

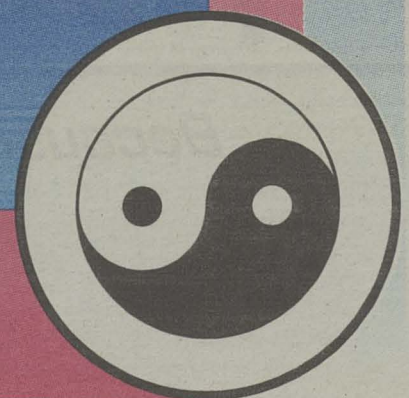
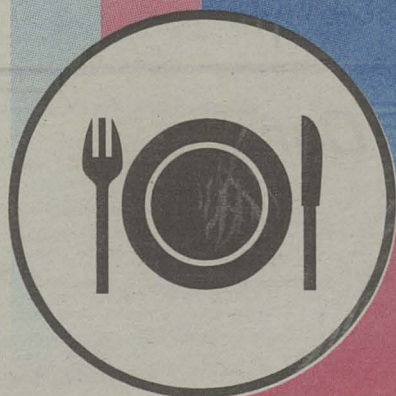
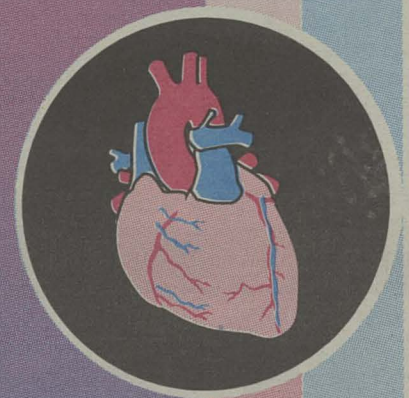
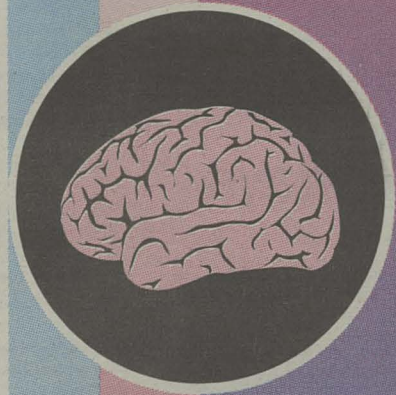
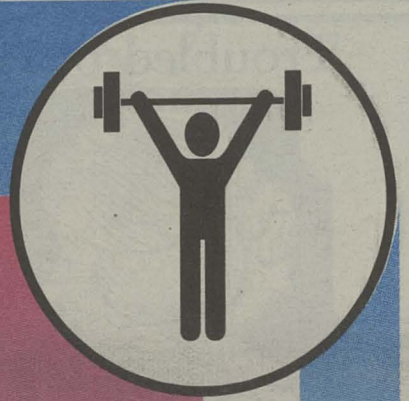
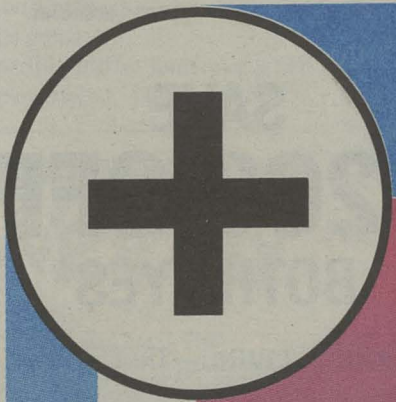
WELLNESS GUIDE

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Weekly

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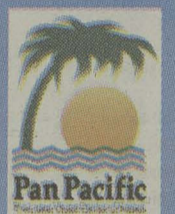
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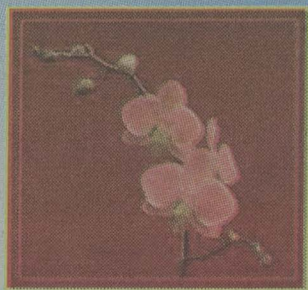
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Who will step up to the plate?

I'm confused. With the onslaught of global warming just around the corner, I don't see much significant change to manage the impact of rising sea levels in the Hawaiian Islands, surely one of the most at-risk areas in the world. We live on a rock in the middle of the ocean, and if one big Katrina comes, we do not have the luxury of seeking higher ground in Texas or Atlanta.

I frequently read your newspaper and scan the local political scene to assess our elected officials' stances and actions to curb global warming impacts to Hawai'i because I worry about the following for Hawaiian residents and wonder what politician will step up to the plate and lead us green:

1. Horrible traffic jams in a gasoline-car fueled, jammed packed,

- soon-to-disappear Waikiki.
2. Shrinking coastlines and surf breaks.
3. No free island-wide government sponsored sailing lessons to teach citizens how to evacuate when a monster hurricane hits.
4. Expanding hotel and mansion plans for Donald Trump and Hollywood types.
5. Declining health of watersheds and increased disease outbreaks.
6. A lack of education programs teaching island residents how to deal with droughts, disappearing streams, increased fires and random storms arriving at any given moment.
7. A lack of regulations prohibiting development in areas that will be altered by rising sea levels.

The new United Nations scientific report on global warming leaves no doubt that the human industrial race has very likely warmed our planet to dangerous levels. Can our governor make the necessary changes? Does the city's new rail plan incorporate rising sea levels and increased flooding in its route? Can Mufi make the changes? Can we make the changes? Can the military make the changes? Who will step up to the plate and start shipping biodiesel engine cars to Hawai'i instead of the oil cars we so depend on? Who will step up to the plate and start the green revolution on the islands before sh!@# hits the fan?

Guy Ragosta
Kāne'ohē

www.surfingmedicine.org

Sloppy journalism

I did miss the fine details in Chris Haire's column "The devil is in the details" (1/31), but I am dismayed at the self-admitted sloppy journalism exhibited by Haire. This is all the more egregious given his gleeful tub-thumping regarding the manifold peccadilloes of our wayward dailies.

Neglecting to speak with Sen. Colleen Hanabusa prior to the column's publication was an inexcusable lapse on his part, by which he violated the basic canons of professional journalism (diligent confirmation of statement(s), fairness to both sides by allowing both an opportunity to weigh-in prior to publication, etc.)

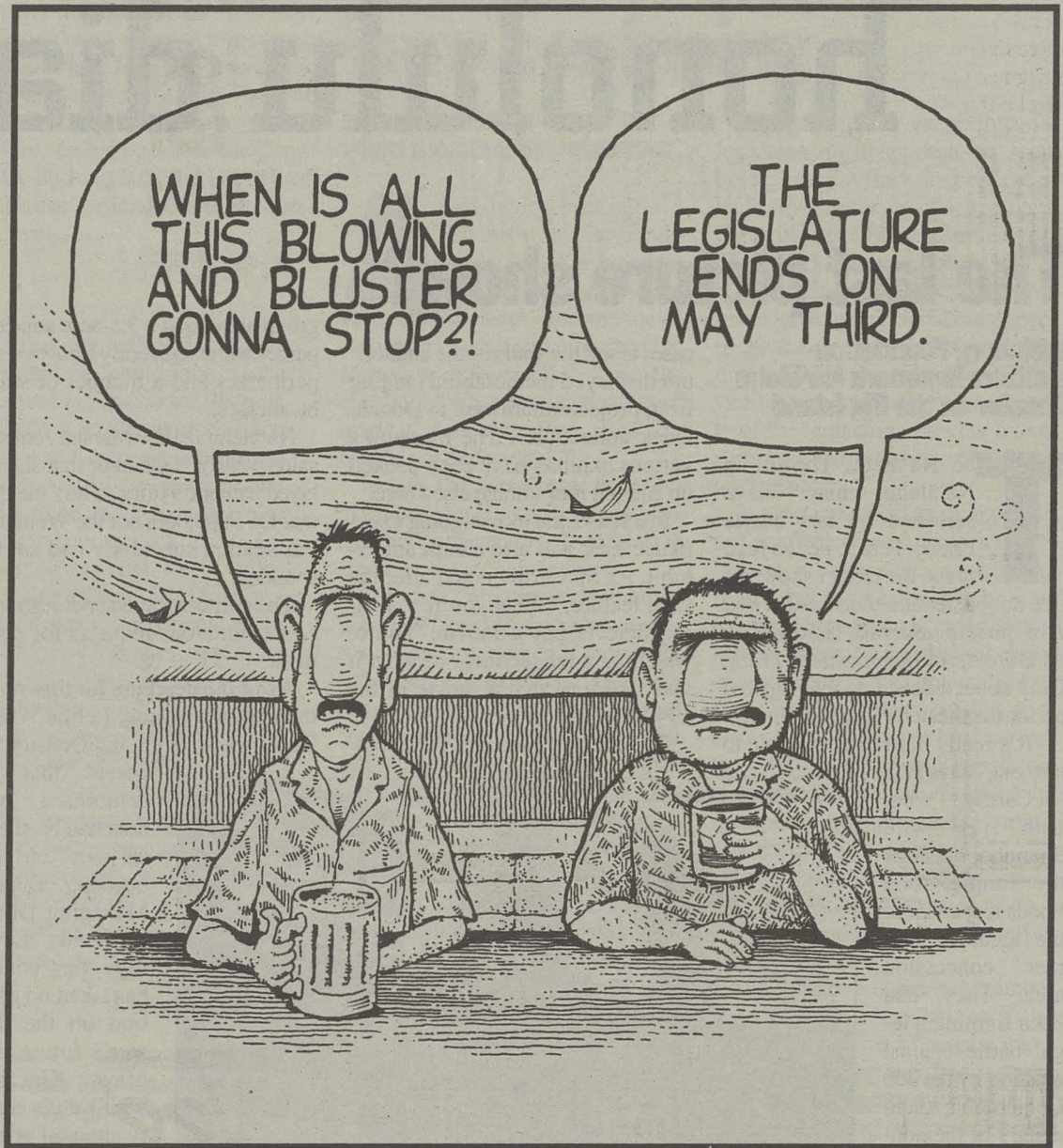
Moreover, Haire's slapdash remorse to the senator is insouciance at its worse. His apology should have been tendered to *Honolulu Weekly's* readers as well as to Sen. Hanabusa.

