kahau and Liko Manuel; Steve; Jerry Villa; William, Sandy, Cameron and Cody Patterson; and Kepa Maly. Through community efforts like this we will be able to ensure that the rich legacy of Lanai's heritage is handed on to all who touch Lana'i. If we are to save this unique facet of Lanai's history, there is much more to do. And together it can be done.

Mahalo a nui, ke Akua pu!



Keomoku clean-up crew pau hana



Keomoku before



Auntie Irene Perry in front of Keomoku dedication plaque.

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# Sleeping With Dogs

by Sheila Black

Valentina, a Chihuahua/Toy Terrier who came to us one Valentine's Day, was so tiny, she fit in the palm of my hand. Hence the nickname Teeny Tiny.

Duane used to take her to work with him, tucked into the front of his shirt so she'd be warm and he'd be able to keep close track of her whereabouts. Many a visitor to his office would be startled to see his tummy jiggle and then see this little head with huge eyes peek out.

One day, Duane took Teeny to Honolulu with him for a brown bag lunch/meeting. We had our own Cessna 150 at that time so it was no problem. As he prepared to fly home after the meeting, he put her in the plane but left the door open as he pushed the plane back away from its mooring. Teeny, curious about what was happening, looked out the door, fell out and got her tummy pinched by the front wheel. She seemed okay, so they proceeded home as scheduled.

That evening, I noticed that she seemed to have difficulty breathing. Of course, Duane denied that there was anything wrong with her but when we took her to Dr. Palumbo that weekend, he confirmed that her breathing was labored, especially if you tipped her head down, tail up. Nick suspected that being pinched by the wheel did cause a problem. We arranged for Duane to take her to his office at the University of Hawaii the following week and Nick would operate on her there, since he needed another vet to administer the anesthesia and assist with the surgery.

Her diaphragm had been torn, causing her stomach and intestines to push up against her lungs and heart. The surgery went well, although her heart, the size of your pinkie fingernail, stopped at one point and Nick frantically massaged it back to life. ("I can't let her die," he exclaimed to the vet assisting him. "Her owner has my Lana'i lease agreement!").

When Nick brought her back to Lana'i later that week, he was quite concerned because she had refused to eat or drink anything all week. I got her little pink water and food dishes, put some milk in one and fresh ground beef in the other and she hungrily wolfed it down, much to Nick's chagrin. Duane was still in Honolulu, so I had her to myself that first night and slept on the living room floor with her so she wouldn't attempt to jump up on my bed and tear out her stitches. (Her usual practice was to jump on the bed, scurry under the covers all the way down to the bottom of the bed, and crawl back up between us so only her head popped out of the covers.)

Needless to say, I got very little sleep since she was so excited about being at home and every time she got up to roam around the house, I jumped up, too. The first thing

I said to Duane when he returned home was, "YOU sleep on the floor with her!"

It so happened that our son

on the towel and glare at him.

She never got over hating that horrible man who insisted on putting her in a wire cage with a tow-

el, causing her great pain, and then having the audacity to give her water and DOG FOOD in big metal bowls!



Valentina

Ralph brought a buddy over for a weekend of fishing and they were staying in our guest cottage. Sometime later, Duane and I were in Honolulu and were telling Ralph's wife about Teeny's operation when Ralph suddenly jumped up and said, "Oh, my gosh; I have to call my friend!"

Turns out that his buddy had come over to the house that first night for a little midnight snack. He quietly crept back to the cottage and later that morning told Ralph that he thought we might have had a fight because, by the light of the open refrigerator, he had seen Duane sleeping on the living room floor!

Months later, we had a couple of friends over one evening and were sitting by the picture windows in the living room when Teeny, who was asleep in Duane's lap, suddenly woke up and starting snarling. There was a knock at the door. Nick and his son happened to be walking down the street, saw us in the window and decided to stop and visit. Teeny spent the rest of the evening on Duane's leg, facing Nick and snarling. That's when we learned that he had her in an animal cage at his clinic prior to her operation: he put a towel on the floor of the cage so her little paws would not get caught in the wire and every time he walked into the room and saw her crouching in a corner of the cage, he'd fix the towel and place her on it. After awhile, she'd see him coming in the room and would hurriedly get



**FREE SLACK KEY GUITAR CONCERT**  
**Saturday, October 18 - 2 p.m.**

The Lodge at Koele -  
Outdoors on the croquet lawns  
**Music by Lana'i favorites**  
**Dennis and David Kamakahi**

*Special thanks to Four Seasons Lodge at Koele for hosting Art Center events!*



**BONES**  
**Saturday, November 2 - 4 p.m.**  
The Lodge at Koele - The Great Hall  
**Storytelling and Dance by**  
**Nyla Fujii-Babb & Yukie Shiroma**



**Expeditions Sponsors**  
**HAWAIIAN FILM NIGHT**  
**Wednesday, December 3 - 7 p.m.**  
Lana'i Playhouse Theater  
**An evening of work by Hawaiian Filmmakers**

*Thanks to all who've attended The Lana'i Art Center's free events this year!*  
*April's Fuga Film night (full house at the Lana'i Playhouse Theater),*  
*Kahakili (200 standing-room-only crowd at the Lodge),*  
*and Trilogy Excursions & Lana'i City Service-Sponsored*  
*Family Film Night in July (266 enjoyed the Bee Movie at Dole Park)*  
**Don't miss the upcoming events listed above!**

THE LANA'I ART CENTER 2008 FREE CULTURAL SERIES IS MADE POSSIBLE BY





# Political Rally in the Park

Saturday September 6, 2008



Matthew Mano, Alberta de Jetley, Winnie Basques, Kai Nishiki, Mike Molina, Michael Howden.

A picture postcard perfect day for the political rally in Dole Park, which gathered together Maui Council and Hawaii state candidates, for the first time in many years. It's always good to be able to connect a face with a name, especially on your ballot come voting day. This nonpartisan event was organized by Alberta de Jetley and made possible with the assistance of Castle & Cooke.

Locals had an opportunity to meet and greet, shake hands with

and ask questions, share their views and concerns directly with candidates, and one and all enjoyed seeing and hearing the Lana'i Drummers and the ever-lovely senior ladies from Halau o Lana'i Kaula, led by Heather Romero. As they did a graceful hula to Iz's classic "In Dis Life", there were a lot of misty eyes.

It was a fun event, and one that will hopefully be repeated with increasing frequency.

# Lana'i Community Health Center Open House

478 Lauhala Place, 565-6919

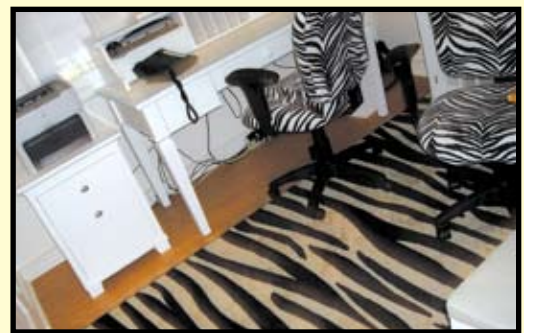
They came, and just kept coming...the brand new Lana'i Community Health Center drew quite a crowd of happy locals. Located kitty-corner to the Union Hall (many think of it more easily as the Patterson's old house), ooh's and aah's over the wonderfully cozy waiting rooms, complete with rocking chairs that more than one grown up (me too!) took advantage of, and I saw some cuddling little ones as they rocked.

I counted four treatment rooms that boasted gorgeous views of the landscaping, one was even decorated all in zebra stripes. Professional in appearance, replete with all the modern tools and equipment you'd expect of a health center, yet each felt almost like lovely decorated rooms in a home you'd enjoy spending time.

This open house day was about introducing the health center to Lanaians, and free blood-pressure checks were also offered,



along with refreshments. The center is federally funded, and no one is refused service due to financial problems. Out on the lawn, staffers and future patients talked story, and as I passed among them I heard ideas like "lovely," "so nice," "I'm going to come here!", "the kids are gonna love this place!"



A clinic with style

# The Festivals of Aloha

Saturday October 25, 2008



Visitors and locals alike look forward to the annual Aloha Festival, and this year's event promises to provide yet more cultural awareness in a party atmosphere.

9:00am: Listen for the Kani Pu (conch shell announcement) heralding the arrival of the 2008 Royal Court Mo'i Kane Theodore "Buddy" Nakoa and Mo'i Wahine Mary Ellen "Suki" Richardson-Nakoa, and beginning of the Parade from Iwiole to Lana'i City. Come out to see the flower-garlanded horses, fancy cars, clubs and organizations marching with banners.

Ho'olaule'a, Dole Park: Ho'okupu and makana (gifts) presented to the Royal Court, and a full day (11:00am to 5:00pm) of

yummy food, amusements, music, informational and fun Hawaiian-kine crafts and exhibits. You are invited to bring your beach chair (don't forget the sunscreen!), but asked to leave the coolers and beer at home...Maui Nui, presenters of the event, gently remind you this is an alcohol- and drug-free celebration.

For more information, and for Festival events and scheduling on the other islands: Yuki Lei Sugimura (808) 878-1888, or (808) 244-3530, online at [www.visitmaui.com](http://www.visitmaui.com). Your purchase of Festivals of Aloha, Maui Nui Style! buttons (\$5 each) help fund the countywide event AND provide discounts to some events.

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# Five LHES Class Reunions Celebrated on the 4th

The perfect time to bring together five LHES Classes from the past. The classes of ‘63, ‘68, ‘73, ‘78 and ‘88 all met to celebrate on Pineapple Festival weekend. Anywhere you were on Lana‘i, you’d have heard hooting, hollering and wild, late night carry-ons as former classmates hugged, cried, talked story, ate (and drank) their way through an extra-long July 4th weekend.

## Class of 1963 Reunion      Class of 1968

by Herman Calbero

The 4th of July is the perfect time for Lanai’s Grads to have Class reunions, add in the pineapple festival and you have an awesome week-end of celebration. The Class of 1963 did just that. The Class celebrated their 45th reunion with a Bang and the fireworks. We had 22 classmates attending, one coming from as far away as Wisconsin and one attending for the first time since graduation. This class is the most close-knit that Lana‘i has grown, having mini reunions throughout the year here on Lana‘i, in Honolulu, in LA and Vegas.