Finally, I am dismayed by the *Weekly's* determination to always have the last word, its sophomoric insistence on rebutting rebuttals. Haire and the *Weekly* should develop a grace note or two in this regard, as do most quality newspapers. After the professionals at any newspaper assign, research, check, write, edit and publish an article, they have said their piece.

When readers want to contend or challenge the article or assert a varying point of view, the *Weekly* should exhibit a prudent proportion and allow another opinion to be heard without editorializing it into the ground.

Freedom of the press is indeed grand when you own one, but the *Weekly* needn't expunge every differing opinion—root and branch—just because it can.

Robert Wells Norton
Honolulu



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HIV/AIDS in the Pacific

Our team read with interest the Jan. 31, 2007, article titled, "Pacific pandemic: Combating the spread of HIV and AIDS in the Pacific" by Sujata Gupta. We would like to augment the information presented in the piece by mentioning some of the work we have done in the U.S. Pacific Jurisdictions.

Through support from the Health Resources and Services Administration's (HRSA), Minority HIV/AIDS Initiative (MAI), the Hawai'i AIDS Education and Training Center (HAETC) initiated a program of HIV clinical education in the U.S. Pacific Jurisdictions in 2000. The goal was to create a stable group of clinicians capable of caring for and treating HIV patients in the region.

Originally, local health officials identified three clinicians in each U.S. Pacific Jurisdiction who became partners in the endeavor. The HAETC has provided training in HIV care to these clinicians. It also provided the tools necessary for these professionals to become trainers of their peers and resources for their community.

Second, the HAETC has produced annual regional conferences since 2000 to provide current HIV best-practices medical training to those same clinicians, and the HAETC has also provided week-long, intensive, mini-residency medical trainings for individual clinicians within that group.

Additionally, the HAETC has employed the University of Hawai'i's Pan-Pacific Education and Communication Experiments by Satellite system to simultaneously link each of the jurisdictions with trainers in Hawai'i and California for bimonthly HIV trainings.

Lastly, the HAETC provides local and mainland HIV specialists for consultations via phone, fax or email.

The HAETC has also had the opportunity to support the creation of the Chuuk AIDS Education and Training Center (CAETC) in Chuuk.

Cyril K. Goshima
Executive Director
Hawai'i AIDS Education and Training Center

Today is what tomorrow was yesterday

Hawai'i's politicians should look at the facts and face reality and admit that there is no way Hawai'i can build itself out of its housing and transportation problems. Be honest and just admit it.

Say you build 20 new high-end condo towers to sell to the well-heeled outsiders. Tomorrow you will have to build another 20 massive towers to continue to fill the desires of those wanting to own a piece of "paradise."

Take the affordable housing crisis. Say you build 17,000 affordable units overnight to take care of the immediate problem. I will guarantee you that tomorrow there will be another 17,000 people demanding their affordable units.

The same with homeless shelters. Say you build enough shelters/supportive units, and they are immediately used up. I will guarantee you that tomorrow there will be another 8,000 yelling for their shelters. And the more handouts you give, the more takers you have demanding their handouts.

And Hawai'i could double the number of roads, and tomorrow there would be double the number of cars. Enough roads cannot be

built to satisfy all the drivers.

Admit it! You simply cannot build your way out. There will always be too many people wanting to live in Hawai'i, regardless of how they will have to live and how crowded the roads are. Eventually the number of people that Hawai'i can comfortably support will be dictated by water shortages and power black outs. Hawai'i is destined to become a land of the very rich and the very poor.

Perhaps Hawai'i should set up a fund (from the surplus) to give those willing to leave and move to the mainland money to start a new life. This includes the homeless. Goodness knows, plenty people have to do that now. After getting that college degree, the next thing you get is a one-way ticket out of town!

So Hawai'i's politicians should remember that when they said yesterday that things would be better today, well, today is what tomorrow was yesterday, and nothing has changed. And it does not seem likely that it will change.

Ann Ruby, Honolulu

Dept. of Corrections

Zanzabar Nightclub was formerly Maharaja Nightclub, not Maharaja Ultra Lounge ("I [Heart] HI," 2/14).

We love to get letters and print as many as space allows. Letters often are edited for length and clarity. Letters should be signed with the writer's full name and their town or city and state, as well as phone number for confirmation only.

WRITE TO: Letters to the Editor, Honolulu Weekly, 1200 College Walk, Suite 214, Honolulu, HI, 96817. Fax to 528-3144 or e-mail to editorial@honoluluweekly.com.

HONOLULU Weekly

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February 21-27, 2007

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To create a high-quality, profitable weekly O'ahu newspaper that provides its readers with independent, entertaining, provocative coverage examining local issues, arts and events in a visually striking format.

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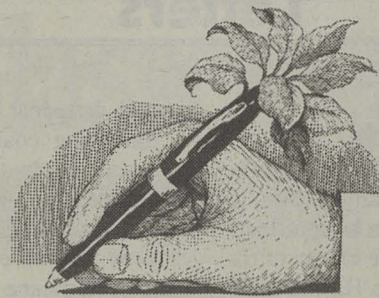
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honolulu diary



The last picture show?

**Weinberg Foundation
shutters landmark Nā'ālehu
Theater on the Big Island**

The Nā'ālehu Theater in Nā'ālehu may have screened its last movie Friday, Feb. 9. For its final night, the theater showed a free double feature: *Lock, Stock and Two Smoking Barrels*, followed by Al Gore's, *An Inconvenient Truth*. Only about a dozen people showed up for the theater's low-key finale.

"It's really hard to get people to turn out," says Eric McCarthy, who, with his wife Shannon, operates the Simple Good Foods restaurant in the theater's former concession area. They had been fighting a legal battle against eviction by the 300 Corporation, a subsidiary of the non-profit Henry and Jeanette Weinberg Foundation, but agreed to vacate, they said, after the 300 Corporation threatened to file motions forcing the couple to pay damages and legal fees. The restaurant's last day was Valentine's Day.

While the theater had struggled to draw moviegoers in the era of video rentals, it had transformed itself into a community center that hosted dances, classes, concerts, church services and other activities in this isolated stretch of rural Hawai'i. The theater has played an intimate part in the lives of residents such as McCarthy, who did a summer internship there when he was in grade school. Last year, when the McCarthys' home burned down, the community held a benefit at the theater to raise money for them.

The theater's auditorium also housed a museum celebrating the plantation-era movie houses. Trophy

cases along the walls of the auditorium displayed memorabilia ranging from projector hardware to Donald Duck collectibles. The museum's various exhibits have been packed up and put into storage elsewhere.

In a sense, the movie-going experience itself was also a museum exhibit. As McCarthy noted after the final feature, "What you're watching here is not a movie. You're watching a reenactment of what it was like to watch a movie in the 1940s."

The theater, built in 1941, is fa-

group also owns a 3.5-acre adjacent parcel which currently houses a supermarket and a number of small businesses.

Nā'ālehu realtor Marsha Johnson said in early December that she relayed a client's offer to buy the theater for \$600,000, but the Weinberg Foundation subsidiary had not responded.

The corporation has not responded to numerous requests for comment.

As of the deadline for this story, the Hawai'i County Public Works Department's Building Division reported that no demolition permits had been taken out on the building. Deputy Managing Director Andy Levin says the county has taken no position on the theater's future, but Mayor Kim met with Ka'u's county council member, as well as its state representative and senator, about the issue.

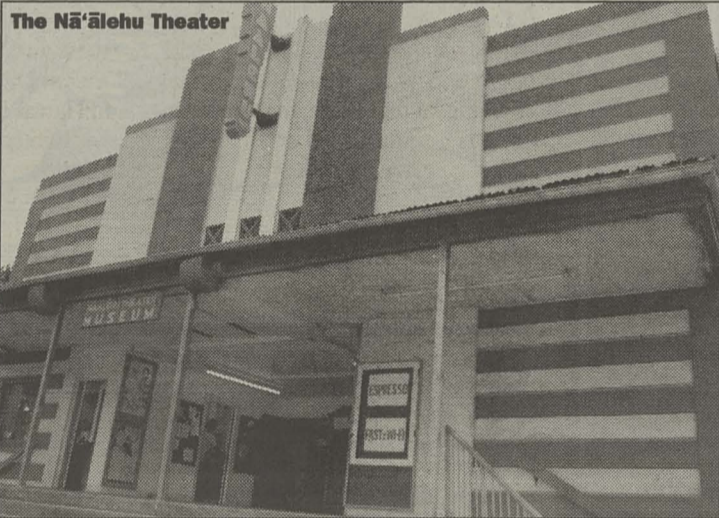
"There were plans to try to have another meeting among the county officials to see what the next step might be," Levin says. He was unaware of the McCarthys' eviction and the theater's closure until called.

With the closing of the Nā'ālehu Theater, only three plantation-era movie houses remain open on Hawai'i Island: Hilo's Palace Theater, South Kona's Aloha Theater and the Honoka'a People's Theater. These three are all in various stages of renovation and serve as cultural and artistic centers for their respective communities.

—Alan D. McNarie

Visit hawaiiislandjournal.com for HIJ editor Peter Serafin's report on the issue for KHPR/Hawaii Public Radio.

The Nā'ālehu Theater



ALAN D. MCNARIE

mous for its red and yellow art deco facade and the giant turtle mural that adorns its roof. But in recent years, that roof has developed severe leaks, causing ceiling panels to fall in the auditorium. A new roof would cost an estimated \$30,000-\$50,000, but the nonprofit Nā'ālehu Theater Foundation, which had been running the theater, had to turn down grants for the needed repairs because the 300 Corporation wouldn't give the foundation a long-term lease. The corporation also opposed the building's inclusion on state and federal historic registers.

Some local residents speculate that, given its prominent location fronting the highway, 300 Corporation intends to raze the theater and build a shopping center on the half-acre site, despite the fact that the

Prostitution bills head to committees

Legislation designed to spur debate on the subject

State lawmakers are considering two bills decriminalizing prostitution this legislative session. The bills, SB 706 and HB 982, will reduce the penalty for prostitution from a petty misdemeanor to a violation subject to a fine up to \$500.

The idea that prostitution won't ever go away, legal or otherwise, is something that everyone seems to agree on. Whether it's wise for the state to condone prostitution by making it legal so long as it's not in view of anyone who finds the business offensive is a question that the bills force onto the table.

Under the bills, prostitution will only be considered a violation if the solicitation occurs in a public place. The bills also propose to authorize the state and county to designate areas of prostitution exempt from the violation penalty.

Supporters of the bills recognize prostitution as a business that needs to have a legitimate forum to operate. Designating prostitution zones offer one way to try to protect the interests of people who don't want to see it on their doorstep while establishing safety and liberty for the actual people involved in prostitution.

Those opposed to the bills maintain that the public does not support prostitution and should remain criminalized.

Sen. Carol Fukunaga says the bills are a way to get people talking about how they want to deal with prostitution. At this point the bills are simply a tool to get a political dialogue going on how to deal with the business that apparently won't go away.

"We have to have a more comprehensive discussion to address prostitution," Fukunaga says. "This is a good starting point."

Is criminalizing prostitution going to prevent sexually transmitted diseases? Is prostitution the underlying cause of rather than the means for exploiting women? Would legalized prostitution increase involvement of the organized crime?

For advocates of legalized prostitution the answer is no.

"There's no rational basis to criminalizing prostitution," says Tracy Ryan of Arresting Prostitutes Is Legal Exploitation, a group dedicated to decriminalizing prostitution.

Ryan, who is also the head of the state Libertarian Party, helped draft the bill for lawmakers this year after seeing the negative impacts that the criminal law and prostitution free zones had caused for the community. Recent Hawai'i laws prohibit offenders from entering certain locations where they were previously arrested for prostitution. This has in effect pushed prostitutes, who often pay their fine and go straight back to work, out of areas in Waikiki and downtown and into other residential and business areas, Ryan says.

Decriminalized prostitution zones have been successful in other countries such as Germany, Britain and Brazil, Ryan says, because those governments were able to move the industry into specific locations. Rather than forcing prostitutes out of current red light districts, they were given a place they could conduct their business.

Waikiki resident Kathy Mitchell opposes the bills but feels that discussion is necessary. "Trying to legalize prostitution would be a detriment to our state," Mitchell says. "We're a family destination."

The act of legalizing prostitution is inconsistent with Hawai'i's moral values and the business of prostitution dehumanizes women, she adds.

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prostitution by making it illegal," Sen. Gordon Trimble says. "You just can't change human nature by enacting laws."

Trimble says prostitution is still a major concern for residents despite legal efforts to push the prostitution business out of his district, which includes Waikiki, downtown and Chinatown. "[Prostitution] is reasonably prevalent and reasonably open because existing laws aren't being en-

forced," he adds. "And why they're not being enforced, I don't have the answer to that."

The Honolulu Police Department is also in opposition of the bill. HPD Captain Kerry Inouye says that the biggest problem in enforcing prostitution is deterring repeat offenders. He would like to see stricter penalties for prostitution. Inouye also says that legalized prostitution will make it difficult for the

department to protect minors involved in prostitution on private property from abuse.

"If you allow it inside a business, it's a lot easier for a minor to be involved," Inouye says. SB 706 and HB 982 are awaiting to be scheduled for hearing by the Senate Committee on Judiciary and Labor and the House Judicial Committee respectively.

—Travis Quezon

QUICK HITS

Affordable living: As you may know, the city and county of Honolulu wants to sell all of its low-income housing—that's 12 apartment complexes totaling some 1,200 units. The reason: the city spends way too much managing the sites, around \$3.5 million a year, according to the *Honolulu Star-Bulletin*. Now, before you go hating on Hannemann, the good mayor only wants to sell the properties to firms that can agree to keep the properties affordable in perpetuity. Last week, the folks at EAH Housing, a non-profit firm managing 900 units on O'ahu and Kaua'i, let it be known that they hope to buy, not one, not two, but all 12 properties from the city. "We see affordable rental housing as a key public resource and a cornerstone to a healthy community, and we see ourselves as caretakers of that resource," says EAH Vice President Kevin Carney. "We will do all in our power to see that these properties remain affordable rentals for those who need them." Of course, there's a hitch: The city doesn't want to sell all 12 properties at once.

A Mexican vacation: Last week, a federal judge an-

nounced that Hawai'i's favorite reality star Duane "Dog" Chapman just might be leaving the Aloha State for a while to face trial in Mexico for illegally capturing serial rapist Andrew Luster, who had fled south of the border to escape American authorities. Dog's son Leland Chapman and fellow bounty hunter Tim Chapman, both of Da Kine Bail Bonds, will also have to appear in a Mexican courtroom. In a statement to the press, the trio, along with Dog's busty wife, Beth, said, "We maintain that the team's actions, in concert with Mexican law enforcement, were legal and that we were protecting Mexican citizens, as well as U.S. citizens, from future acts of violence by Luster. We are hopeful that both countries will acknowledge the fact that his capture was of the highest importance for the safety of their citizens."

Ice ice baby: Call this one a no-brainer, but last week the John A. Burns School of Medicine announced that crystal meth is bad for your heart. According to a press release, of the "143 Honolulu men under the age of 45 who were hospitalized for serious heart problems, 40 percent of them were users of 'ice.'"

—Chris Haire

Conflict-of-interest laws confusing

Law not quite so clear when it comes to legislators

A legislator's backing of a bill that would have indirectly aided a business owned by her campaign treasurer became news earlier this month and prompted the *Honolulu Advertiser* to raise the question: "What part of 'conflict of interest' does state Rep. Rida Cabanilla not understand?"

In fact, the meaning of "conflict of interest" in Hawai'i's ethics laws and their application to legislators is anything but straightforward.

The state's constitutional convention in 1978 elevated ethics to a constitutional issue when it proposed, and voters ratified Article IV of the constitution, which provides that "public officers and employees must exhibit the highest standards of ethical conduct." The amendment requires the state and counties to each adopt and enforce an ethics code covering, at minimum, matters such as "gifts, confidential information, use of position, contracts with government agencies, post-employment, financial disclosure and lobbyist registration and restriction."

As usual, though, the devil is in the details. The conflict of interest provisions of the state ethics law prohibit any state employee from taking official action "directly affecting...a business or other undertaking in which he has a substantial financial interest," which might be an ownership interest in a business, an employment interest (current or prospective), a loan, or a position as an officer or director.

But this part of the law applies only to state employees and not to legislators.

Another provision of the ethics law prohibits using a legislator or employee's official position "to secure or grant unwarranted privileges, exemptions, advantages, contracts or treatment for oneself or others."

As with conflicts of interest, a big exception is carved out for legislators: "Nothing herein shall be construed to prohibit a legislator from introducing bills and resolutions, serving on committees or from making statements or taking action in the exercise of the legislator's legislative functions."

Although these exceptions for legislators might appear to be "loopholes," they reflect the concept of legislative immunity which, according to the State Ethics Commission, dates back to the English Bill of Rights in 1689. "The privilege does not exist for the personal indulgence of the legislators," the Ethics Commission wrote in opinion 94-25, "instead it serves to 'protect the integrity of the legislative process by ensuring the independence of individual legislators.'"

In most instances, applying ethics and conflict of interest provisions to legislators when acting in their legislative capacities can only be done by the House and Senate themselves, where it's a constant balancing act between the democratic system's need to protect the independence of the legislative process and the risk that individual legislators may take personal advantage of the system for the unwarranted benefit of themselves or others.

In Hawai'i, the House and Senate have slightly different rules when it comes to handling potential conflict of interest.