This year’s gathering included a lot of fellowship, just plain talk story, entertainment at the Senior Center, a ride on the expedition for a tour of Maui, a Bar-B-Que at Alberta’s Beautiful Farm, and Picnic at Manele Beach. We now look forward to our next BIG Five-0 celebration.



Left to right: first row- Lynne Ota (Funada), Charles Yara, Aldegunda Bermudez (Tolentino), Mamo Fernandez (Iona). Second row-Nancy Lantz (Belez), Julian Dahang, Peter Agliam, Ben Dalde, Doris Quon (Anbe). Third row-Herman Calbero, Melvin Mitsunaga, Creighton Nobui, Micheal Colunod, Albert Kawai, Anthony Asuncion, John Park, Paul Oda, Wayne Kim. Not pictured but present-Alberta de Jetley (Morita), Dinah Del Rosario, Nani Wilson (Kanipai), Leslie Oyama, Harvey Okazaki.



Left to Right: Nancy Lantz (Belez), Aldegunda Bermudez (Tolentino), Paul Oda, Doris Quon (Anbe), Ben Dalde, Wayne Kim, Julian Dahang, Royalene Fernandez (Iona), Anthony Asuncion, Lynne Ota (Funada), Herman Calbero, Peter Agliam, Charles Yara, Melvin Mitsunaga, Michael Calunod.

by Diane Irons

Out of the 50 classmates who graduated at LHES in 1968, 26 returned on July 4th to celebrate their 40th class reunion. Classmates returned from as far as Utah and as near as Oahu. Twelve of the classmates reside on Lana‘i.

The events began with breakfast at Blue Ginger on Friday. Besides the hugs and screams of joy, the conversation was endless. After breakfast the group headed for the cemetery where they placed flowers and said prayers for classmates Gwen Hubin and Carmichael Ozoa. They proceeded to the Lana‘i Cultural & Heritage Center. Following Kepa Maly through the room of pictures and artifacts brought back many memories for all of the classmates. In the evening they all gathered at the Pineapple Festival to continue to enjoy local food and entertainment. After the Festival, many gathered at Leslie Tamashiro’s family home to continue to reminisce and to sing karaoke. They were joined by many other alumni.

Highlight of the second day was dinner at Hale Kupuna. The food was delicious and conversation was enjoyed by all. Entertainment was provided by classmates; Eunice De Renne who danced a spiritual hula dedicated to Gwen Nelson's family, Sandra Masuoka and Dennis Pavao danced additional hula numbers. Alfred Lopez and John Kauwenaole entertained everyone with songs as they had always done in high school. During dinner Leslie took pictures of each classmate along with a picture of their graduation picture. He then presented a slide show at his home after the dinner. The memories created were endless.

The weekend ended with a beach party that lasted all day and through the night.

Although it all had to come to an end, they will all remember the laughter, the hugs, and conversation. They all have emails so each can continue to stay in touch. The group is already planning to return in two years on their 60th birthday.



Seated: Laverne Hamauku Kanno, Sheila Awakuni Eligado, Linda Ocalada Ishizaki, Mildred Lui Nybo, Pete Tolentino, Gwen Mendes Nelson, Nora Miranda Raboy, Barbara Benanua Fernandes. Standing: Wallace Tamashiro, Eunice Turqueza De Renne, Jimmy Cayan, Barbara Tom Cave, Timmy Catiel, Tina Tabura Lopez, Al Lopez, Dennis Pavao, Diane Del Rosario Irons, Larry Agliam, John Kauwenaole, Andrea Sarocam, Frank Pagay, Sandra Alonza Masuoka, Andrew Dela Cruz, Leslie Tamashiro, Albert Morita, Michael Del Rosario

# “You've Got to Have a Friend” in the Class of 1973

by Doreen Pascua

Celebrating their 35th class reunion on Pineapple Festival weekend, LHES Class of 1973 had started work planning the next reunion. The class had all started Wednesday the 3rd of July at the Pineapple Festival. “Laughter” and “shaka” were heard at the airport. She and Stephanie “Pagay” Cortez, who had been at the reunion, with much help from the other classmates and friends here on Lana‘i.

The parties started up like a fire. The class was singing to the rhythm of the Cha-Cha-Cha and the Midnight Hour that made it Time for Us to remember. High school friends, balderdash night, drive-in movie, pole dancing (they might not have been there this last, but they thought about it).

Classmates in attendance: Frances “Dimples” Alboro (Lana‘i), Estives, Brian Hubin, Claudette Pagay Cortez (from Maui); Carol Miyamoto, Charlene Honda “Koboyashi” (from Oahu); Albert “Whitmore” (from Oahu); Albert Paul Alconcel, Erwin Ozoa, Bernadette “Pascua”, Bernadette Ohashi “Dimples”, Edna Tanodra (from Lana‘i).

Saturday night’s gala to remember. Claude Huerta’s awesome sound and entertainment from the class.