Senate rules prohibit any member from voting on legislation "if the member has a direct financial interest" affecting the legislator's "personal business, property or financial interest," although there are exceptions.

The rules are different over in the House, where members are required to cast votes on every measure unless the Speaker first determines that a potential conflict should preclude them from voting.

With these confusing and sometimes contradictory laws and rules, identifying and dealing with actual or potential conflicts is not an easy task, especially in a representative democracy where legislators are expected to represent and speak for their constituents.

In Hawai'i, as in most states, legislators are required to disclose their personal financial interests, which enables members of the public to watch out for potential conflicts. Those disclosures are made in annual reports to the State Ethics Commission, which are public records available for inspection either online (www.hawaii.gov/ethics) or in person at the commission office.

—Ian Lind (www.iLind.net)

ROLL CALL

ATHEIST ACTIVIST RICHARD DAWKINS

FEB. 21

Richard Dawkins is a smug bugger. Anyone who has read Dawkins, in particular his current best-selling atheist manifesto *The God Delusion*, knows that. But there's no denying the guy knows his stuff, whether the subject is evolution or the flying spaghetti monster. While he's not about to win any converts to atheism with his charm, he just might do it with his clear argument against the existence of a deity. Today Dawkins will speak at a seminar titled, "Is evolution predictable?" on Feb. 21.

University of Hawai'i-Mānoa, Architecture Auditorium, 3:30-5PM; free; 956-9405, or bakerd@hawaii.edu

MILILANI TRASK AND THE AKAKA BILL

FEB. 23

Noted native Hawaiian activist Mililani Trask has long been at the forefront of the sovereignty movement. As part of the symposium series titled *Kanaka Maoli, the United States and International Law*, Trask will lead a symposium on Feb. 23 discussing the Akaka Bill. Past and current versions of the bill will be discussed as well as U.S. policies on indigenous people and

Native Americans. The series is co-sponsored by the Kamakakūokalani Center for Hawaiian Studies and the William S. Richardson School of Law and also includes events on March 9 ("The United Nations Declaration on the Rights of Indigenous Peoples"), March 16 ("Racism in U.S. Jurisprudence") and April 4 ("Hawai'i, the United Nations Violations of International Law and the Way Forward").

Hālaul o Haumea, Kamakakūokalani Center for Hawaiian Studies, University of Hawai'i-Mānoa, 4:30-8PM, 973-0971

MEDIA AND EMERGENCY RESPONSE

FEB. 27

What did the media do right and what did they do wrong on Oct. 15, the day of the 2006 earthquake which knocked out power across O'ahu? That's a question that just might be answered at next week's Media and Emergency Response panel discussion. Featured speakers will include *Honolulu Advertiser* Editor Mark Platte, Clear Channel General Manager Chuck Cotton and Doug Carlson, the blogger behind *Citizens Helping Officials Respond to Emergencies*. Reservations should be made by Feb. 23.

Ala Moana Hotel, Carnation Room, 11:30AM-1:30PM, lunch \$20, 596-2121

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Commentary



KANU HAWAI'I

Fulfilling Hawai'i's local and global kuleana

Kanu Hawai'i's Board of Directors:
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Wanted: A new future

It's truly time for change. Why? Because we live in a moment of unprecedented crisis and opportunity in human history. For the first time in our existence, humanity has the knowledge, resources and global reach to either completely destroy our world or completely cure its ills. Challenges like climate change, growing economic and educational divides and declining citizenship in Hawai'i demand that we collectively act now to build a new movement of responsibility. Otherwise, our own children may not want—or even be able—to live here in the near future.

Kanu, in Hawaiian, literally means "to plant." It also connotes a sense of duty to family and ancestors, to place and to community. Kanu Hawai'i is a committed group of young people who recognize that—in the words of Gandhi—we must become the change we wish to see. We ask you to join us as we bring new ideas to this page every other week that will help all of us create a more responsible Hawai'i.

We believe that the people of Hawai'i have a local kuleana to future generations and a global kuleana to be a role model for the rest of the world. Hawai'i's island perspective, values and way of life can be globally instructive in an increasingly island-like world. At the same time, we stand to suffer the effects of the world's ecological and economic problems more immediately and painfully. Hawai'i has both the most to share and the most to lose; we must become an incubator for a new social movement that blends knowledge with responsibility, pride and collective action.

Specifically, our effort seeks to change small individual actions to achieve larger collective results. We'll provide information through this column on urgent issues facing our island society, always suggesting ways that you as an individual can take immediate action to better our Hawai'i and little by little build a movement. The actions that you will read about in this column over the coming months will range from the importance of inflating your car tires every month to how to get your

voice heard at the Legislature. We'll tell you how to become an agent of change and transform Hawai'i into a global role model for holistic, sustainable island living.

Of course, there have been many "visioning" efforts in the past. The Hawai'i State Plan, Hawai'i 2000 and Ke Ala Hōkū all created vibrant visions. They share many similarities: concern about our environment, public education system and economic diversity are common threads. Yet we know that the

low a course created by outside policies from the continental states and foreign economies. Frankly, that current course is over a very steep pali. This need not be so—but we must be willing to work together and sacrifice.

So, what does Kanu Hawai'i see as our preferred future? In the year 2035, Hawai'i has a world-class public education system where school size is capped at a maximum of 500 students and project-based learning thrives. Our holistic island society is largely self-sufficient and able to produce its own food and energy. The military and mass tourism are no longer pillars of the Hawai'i economy. Instead, local industries built on triple bottomline accounting thrive and thousands visit Hawai'i to study and to heal. Our human footprint does not exceed our islands' established carrying capacity. A year-round legislature makes broad decisions regarding policies and lump-sum allocations for independent execution by a chief executive. Because of communal foresight, sacrifice and action, our citizens enjoy the highest living standards possible in a world without oil and an unpredictable climate.

A more detailed summary of our preferred future can be found under "Our Vision" at www.kanuhawaii.org. In a very humble (and perhaps naive) way, we've all committed to be in this for the long haul—30 years. We don't expect you to agree with everything you see here because we sometimes disagree about details amongst ourselves. But, we do believe that if you call these islands home, then you too have a kuleana to help build Hawai'i's future. Leaving it up to others is no longer an option.

Want to help? Good. Hawai'i needs you! Keep checking back to find out how you can fulfill your kuleana, and fulfill our potential as a people.

*We must become
an incubator for
a new social
movement that
blends knowledge
with
responsibility,
pride and
collective action.*

Hawai'i we have inherited is not, in many ways, truly sustainable nor the home that we want.

The problem is that very few individuals actually acted on those beautiful visions. Therefore, at Kanu Hawai'i, the glue that holds our group together is the commitment we have made to each other to change our behavior with concrete actions that will make a difference.

Of course, a "vision" is still necessary: In the words of navigator Nainoa Thompson: "We must chart a course for ourselves or one will be charted for us." If we cannot clearly articulate the kinds of neighborhoods, economy and way of life that we want, then we'll continue to fol-

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KANU COMMITMENT #1:

Take 15 minutes to think about what you truly want to see for Hawai'i's future and jot it down. The only way to create a new reality is to dream it first.

UH-Hilo pilot study predicts violence for sovereignty movement

Closer to home

CHRIS HAIRE

Secession. It's a term that as a former citizen of South Carolina, I'm quite familiar with, and not merely in the historical sense.

In some parts and among some people, secession from the United States is not simply a lost cause, a failed and flawed folly. For some, it is a reality.

Over the course of my limited years as a journalist, I've spoken with the leaders of several secessionist groups. And they are more or less the same. They all believe that one day the good, God-fearing white folks of the South will rise up and declare their sovereignty from the federal government, the one that took away their segregated schools and their whites-only water fountains. And if it means they have to take up arms to do it, so be it. After all, the shotgun racks draped across the back windows of their pickup trucks are more than decorations.

But here's the thing. No matter how many times you hear somebody say with a straight face, "Lee surrendered, but I didn't," or shout out John Wilkes Booth's soliloquy

to the audience at Ford's Theater—"Sic Semper Tyrannis"—you can be assured they are utterly and completely full of it. Their threats are empty. This is one revolution that will not be televised.

Those of us from the South understand this. We don't fear the folks at the Council of Conservative Citizens. We don't fear the League of the South. And we don't fear guys who dress up in pillowcases and dance around the Maypole like a bunch of woodland fairies.

They talk a good game, but they don't even show up to practice. Why? They know they will lose. And more importantly, they know that aside from a handful of inbred hillbillies, the public at large does not support them. Violence is a rhetorical device, not a solution.

Which brings us to a recent pilot study on the native Hawaiian sovereignty movement, a fight that is far from lost. The study titled "An investigation of violence as a means to achieve native Hawaiian sovereignty" was conducted by Thom Curtis of the University of Hawai'i-Hilo. Last week, it was highlighted in an article on HawaiiReporter.com by Andrew Walden of the Hawai'i Free Press.

Upon first glance, the study uncovers what at first appears to be a rather frightening statistic—of the 113 native Hawaiians on the Big Island polled, 53 percent fear that the sovereignty movement will ultimately result in violence. I know, scary.

However, there's a problem with this statistic, fright fans. Fear doesn't make anything so—no matter how widespread that fear is. The expectation of violent acts and the possibility of violent acts are two different things.

Think about it this way: You can poll a thousand first graders and ask them if a boogey man lives under their beds, ready to grab their feet as soon as they touch the floor. Many will tell you yes—maybe even 53 percent—but that won't make being grabbed by the boogey man any more of a reality.

Without an act of violence attributed to a native Hawaiian sovereignty group, the statistic is much ado about nothing. That said, the same can't be said of the study itself. It should concern those in the sovereignty movement.

Why? The central argument of the study is more or less this: Native Hawaiian nationalists may soon grow tired of peacefully seeking in-

dependence and instead turn to terrorism to achieve their goals. The likely target of these would-be terrorists: Hawai'i's tourism industry.

According to the report, "It is not hard to imagine how difficult damage-control would be if there was a local act of terrorism. Because the risk of future sovereignty-related violence is apparently high and the potential for economic, not to mention social, damage...is incalculable, it is imperative that further research of this topic not be delayed."

Interestingly enough, the study mentions that "[while] native Hawaiian sovereignty enjoys a high profile in Hawai'i, there is little public discussion of the possibility that it could eventually result in violent revolution. One exception is a novel, *Shark Dialogues*, published in 1995...which contains a subplot in which characters bomb resorts to call attention to their desire for the restoration of native rights and land."

Seriously? A single statistic and a work of fiction are all the proof that Curtis and his fellow researchers have that we face future terrorist attacks from Hawaiian nationalists. Yikes. Maybe there is a boogey man under the bed after all.

QUOTE

"There's no difference between the state banning taro research based on cultural emotionalism and the federal government pandering to the religious right by restricting medical stem-cell research."

Columnist and blogger David Shapiro on state bills banning genetically modified taro (Honolulu Advertiser)

FACTOID

45

The percentage of households in Hawai'i making \$50,000 or more, which are at risk for homelessness (Honolulu Advertiser)

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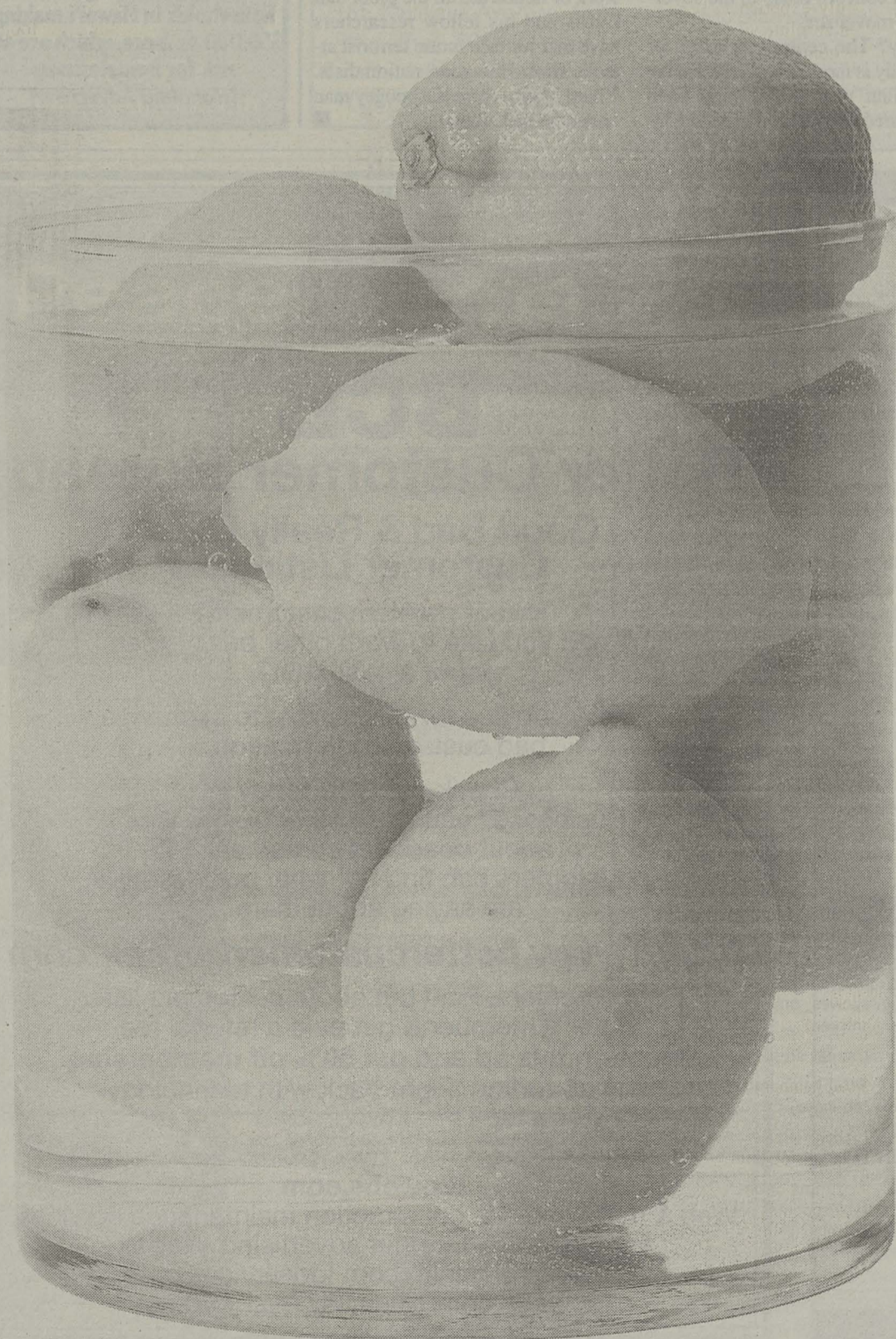
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Making lemonade

A professional eater and amateur dieter takes on the Master Cleanse

NAPUA LEONG

As both a recreational and occupational eater, food is often a pleasure, occasionally a chore and always a focal point in my life. So when I was feeling a bit sluggish this January after chowing my way through holiday buffet lines and several pounds of gifted sweets, I wanted to try a detoxifying diet. Prompted by a friend's success, I chose the Master Cleanse, which involves subsisting for 10 days on a mixture of filtered water, lemon juice, maple syrup and cayenne pepper plus twice-daily doses of laxative tea. This is my daily diary:

DAY ONE

I have gone 29 hours without a single bite of food. To an otherwise tame and palatable mixture of water (10 ounces), lemon juice (2 tablespoons), and maple syrup (2 tablespoons), you add a pinch of cayenne pepper per serving and drink 6–10 servings a day. First taste: not bad, like lemonade with a little kick. Would be good with vodka. Thanks to the bagful of organic Meyer lemons snagged from my mom's tree, this is also a very economical diet. The drink is not nearly as acidic as one would think. Good thing it's pretty sweet because I'd gladly give up water for a few days before I'd surrender my right to sugar.

The only rough spot was going to the store—formerly-known-as-Daiei to pick up cayenne pepper, passing through first the Valentine candy aisle at the entrance and then traipsing through the arare aisle. Arare and popcorn is my favorite snack.

DAY 2

I love spicy things, but I think I put in a bit too much cayenne; it burns my esophagus going down. Feeling really exhausted because it was a busy day, I didn't make time to drink the daily recommended amount (60–100 ounces).

I had to tape my freezer door shut. My cabinets are normally empty (albacore tuna, green tea, macadamia nut oil and Chinese mustard powder were its lone inhabitants), and in the fridge were blueberries, crème fraiche, olives, lettuce and an armada of condiments. But in the freezer, there was edamame plus four different kinds of ice cream, including Bubbie's passion fruit mochi ice cream. The stuff is killer, and it isn't cheap, so I couldn't throw it away. Another use for trusty duct tape.

DAY 3

Luckily, I live alone; I don't know how anyone would do this while sharing a household with anyone who was eating anything, even if it was just a dog munching on kibbles. The smell of food is heightened. I can smell McDonald's french fries and the nearest restaurant is eight blocks away. My neighbor downstairs is cooking Spam, which I don't even eat, and someone in my apartment building is perpetually frying fish, which I love.

There's a conga-line of cravings shimmying its way across my mind-scape: french fries with béarnaise sauce, dark chocolate fondue, pasta with tapenade, steak, a melty wedge of quesadilla, a perfectly toasted BLT, miso ramen, Korean stir-fried squid, ice cream cones, pancakes, waffles, a burger with bleu cheese, poke, Greek salad, sushi, oh sushi!

DAY 4

I have tons of energy. Now the mental strength is kicking in, the triumph of sustained willpower begins to outweigh the empty stomach. I stare my foodlessness in the face. I read Calvin Trillin's *Tummy Trilogy*, detailing his search for perfect fried chicken and eating his way through takoyaki and tonkatsu in Tokyo. I am trying to desensitize myself to the cravings that pop up occasionally, though with far less frequency than before. Most of my free time is spent in the library where the sterile smell of books and the no-food policy helps.

DAY 5

People pity me. "I'm sorry," they keep saying, as they pull out sandwiches or apples or gummy bears (my favorite) to munch on. "It's OK," I assure them, "I'm beyond it." At the beach, a friend declares a craving for shave ice, which I think is the best use of sugar and water ever invented. She suggests pouring my drink over plain shaved ice, which is an awesome idea, but I could not do without ice cream and mochi balls. She then invites me to the movies. I decline, saying I can't handle the permeating smell of buttered popcorn and the constant audible munching of moviegoers. Another friend, forgetting my situation, calls me to suggest a spontaneous dinner. This is a very antisocial diet.