Laughter, love and true friendship. Few, this class will be back with us. On the drawing board: golf to fishing and goat hunting (what are, at least as refers to the goat to everyone who donated gifts to memorable. Special thanks to musical accompaniment, and the them tippy-toeing home in the your place was the essence of the



From right to left: in front are Bernie Giron, Claudette “Mamo” Huerta Herman, Bernie Giron, Renee “Miranda” Bur Spitalsky.



Front row: Bernie “Dumlao” Ohashi, Charlene “Honda” Koboyashi, second row: Estives, Bernie Giron, Doreen “Ehara” Estives, Stephanie “Pagay” Cortez, and back row: Leslie “Sadao” Miyamoto, Erwin Ozoa, Ranis.a



# ot a the Class

union over the July 4th week-  
uch a blast they're already at  
n, to take place in two years. It  
when Renee Miranda “Bur-  
signs”) arrived at the Lana’i  
ay” Cortez planned the  
their classmates, families and

a blast from the past, with danc-  
ha slide, electric slide, through  
Dancing to the Music a special  
gh points included the karaoke  
ing the clay shooting carts and  
ave actually gone through with  
t it!).

Renee Miranda “Burchard”,  
ooth from California); Easter  
“Mamo” Huerta and Stephanie  
aroline Zaan “Rzonca”, Leslie  
Kobayashi” and Marsha Akuna  
rt Ranis representated Moloka’i;  
ernadita Giron, Doreen Eharis  
Dumlao”, Leilani Spitalsky and

member started with 70s decor,  
nds, Nida Ige’s delicious buffet,  
ss of ‘73 and their families.  
endship, being so Precious and  
th more stories for us in 2010.  
urnament, clay shooting, spear  
a bunch of kidders these guys  
s!). They send out big Mahalos  
and helped make their reunion  
Claude Huerta for the perfect  
their families for putting up with  
wee hours. And to Joe Kaakua:  
his class reunion, Da Bomb!



ie “Dumlao” Ohashi and  
nce, and behind second row are:  
rchard, Frances Alboro, and Leilani



ni, Renee “Miranda” Burchard, and  
nd row: Frances Alboro, Easter  
ris” Pascua, Marsha Akuna, and  
ck row: Caroline “Zaan” Rzonca,  
zoa, Paul Alconcel, and Albert

## Class of 1978

by Susan Titcomb

Here’s how we spent the weekend.

Friday the 4th: At Pine Fest. We all gathered at the booth where three of the classmates were selling goods, Ann (Taguchi) Sakagawa, Jeda Hanog and myself.

Saturday the 5th: At federation camp. Lots of food and laughter.

Saturday evening: Susan’s house

Sunday the 6th: Potluck at Jeda’s house. Played some pool and reminisced about high school and looked at Homecoming pictures of days back when.



Sitting front: Jeda Hanog, Susan (Ozoa) Titcomb: standing Charlene “Charlie” Kaaiaakala Ann (Taguchi) Sakagawa, Robert “Booboo” Enfield, John Degamo, Dale (Kaiakamalie) Philips, Tony Dual, Mary (Manuel) Simpson, Pamela Alconcel



Jeda Hanog, Pamela Alconcel, Regina Ayonayon, Mary Simpson

## Class of 1988

by Flora Vila

Lana’i Class of 1988 20th reunion on July 3 - 6, 2008, was filled with great times and fun memories. Thursday night was Stag and Karaoke night at Henry Costales's house. It was the first time we saw classmates that we have not seen since the day of Graduation Ceremony.

Classmates from afar joined the reunion, Mitchel Bandalan from Pennsylvania, Molly Tamashiro from Seattle and others from the neighboring islands. We had such a great time reminiscing the old times, fondly remembering our silliness and bringing each other up to date on what has happened to us since we went our separate ways.

On Friday, we had breakfast together and we took a trip to the cemetery and paid respect to our departed friends and classmates and snorkel sail in the afternoon. Friday night was reserved for the Famous Lana’i Pineapple Festival, a time to talk story with community members and visitors and enjoy local cuisine and entertainment.

Hang loose at the beach on Saturday, our children played together on the sand, swam, crab hunting while we looked at old school year books and photos, and remembering the good times we had.

The reunion was a weekend filled with laughter, good times and surprises that brought the class closer together once again.



Front: Maura Hill, Mitchel Bandalan, Heidi Valdez, Loraina Seghorn, Flora Vila, Henry Costales, Divina Sequerra, Mary Ann Tamashiro, Yvette Sarme. Back: Jay Ballesteros, Wendy Kaopuiki, Alex Batoon, Anthony Baldeviso, Junior Asuncion, Pua Manuel, Wesley Sabado, Alan Royce Batoon, Merlito Ganir



Class of ‘88 at play



# Lana'i Community Benefit Fund: \$24,800 to Local Nonprofits



Valentine's Day cookie decorating at the Lana'i Art Center

Good news for Lana'ians, and nonprofit organizations providing recreation, fun and cultural awareness on Lana'i, with a decided emphasis on youth:

- \$3,750 to the Lana'i Art Program's Wednesday Art Club for kids, with a separate \$1,600 grant for the murals at Lana'i High & Elementary School...
- \$5,000 for The Arts Go to Lana'i (Maui Arts & Cultural Center)...
- \$5,000 to Lana'i Pop Warner Football Association (Maui Youth Football & Cheer Conference)...
- \$5,000 for Honolulu Theatre for Youth (Lana'i tour)...
- \$5,000 to Bishop Museum (Holoholo Science & Ask a Bishop Museum Scientist program on Lana'i)...
- \$1,050 for the Lana'i Family Fun Event (Maui Economic Opportunity)...