DAY 6

Feeling rejuvenated. I am inspired to eat better when I'm off the cleanse; When you aren't eating at all, it's only a short step to a healthier diet. I'm also feeling guilty about the millions of people who go without food not because they're trying to reverse the effects of autoglutony but because they have no option.

DAYS 7-8

I wake up craving lemonade, a craving that remains constant throughout the day. Is this how cults work? Deny people choice and you'll be met with fanatical devotion? Thinking about what my first breakfast will be when I'm off the diet. I'm thinking rainbow rolls or a nice bacon cheeseburger.

DAY 9

While walking down McCully Street, I notice a little rusted sign outside an obscure cafe advertising meals, shave ice and saimin, meaning everything currently missing from my life. An elderly man who sees me checking out the place tells me he comes here every day and that the saimin is numero uno. I'll have to come back in a few days. What happens to a food critic deferred?

DAY 10

By now I'm accustomed to the lemonade, so I can't believe I'm almost done. I have lost weight and feel lighter in spirit (if not a little light in the head), but strangely removed from humanity. My stomach and I miss food and sharing food with friends. Tomorrow I will delight in a bacon cheeseburger.

VERDICT:

This cleanse is mentally arduous. Not for the weak of mind, the willpower-challenged, the very social, or anyone who has to be around food or people eating on a daily basis. If such ideal candidates for the Cleanse exist, I'm not sure I'd like to make their acquaintance.

A lust for life

Raw food fanatics chow down on 'living' food

SUJATA GUPTA



Ryan Gehring doesn't eat anything canned or cooked. "Eating raw connects me with... life. I become more sensitized to the energies within and without me," says Gehring, a raw food practitioner, chef, consultant and incidentally, my housemate. The term "raw food" is something of a misnomer. "Anything can be raw. All of nature is raw. It doesn't mean that you should eat it."

Dr. Diana Joy Ostroff, an O'ahu-based naturopathic physician/acupuncturist, says her dictionary of raw foods includes fruits, vegetables, nuts, uncooked seeds, sprouts and sprouted legumes. Ostroff adds that some raw foods, such as quinoa, can actually be "cooked" as long as they're heated at temperatures below about 118, the holy maximum temperature in the raw food world.

Some people, Gehring says, try to get their proteins through raw meats, milk, fish and eggs. (I sense the hint of a shudder). But in his eyes, those foods aren't really in keeping with the principles of a raw food diet. "It's raw, [but] it's not a life food," he says.

The term "living food" is actually quite popular with raw foodies. Gehring describes it this way: "It's not necessarily even about vitamins and minerals... It's a life force within the

food that you're eating."

Gehring and I are chatting in our common room munching on one of his latest creations: a salad tossed with olives (raw, spiced, gourmet ones), olive oil, avocados, cilantro, garlic and cayenne among other things. He's told me to sample a little, but I can't seem to stop.

This, I suspect, is how Gehring convinced me to even contemplate foregoing the joys of piping hot soup and canned beans (who knew everything canned had to be heated). But what drew me, I have to admit, was not just the taste of the food, but the way my roommate talks about going raw. "I am not dogmatic in that everybody finds God in the same way," he says, but adds that an all-raw diet can induce "beautiful consciousness."

For those of us—like me—who have an almost irreligious reverence for food, finding God through salad greens seemed so improbable that it merited some attention. Thus began my two-week raw experiment.

At Gehring's advice, I opted not to go cold turkey. My first week, he advised, should be about 70 to 80 percent raw, followed by the absolute regimen. Not that two weeks is nearly enough time to truly experience the mental clarity and absolute vision that come along with going raw, he warned.

He was right. Turns out there's this little thing in the natural medical world known as the healing crisis. Sickness, says Maui-based naturopathic doctor Julie Holmes is "nature's way of trying to get rid of junk."

The crisis can take the form of fevers, sweats, mucous and anything else that makes one feel entirely gross, it appears. Ostroff says that people, especially those with health problems, have to recognize that they will not feel better immediately. "If a person's suffering it's very difficult," she says. "It has to be endured for a substantial period of time before the disease is going to go away."

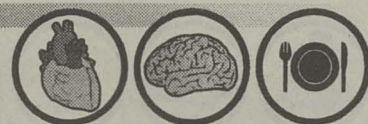
But she stresses that going raw can have profound health benefits—something she knows from personal experience. "I had a serious health challenge, and I went 100 percent on a raw food diet. I did it intensely for three weeks, and my problem went away."

Translated for me, going raw meant two days of a runny nose and wadded up tissues, followed by a blissful week of "this is easy," followed by a 101 degree fever. (I confess. I caved. I ate soup—really hot, delicious soup).

There are real benefits to a raw food diet, though, says Holmes, who herself ate only raw foods for about four years. "Each food in its raw state contains enzymes to digest it. When you cook it, you destroy those enzymes, so then the body has to supply those enzymes to digest it," she says.

Granted, humans have been eating cooked food since, well, the creation of fire, so it is certainly something we can do well. But, says Holmes, the enzymes in our body have other functions and are therefore less efficient.

The real challenge with a raw food



diet is getting enough protein. She doubts most raw foodies can get enough protein without sprouting beans, seeds and nuts. "When you soak them, you begin to liberate enzymes which then to begin to activate. That little seed can turn into a whole plant," Holmes explains. "It begins a biochemical transformation inside that begins to change it where it's not as much carbohydrate. It starts to become amino acids."

As with most movements, the raw food world is fraught with controversy—in this case, over what constitutes a balanced raw food regimen. Gehring says he gets most of his proteins not through sprouted stuff, but through green leafy vegetables. "It doesn't have a lot of protein compared to meat but the bioavailability of that in its raw form is so much greater than what you're actually receiving in cooked proteins."

Through my own ordeal, I mean experience, I learned a number of things: One, going raw is expensive, especially in a state where a pound of spinach costs \$7. Two, going raw doesn't mean eating bowlfuls of nuts. They will give you a stomachache. Three, even if it says it's raw, it doesn't mean it's raw. Who knew that cashews labeled as raw have actually been boiled out of their shells?

For myself, I have to admit that there are parts of me that like this living foods thing. I can now justify buying fresh dill, cilantro, basil and mint. I can eat as much tahini as I want. And finally it's OK to eat the cookie dough. Admittedly, I'm not sure I'm all that much closer to God, but I suppose I am closer to food—something few foodies of any sort grumble about.

Feeling lazy

In search of the ultimate waist-shrinking meal plan

BECKY MALTBY

I've started my diet on so many tomorrows. Does it ever stop?

Granted, one of the problems is that no one seems to agree. A doc tells you carbs are bad. Another guy targets trans fat. On the radio this morning an ad told me drinking nonfat milk actually aids in weight loss. It's possible the experts concur on some cellular science level, but really, diets are as plentiful as plate lunch wagons. As confusing (yet as simple) as pi.

What's worse, dieting fits into one's lifestyle as easily as you slip into your skin-tight capris after devouring a Sizzler breakfast buffet. Aside from the ordinary-folk superheroes who actually begin an exercise regime, who actually cut out hot fudge sundaes, pizza and (insert your worst vice here) for good, the only answer for real people is to make it up as we go along.

My problem, in a nice big crunchy nutshell, is that I'm in the habit of not listening to my health-conscious rationality. I pretty much hate exercising, and I want the thinking element of eating taken away. I want my allotted diet food handed to me, ready-made and tasty, but I don't have the budget or commitment to follow "easy" plans like Jenny Craig or Weight Watchers.

I decided to try a one-week weight loss experiment. I opted not to worry (yet) about exercise. I went on a search for the ultimate, simple, waist-shrinking meal plan. Here, from FadDiet.com—with the disclaimer that quick diets don't work—was the answer to my quest: The Lazy Zone Diet.

The Zone diet, around since 1995 when research scientist Barry Sears wrote his bestseller *The Zone*, operates on a simple principle: keeping your hormone levels balanced (thus putting you in "the zone") throughout the day

by making sure each meal is composed of 40 percent good carbohydrates (fruits and vegetables—no bad white bread and fried buttery potatoes), 30 percent lean protein and 30 percent good fats. Yes there are good fats. Like olive oil. Like those omega-3 fatty acids found in flaxseed oil and fish and written about on every other health journal page these days.