Greg Cohen, of the Lana'i Art Center told us: "The Lana'i Community Benefit Fund has funded the Wednesday Kids' Art Program for over ten years now. Kindergarten through fifth graders have a chance to enjoy a wide variety of art experiences. They express their emotions, gain confidence in their abilities, and have fun in an interactive group."

The LCBF is part of the larger Hawaii Community Foundation, established in 1994, and has made grants on Lana'i of over \$870,000 during the past 14 years. For more information, call Ginger Gannon (808) 242-6184, or visit them online at [www.hawaiicommunityfoundation.com](http://www.hawaiicommunityfoundation.com).

# Lana'i Community Dialysis Center: 10th Anniversary



front row : Guilherme Alboro, Jr. and Larry Hanog  
back row : Curtis Pacada, John Schaumburg, Cecil Hera, Marty Wilson, Frank Borse (regional overseer) and Takeo Okamitsu

Ten years ago, Lana'i residents in need of dialysis had to live on another island, usually Oahu or Maui, during the week, traveling home each weekend because there were no dialysis facilities here. The treatment itself can be exhausting, factor in the travel time (not to mention expense) and it's easy to see why the dialysis center's opening a decade ago was greeted with such enthusiasm.

The center was the brainchild of former Lana'i resident, nurse Martha "Marty" Wilson, daughter of the late Lana'i physician E. D. "Buzz" Willett. She moved heaven and earth to see the treatment/travel nightmare end for Lana'ians

in need of dialysis. They've grown to bursting at the seams, with three additional chairs since opening their doors for the first time in September 1998 (for a total of seven). The new renovation project has proved well worth the wait with a brand new unit equipped with individual patient TV's, state-of-the-art client record computer system and the most up to date dialysis machines available. Sorry, no foot massages, they're too busy taking great care of clients! Look for announcement of their grand (re)opening here in The Lana'i Times. Your friends at the FMC Lana'i Community Dialysis Center say A Hui Ho!

# Kihei Rent A Car Your Ma'alaewa Connection



The Kihei Rent A Car Family... Major Cockett, Brea Pakele, Michael Pakele, Nichole Parsons and Lehua Emiliano

Kihei Rent a Car is one of Maui's only locally-owned and operated rental car companies. They offer daily, weekly, and monthly rates. They also eliminate many of the a la carte fees charged by other agencies. There are never any charges for mileage or multiple drivers. Their fleet consists of five-passenger Nissan Sentras, seven-passenger Dodge Caravans, and four-passenger Jeep Wranglers. The rental rate is determined

by the age of the vehicle. They have newer model Sentras for those who prefer low-mileage cars, or you can save money by driving an older model car. "Whether you're a local or just visiting, we have the car for you! Since all of our cars are four-cylinder vehicles, you can also save money at the gas pump! When you choose Kihei Rent a Car, you are not just renting a car, but joining a new family of friends on Maui."

## The Courts, LLC

Would like to announce that applications are still being accepted for its new low-income apartment complex called "The Courts" on the Island of Lana'i

"The Courts" are located on the corner of Lana'i Avenue and Eleventh Street and is a 48-unit multi-family complex consisting of 11 buildings with a mix of 1- and 2-bedroom units ranging from 535 to 782 sq. ft. of living area with 2 separate laundry facilities

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# EAT TO LIVE (not the other way around)

by Sharil Baxter

Two kinds of people: those who eat to live, and those who live to eat! Count me among the latter. Food and I have had a love-hate relationship since I was a teenager. There have been times we've been the "best of friends" and the "worst of enemies." Food, and how to manage it, has always been a problem for me.

It's not that I don't understand the difference between good and bad food choices; I do. I've a college degree that includes significant education around food and nutrition. I was a Weight Watchers lecturer for five years. I lived, breathed and was almost evangelical about "the program." After all, I was "living proof" that it worked. I had lost 50 pounds. Twice! I teach adults the importance of good nutrition and exercise as we age. How could I have allowed my weight to get so out of control?

I've tried to "accept" my overweight body, but never could. I knew better. It was about how I "saw" myself, how I "felt" about myself. I also knew I would only be successful at making a real "life change" when I was totally committed.

My daughter and son-in-law live in Iowa City, Iowa. Earlier this year, they told me about a book they had read and how excited they were about changes they'd made in their eating habits and their resulting weight loss. *Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss* by Joel Fuhrman, M.D.



Before

While I visited them this summer, for the birth of their fourth child, I read the book from cover to cover. Dr. Fuhrman's book presents the "science that shows you how to live longer, reduce your need for medications and improve your health dramatically. If you follow the Eat to Live diet, you will lose weight faster than you ever thought possible." That got my attention!