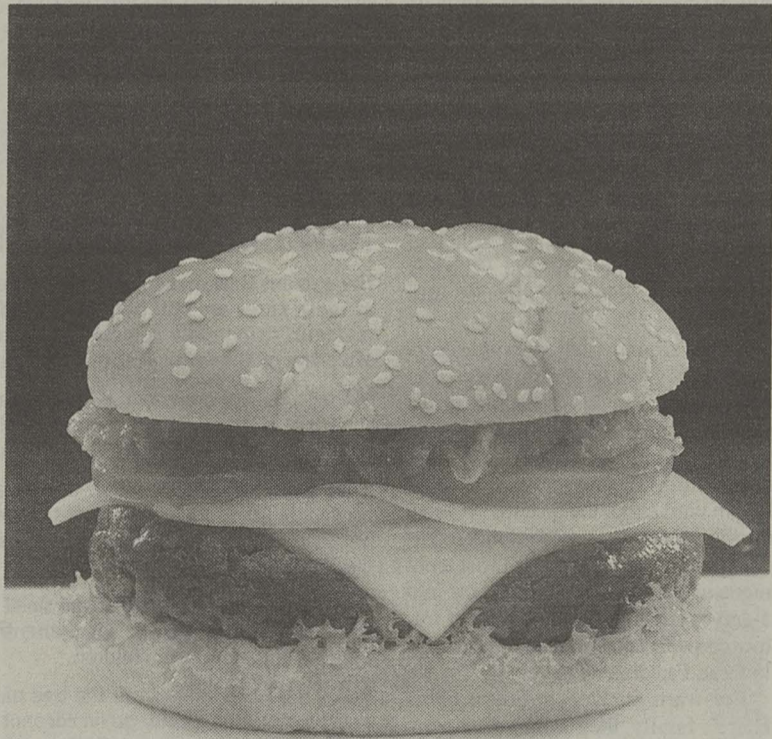
On the Zone diet, you eat five times a day, the first meal within half an hour of waking, and drink lots of water. No foods are completely off limits as long as you balance them right, which makes a Zippy's mushroom and cheese burger an actual possibility. But be sensible. Really.

My results? Bear in mind that the sample menu I tried was from a joke website. Also, for the sake of convenience (as well as some miscommunica-

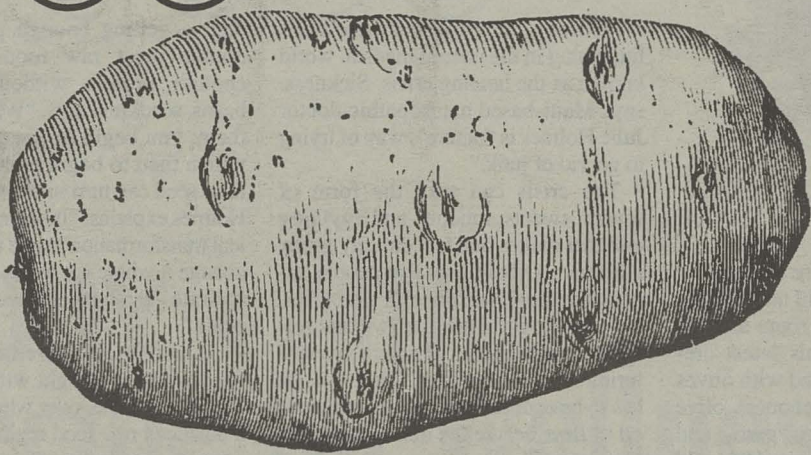
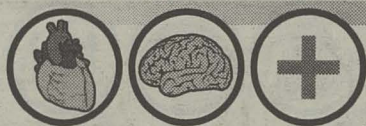
tion with a cashier who gave me cheese on my Quarter Pounder—imagine that) I cheated a bit, generally substituting meals from other days when I didn't feel like eating what they suggested (an egg white omelet just didn't sound appealing on day four). Nonetheless, I'm proud to say I lost three and a half pounds in seven days.

But diet boredom set in. No matter how many foods are allowed, it's still a diet. And if I ignore my cravings I sometimes feel resentment, with my favorite remedy being an ice cold beer and a nap. Yet the Zone makes sense, and it did sort of work in an everything-in-moderation sort of way.

My conclusion? It boils down to semantics. Do not go on a diet. A diet is only a diet if you call it a diet. I'm starting my "diet" again "tomorrow," and it shall be called "Bruce."



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Meal replacement bar	Breakfast Fruit salad	Breakfast McDonalds Fruit and Yogurt Parfait w/ granola	Breakfast Small omelet made with egg whites	Breakfast Meal replacement bar	Breakfast McDonalds Fruit and Yogurt Parfait	Breakfast One cup whole wheat cereal
Coffee, diet soda or any other beverage that contains no sugar or creamer	1 cup unsweetened yogurt (not non-fat)	Lunch Fast food salad (no fried chicken pieces allowed, only grilled chicken)	1 slice of wheat toast (unbuttered)	Lunch Leftover stir-fried Chinese food from last night	Lunch Two BLT sandwiches, no mayo	One spoonful of peanut butter
Lunch Lean Cuisine meal	Lunch Deli turkey or roast beef sandwich with lettuce, tomato, cheese and barbecue sauce on whole grain bread	Low-fat dressing	Lunch The biggest peanut butter and banana sandwich you can possibly make on whole grain healthy bread	A quarter of the container of white rice—throw the remaining half container away before you start eating	Dinner Baked chicken breast	Milk
1 slice of cheese	Diet soda or bottled water	Small hamburger (no mayo)	Tall glass of milk	Two cups frozen broccoli	Lunch Two pieces of toast	Lunch Sandwich made with leftover baked chicken, healthy bread, cheese, lettuce, tomato, BBQ sauce
Dinner McDonald's Quarter Pounder or Grilled Chicken Sandwich, neither with mayo	Dinner Large bowl of chicken noodle soup (any brand)	Dinner Lean Cuisine dinner	Dinner Stir-fried chicken and vegetables	Dinner Healthy Choice dinner		Small bag of pretzels or baked chips.
Side salad		1 oz. nuts or one tablespoon of peanut butter	One quarter of a container of white rice (The rest is tomorrow's lunch.)			Dinner (going out) Grilled shrimp salad from a restaurant
Fat-free dressing						Low-fat dressing
						Unbuttered dinner roll, baked potato or rice pilaf



Folk remedies, warts and all

Pieces of bacon, swallowing pages from the Bible, people swear by the strangest things

STEVE WAGENSELLER

When it comes to folk remedies, I have a splintered memory. Actually, I remember a splinter and a piece of bacon. I must have been about 5 years old. My Pennsylvania Dutch grandmother had examined my finger and saw the dark needle of wood wedged deep in my flesh. She then went to the smokehouse and trimmed off a goblet of "speck"—the home-cured bacon that we had on the farm—and placed it over the wound, wrapping all with gauze and adhesive tape. The next day, miraculously, the splinter had been transported into the bacon.

While that anecdote once made Mrs. Carter, my seventh grade science teacher, lecture me on the unscientific, not to mention unhygienic, horrors of pork belly, now that I'm older it seems to me that the natural emollient of fat and the drawing power of salt had much to do with the miracle. Which is to say, some folk remedies actually work.

These kinds of cures exist everywhere. They can be as simple as a prescription for hiccups (breathing into a paper bag, drinking glasses of water from the opposite edge, or my own contribution to the genre: hold your breath until either the hiccups go away or you pass out) or as complicated as Huck Finn's cure for warts. That technique involved heaving a dead cat into a graveyard and intoning: "Devil follow corpse, cat follow devil, warts follow cat, I'm done with ye!"

For warts in *Weekly* Editor Chris Haire's family, they would cut a potato, rub it on the wart, then bury the potato. When the potato turned to compost, the wart would be gone. In my family, my grandmother would cure warts by smacking them hard with a Bible. My brother swears it worked; however, my mother also smacked me with the Bible, and I'm still here.

Among Hawaiians, remedies abounded. For boils, the laukahi plant could be pounded, mixed with 'alae dirt and salt and used as a poultice. The tea from the plant was also used for "cleaning the blood," which is a common theme in folk remedies. Young wahine ate māmaki seeds to build up strength for pregnancy and to ensure an easy delivery. Māmaki leaves are still used for tea and are available at Longs Drug Stores.

'Olena, related to the ginger plant, was used for sinus problems as well as asthma.

The kukui nut is a well-known remedy for constipation. (You use the nutmeat, not the nut, in case you were wondering.)

The ti plant (Hawaiian kī) had many

uses, not the least of which was fermenting the root to distill 'ōkolehao, the kick-ass, bootleg liquor of the islands. Ti leaves could be used to cure fever, skin rash or applied as an antiseptic against a cut and to stop bleeding.

Papaya isn't just for breakfast. A poultice from the root reportedly can diminish arthritis and the leaves and green fruit are well-known tenderizers of meat. The enzyme papain is the active ingredient for the latter and was once used in contact lens cleaning solutions.

In Jamaica, as in Hawai'i, folks used guava bark and leaf to cure diarrhea. While I lived there, a friend tried to cure my dengue fever with a concoction of lemon juice, white rum and an infusion of ganja. The dengue hung on, but I didn't much notice.

My grandmother believed she could

cure fevers by writing Bible verses on a piece of Kleenex, which we would then have to swallow. Her cure for coughs—a spoonful of Vicks Vapo-Rub dipped in brown sugar (also swallowed)—was less appreciated and probably more effective, not to mention breathtaking, as a laxative.

Folk remedies often depend upon belief. One of my Pennsylvania Dutch ancestors was a faith healer, or what they called a "pow-wow man." I still have a tract of his, first published in English in 1938, called "Secrets of Sympathy." Here is one of the more Huckleberry Finn-like cures he espoused:

"If one has received a New Rupture, thou shalt charm in the following manner: Take a clean bed sheet and lay him upon it, and take two pigeons and lay them beside him, and call his Christian name five times and say the following words each time, and then kill the pigeons: Jesus healed the sick of the palsy, and in the name of Jesus Christ thou shalt be healed; as it reads: What ye do in My name, shall be! The deaths of these pigeons be thy salvation. Thy pains have come upon the pigeons; they are taken away from thee in the name of the Father, and of the Son, and of the Holy Ghost!"

I'm just glad that all I had were fevers and splinters.