The information was compelling, and having just completed a series of medical tests and lab-work in Kansas City, I was "highly motivated" to lose weight. My husband, Tom Butt, read the book on the plane ride from the Mainland. When we got home, we started the

eating plan together. I'm pleased to report that after five weeks on the plan, I have lost 15 pounds and Tom has lost 12.

Simply put, we've become vegans. My son, Chris Lovvorn, who also lives on Lana'i, has been a vegan for years and is the epitome of healthy eating. Our daily food plan is a minimum of 3 fresh fruits, 1 pound of uncooked, mainly green,

vegetables, 1 pound of cooked, mainly green, vegetables, 1 cup of beans and one serving of a whole grain. There is no fat, no salt, no sugar and no animal products.

I have lots more weight to lose, but I'm committed and confident that I will succeed. For more information check out Dr. Fuhrman's website at [www.drfuhrman.com](http://www.drfuhrman.com).



After

## Barry & Suzie's Vegan Update

Five months later... Suzie and Barry Osman have topped a combined 110 lb weight loss following their switch to a vegan diet – healthier, stronger and happier. They invite your comments and questions – [Barry@TheLanaITimes.com](mailto:Barry@TheLanaITimes.com) or stop by and visit Barry at the Dis 'N Dat Shop.

## Lāna'i Times Worldwide: LALA PALACE LISBON



Carolyn and Walter Treiber are lost in Lisbon, Portugal. They are depending on The Lana'i Times to show them the way.



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# Improving Cultural Competency: Smart Strategies for Working with Filipinos

Mabuhay! A Filipino cultural greeting, similar to aloha and shalom; hello, good to see you, warm greetings, and so forth.

The seminar on Saturday, August 30, held at Manele Bay Hotel's Hale Halewai Convention Center, was an important and on-point look at the Filipino community in general, and here on Lana'i specifically. Of the hundred or so attendees, we spotted members of the health care field, educators, businesspeople and citizens of virtually all walks of life as represented here on Lana'i.

Various speakers clearly communicated the need for mutual cooperation and understanding between the Filipino community

and the other ethnic groups with which they interact. Presenter, Dr. Virginia Cantorna, stressed the importance of understanding things so easily taken for granted, such as the Filipino tendency to look down, out of a spirit of humility, which can be mistaken for a lack of caring, even hostility by westerners, who value the "look me straight in the eye" type of interaction.

Vala Welch, ESLL (English as Second Language) teacher at Lana'i High & Elementary School made a good point when she said many westerners are privileged and don't even know it, don't think about it. "Just having a lighter skin color means life is in many respects easier for us, and we need to stop and



Workshop key presenters: left to right is Mary Santa Maria, Jeny Bissell, Dr. Virginia Cantorna-PsyD., Atty. Cornelia Soberano, Jessie Myers, Helena Manzano.

think about this, and the ways this can build walls between ourselves and the people we're trying to work with, trying to help."

Here's hoping this broad-spectrum seminar will help to build bridges, and help tear down some of those walls.



Lana'i attendees with the Maui and Honolulu guests.

## Lānaʻi Times Worldwide: THE COLISEUM ROME



At the Coliseum in Rome Alex and Trey Harris, formerly of Lana'i, are expanding their horizons with *The Lana'i Times* on their European Tour.

# ASTROLOGY – OCTOBER 2008



by Sharon Owens

**ARIES:** Get out of the house! Don't worry about invitations; you'll be getting plenty. Go for a change of scenery, to get your mind off your problems. Go because there are people and opportunities galore out there for you. And isn't it about time?

**TAURUS:** Think of it as fall's equivalent of spring-cleaning: not just your closets, get rid of habits, attitudes, worn out friendships that have been going nowhere for a long time. You'll feel lighter, healthier, and more optimistic. In your case, less truly is more this month.



**GEMINI:** Looking for love? It's all around you, and in some delightfully surprising and unexpected places. Latching onto new great buddies of all ages is good fortune enough, but each new bright face in your life has potential love interests attached to them (bosses, neighbors, friends).

**CANCER:** Gardener or philosopher, same message: tend

your roots! Spend a little time in October thinking about where you're from, how you've grown and changed, who these people are, your family. Answers to some knotty relationship problems in the here and now are found in your past. Dig out those photo albums; take a stroll down memory lane.

**LEO:** Let your voice be heard! Born leaders and organizers, Leos make wonderful bosses too. Warm-hearted, very aware of other people's feelings, you can put together a winning team this month and lead them to victory in the near future.



**VIRGO:** A time of introspection - write in a journal, draw a picture of how you want your life to look in, say, five or ten years time. Pay attention to your dreams, wishes and hopes, too. Notice that wishes of yours are coming true now, now that you've moved on and no longer want them! Be specific and positive with those daydreams and fantasies...and

mark your calendars: what you wish for NOW will appear in some form within six months.

**LIBRA:** Your time to shine! The planets are lined up to bless your every move. Been hesitant about asking for a raise, shy around someone with whom you'd like to spend quality time? Bite the bullet and just do it now.

**SCORPIO:** Good luck coming to those who are prepared for it! Lots of interesting activity bubbling just under the surface. Listen to your gut instinct, and seek out the advice of kupuna and wise folks in your life. The next few months will see you busy, happy and smiling a lot more than you have been thus far this year.

**SAGITTARIUS:** Spend time with friends and big groups of people. Lady Luck shines on you when you're in your element: PARTIES!

**CAPRICORN:** Job/career are on the front burner! Lucky Capricorns, with Jupiter, planet of good luck and blessings, in your sign for a good



while to come. Seize any and all opportunities to start up a business for yourself, or get a part time lucrative work situation going with people you already know.

**AQUARIUS:** Mixing business with pleasure... Can be tricky, but could bring tons of fun and enjoyment into your life. Even if it's just friendship, keep an eye out for socializing opportunities with nice up and comers you meet through your workplace. Could be a delivery person, coworker's family circle or networking mixer. You're smart enough, savvy enough to pull it off.



**PISCES:** Uncover a hidden talent... take an art class, learn how to use that digital camera, pop in a yoga DVD, try your hand at writing (perhaps an article for The Lana'i Times?). And give yourself permission this month to steer clear of bullies, whiner and people who use you, make you feel like a doormat. Who's that friend, always telling jokes well, fun to be around? Hang out with that one.



# Bookshelf: What's on Yours?

by Sharon Owens

"If you learn to love reading, you will never be bored," I remember instructing my older children. None of them listened.

I, however, took my own advice (a rarity) and am a dedicated bibliophile. Books could easily take over my home, wreak havoc on my budget and put a serious crimp in my social life.

What's on your bookshelf? Which books do you love enough to reread? Tell me about the last book that made you laugh out loud, the one that brought tears to your eyes. Do you like stories in series, like Jean Auel's *Earth's Children*? Historical fiction? Really scary violent stuff? Romance novels? If you could only have a handful, which would you pick? Here are a few on my list:

The Full Cupboard of Life by Alexander McCall Smith. Instead of watching TV, my son and I read Smith's books together. So pure, simple and easy to read, the laughter sneaks up us. Lead characters Precious Ramostwe and her fiancé Mr. JLB Matekoni are shopping for an engagement ring: "You are a fortunate man," said the jeweler. "Not every man can find such a fat, cheerful woman to marry." I snagged this treasure for a buck from the library. Calling it a bargain is an

understatement.

Into the Wilderness by Sara Donati. About 1800s frontier life in upstate New York, farmers, injuns and freed slaves. Two of my favorite fictional characters, Nathaniel and Elizabeth, share a sexy, beautiful romance, and an often difficult but always exciting life together.

The Good Earth by Pearl S. Buck. If you were lucky, they made you read this in school. Go back and read it again. Dirt-poor Chinese farmer Wang Lung's rise to great riches, only to see his life riddled with more and more problems than at the beginning when he didn't even have tea to put in the morning's hot water.

The Face and From the Corner of His Eye both by Dean Koontz. Lots of violence, as always from this author, but good triumphs over evil at the end of Koontz' day. The first book will give you a rare insight into psychic phenomenon and



the hereafter, while the second features Agnes the Pie Lady, one of fiction's best heroines ever, in my humble opinion.

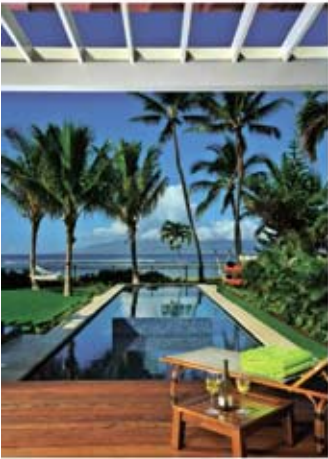
You Can Heal Your Life by Louise Hay. I like the later publications with the pretty illustrations. At the back of the book: pretty much everything that could ever go wrong with you physically and the underlying spiritual and emotional causes for it. Uncannily on target (inflamed sinuses? Perhaps

someone in your immediate environment is irritating you).

And my magazine pick: *Saveur* "Savor a World of Authentic Cuisine". Did you know our local library at the end of each year sifts through the stacks of periodicals, bundling up old issues for sale to us, the lucky public? *Saveur's* at the top of my list.

In future issues of *The Lana'i Times*, I hope to be sharing YOUR list, here.

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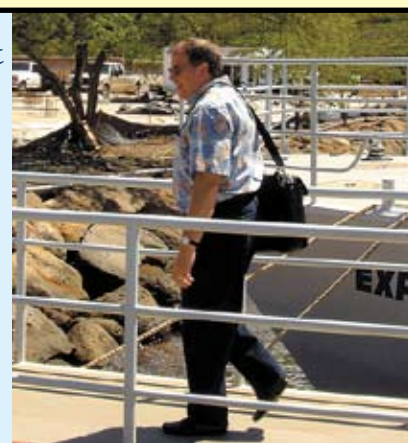
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Lānaʻi Visitor:  
RO42 THE MONK SEAL



On a recent trip to the beach, new friends Tony and Chris introduced me to RO42, a visiting monk seal napping peacefully near The Pool. Nicole Davis, Assistant Marine Mammal Response Network Coordinator, NOAA Fisheries Pacific Islands Regional Office, filled me in about Hulopoe's most fascinating bathing beauty (female, two years of age, Big Island born and raised), and urged me to share the NOAA's Guidelines for dealing with Miss RO42 (or any Hawaiian monk seal) to help her stay "alive and wild."

General Guidelines:

- Do not play with, pet, swim with or feed the seal
- Maintain a distance of at least 150 feet
- Do not make eye contact with the seal

- Do not try to get the seal's attention with loud noises
- If the seal approaches you, ignore it and quickly move away

Boat Operator Guidelines:

If the seal appears in the area where you are taking your tour boat operations:

- Don't place people in the water
  - If people are already in the water remove them at once
  - You may start your engine and rev in neutral. When the seal is away from the prop, engage and move quickly away
  - Report all sightings immediately to 888-256-9840, NOAA Marine Mammal Hotline.
- For more information:  
[www.fpir.noaa.gov](http://www.fpir.noaa.gov).

GO GREEN,  
LANA'I  
(to the market,  
at least)



Hana Steel, Maui County's Recycling Coordinator tells us how happy she is that we're taking those green bags seriously on Lana'i.

In as little as two years, plastic bags at the market could very well be a thing of the past (they're shooting for 2011...plenty of time to get into the green bag habit). Each individual or family on Lana'i has been provided recyclable green cloth grocery bags. Yes, they are indeed handy for toting the laptop computer to work, laundry to the laundromat and beach gear down to Manele, but their intended purpose is to carry food and stuffs home from the store.

Be cool, do your bit to keep Lana'i green, healthy and beautiful. Take the bag to the store, encourage or otherwise intimidate those you love to do likewise.

For more information about this and other Maui County programs benefiting those lucky enough to live on Maui, Moloka'i or Lana'i, visit them on the web: [www.mauicounty.gov](http://www.mauicounty.gov).

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# Dealing With Medical Emergencies While Traveling

by Sheila Black

Having an ill spouse is cause for concern; having an ill spouse on a trip away from home is distressing; having an ill spouse in a foreign country can be terrifying. I know; it happened to me when my husband and I were on a cruise from San Diego to Panama and back. Fortunately, we had prepared for the possibility and being prepared paid off!

First of all, since our first cruise more than 15 years ago, we have always taken the best trip insurance offered by the cruise line. In our previous 29 cruises with Princess cruises, we never needed the insurance but this time, we were glad we had it. There were no problems at the medical center onboard the ship, transferring to a hospital in Puerto Vallarta or making arrangements to fly home. Our ship's doctor immediately contacted the insurance agent and within two hours of my husband being admitted to the San Javier Marina Hospital, I received a phone call from the insurance agency and received a call daily until our airline reservations were confirmed and a copy of our itinerary faxed to our hotel. A few days after our return to Hawaii, they contacted me again to be sure we had gotten home and to offer assistance in filing our claim for reimbursement. (Incidentally, because our ship's doctor works full time for Princess, he was personally familiar with medical facilities throughout the itinerary and was able to make better decisions and give us more detailed information of what to expect.)

Second, we traveled with copies of our Living Will and Durable Power of Attorney for Health Care Decisions, which authorizes each other to make medical decisions and sign any legal documents required by physicians and/or hospitals. Trust me, when you are so ill that you need to be hospitalized on a trip, you are in no condition to make decisions and sign legal documents!

Third, in addition to the above documents, we carried a list of our physicians, their phone numbers, our prescription medications and a list of our current immunizations. I was able to give the medical center information, which enabled the ship's doctor to contact my husband's physician via phone and email to obtain background information and then relay all of that information to the Mexican physicians and hospital without any difficulty or delay. It made their decisions about dealing with my husband's symptoms easier, faster and more valid. (If you can get them, list their fax numbers and email addresses well.)

Fourth, I kept extensive notes at each medical center and during each visit with/from the physicians and copies of each physician's report of tests, lab results, evaluations and diagnoses. In addition, I kept, in a zippered plastic bag, receipts from the ship, the hospital and the hotel we stayed at after he was discharged from the hospital as we waited for the insurance agency to arrange for our flights home. When my husband was seen by his primary care physician and later, admitted to the emergency center and consequently the hospital, I was able to relay the medical information to the emergency staff, again making their task easier, faster and more valid. (In addition to keeping the information in the right chronological order and the facts straight, it forced me to keep calm, focused and organized during the ordeal.)

When it came time to complete the forms requesting reimbursement from our medical plan and the insurance company, I had all of the required medical reports and receipts I needed in one place. At the completion of each claim form, I attached a cover letter. I made a copy of every page for myself and mailed it off, return receipt requested. If I had not heard from the company after three weeks, I would have called to ask how the claim was progressing.

My husband got better and we took our next trip – a European river cruise and visit with our second son and his wife in Virginia – with our updated lists of physicians and medications safely packed in two separate carry-on bags.

Note: If you are traveling with a companion, be sure that he/she knows where you keep your documents and that your emergency contact has a copy attached with a copy of your itinerary.



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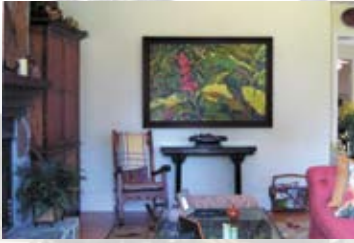
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