Hawaiian style folk remedies

The ancient Hawaiians had herbal cures for just about everything, and many of those cures are still being used today. Here's a quick list of some local remedies using more common ingredients, but please don't leap headlong after any of these suggestions without first consulting your physician:

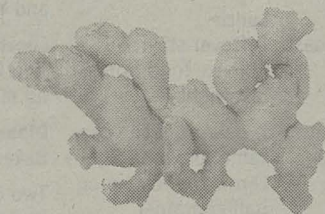
'ALOE: Easy to grow, simple to use, the 'aloe is also known world-wide as the "burn plant." Just peel off the green skin and rub the gelatinous pulp over a burn or sunburn. Some folks drink the juice as a laxative or to counteract ulcers.

RED DIRT: Known locally as 'alae or 'alaea, this iron-rich clay is most commonly used in the making of the red salt added to poke or served with green onions. Thought to help with blood-related problems such as anemia or internal bleeding.

SEA URCHIN: The meat of the small urchin, or 'ina, was used against general weakness of the body. The slime from the urchin's teeth was rubbed on the tongues and mouths of children.

COCONUT: Hawaiians call the tree niu. Anyone who has ever tasted the fresh, sweet water from a cold, green coconut at a roadside stand knows how refreshing it can be. It's a natural diuretic, so it works against kidney stones and high blood pressure. The soft jelly in the green coconut is reportedly good for colon cleansing.

LEMON GRASS: Also called wāpine, this fragrant herb is often used as a tea to reduce blood pressure and stomach ailments. Frequently used in Thai cooking, it can also be found as a great sorbet flavor at Bubbies Homemade Ice Cream and Desserts.



GINGER: The family of ginger plants has many uses. The one called 'awapuhi kuahiwi could be used to deaden a toothache; for an itch or a bruise or as an extract for a massage. This is also the ginger used in making shampoo.

KALO: Or taro. Because it is hypoallergenic and very nutritional, pounded into poi, kalo makes a great baby food. Mashed together with noni, it can be applied to boils or put directly over sores.

BREADFRUIT: The 'ulu, as everyone knows who has picked one, secretes a milky fluid when cut. This sap can be useful against cuts, scratches and scaly skin.

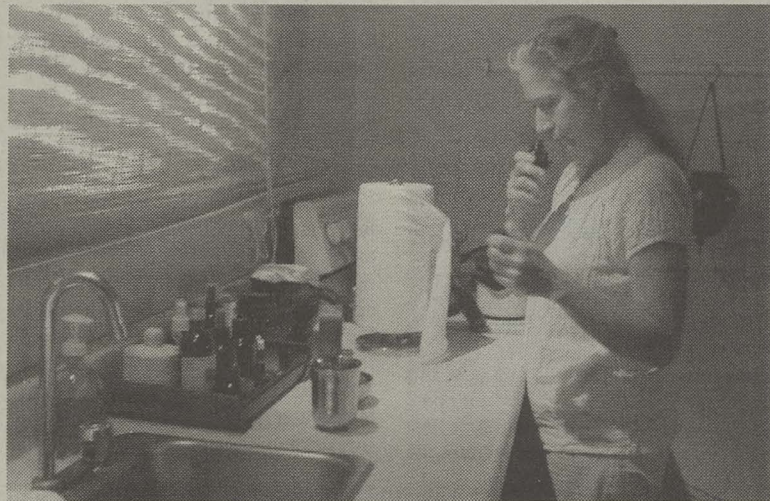
PAKALŌLŌ: Not a traditional Hawaiian herbal cure, its effects are well known, whether in prescription or non-prescription form. Take as needed.—Steve Wagenseller

Sources: *Hawaiian Herbs of Medicinal Value*, M. Kaaiakamanu and J. K. Akina, 2003; *Hawaiian Healing Herbs: A Book of Recipes*, Kalua Kaiahua with Martha H. Noyes, 1997, Moses Ahuna and the Internet.

The science of life

Ancient Indian healing finds a home in new age-happy Hawai'i

SUJATA GUPTA



Margo Gal's office in Maui smells like sandalwood and Indian spices. There are rocks in the pressure cooker and oils steaming on the stove. A dancing statue of Shiva—the Hindu god of destruction—rests on the mantle, watching as Gal pulls a metal pot over Ken Diehl's head. A slow, steady stream of oil begins to drop onto his forehead.

"At any point if it's too warm, let me know," Gal says. Diehl, half asleep, acquiesces.

Gal is practicing perhaps one of the oldest healing methods: ayurveda. Originating in India between 5,000 and 10,000 years ago, the word "ayurveda" translates literally to life (ayur) and knowledge (veda).

"Basically it's the science of life," says Dr. Ye Nguyen, a Honolulu-based naturopath who incorporates ayurvedic techniques in her practice. "It defines disease by an imbalance of doshas. A dosha is basically...a vital energy."

The dosha makes up ayurveda's core. It is not something people choose, but their innate constitution, the thing that determines their physiological, intellectual and emotional strengths and weaknesses. It explains how people should eat to stay in balance and outlines what diseases they may encounter should their body go out of balance.

There are three doshas: vata, pitta and kapha, explains Nguyen, who parallels each type to a different animal. Vata people are like deer, creative and spiritual, while pitta people are closer to dragons, ambitious and intelligent. Kapha people are mellower and panda-like, grounded and compassionate. Imbalances in the different types can lead to indecision for vata types, arrogance for pitta types and laziness for kapha types.

But what sounds simplistic becomes complicated by the fact that most people are a combination of different primary and secondary doshas. And, says Nguyen, there's tension in ayurveda between the dosha one is born with and the stage of one's life, which also has an inherent dosha. "During your childhood years, you're kapha. That's during your nurturing phases. You're most grounded as children," she says. "Then, when you go into your middle years, you're go, go, go... That's when you go into your pitta years. Then when you go into your older years, you're vata."

Ayurveda, adds Gal, includes a supernatural element, as well. For example, during a recent clinical study trip to India, Gal says practitioners would always put one's astrological chart on the wall to determine the best treatment

route. People would then be advised to wear different gems, such as rubies or emeralds to bring them closer in line with a given planet. For example, says Gal, Mars has an affinity to the ruby while mercury is drawn to emeralds.

Ayurveda has been increasing in popularity as more and more people get involved with yoga and all things Indian. But Nguyen believes that people are becoming frustrated with Western medicine. "In society, people are just sick of being medicated or taking medicines with...side effects," she says.

Rebalancing, however, can be a significantly more complicated than popping pills, say both Gal and Nguyen. The goal of ayurveda, and indeed most traditional medicines, is to avoid disease by taking proactive health precautions. Gal says her goal is to help people "take more responsibility for their life" through long-term changes in lifestyle and diet.

But it's also good, says Gal, to just enjoy a good ayurvedic session every now and then. "Everybody wants to come in and have a lot of oil poured over them," she says. And that, too, can be extremely invigorating.

Diehl, a physical therapist on the Big Island, says he's been going to see Gal for general health reasons. For example, Diehl was having problems with his sinuses, which Gal took into consideration when determining his treatment method. "I'm drawn to it I think because it's basically a little bit more customized treatment," Diehl says, adding that ailments that typically would have taken months to clear up are now resolving themselves more quickly.

Back in the treatment room, Gal has already spent an hour rubbing Diehl down with warm scented oils. Lying on his back, he's glistening from head to toe. A warm stone that Gal has rubbed across his neck and shoulders rests just below his breastbone atop a towel. "What the oil does is it helps to just slow things down, so there's not so much movement going on internally in the body and the mind," Gal says. "The oil penetrates deep into the system, and it helps to calm things down."

Now, Gal is ready for the final stage of her treatment: the shirodhara. It is, says Gal, "the flow of constant oil on your third eye and across your forehead for 25 minutes." The most focused part of the treatment, shirodhara has both medical and spiritual applications.

For Diehl, it has become a way of centering himself. "It took me to the really deep place of relaxation," he says. "I was able to really tune into my own body pattern and my own body rhythms."

A sanctuary of stress relief

Psychologist Sunny Massad offers UnTherapy to her clients
BECKY MALTBY

Located at the back of Kalihi Valley, surrounded by a stream, birds and trees, the two-acre Hawai'i Wellness Institute is a sanctuary of stress relief for "ordinary people with ordinary problems." Motivated in part by the ineffectiveness of mental illness treatment that her own family received, psychologist Sunny Massad created the HWI in 1999, offering classes and workshops, which employ her own trademark model UnTherapy. In the comfortable, quiet living room of the Hawai'i Wellness Retreat House, she talked to the *Weekly* about her approach.

Why would someone with a B.A., M.A. and Ph.D. in psychology not become a clinical psychologist?

While I was studying psychology, I realized I wasn't interested in working with people who had emotional or mental diseases. That's really what they're teaching: How to handle people after they've already been diagnosed with something. I thought, what about the rest of us that just have ordinary problems and need a boost in the right direction? What kind of counseling is there for that?

So you developed your own UnTherapy model?

I had gone to hypnosis school before I went to a school of psychology, and in hypnosis school the first question of counseling is "what do you want?" We don't need to know why we have these problems. We know why. If you start with "what do you want" and what needs to change in your attitudes and your beliefs and your behavior in order to get what you want, all of a sudden there's hope. And your life changes right away.

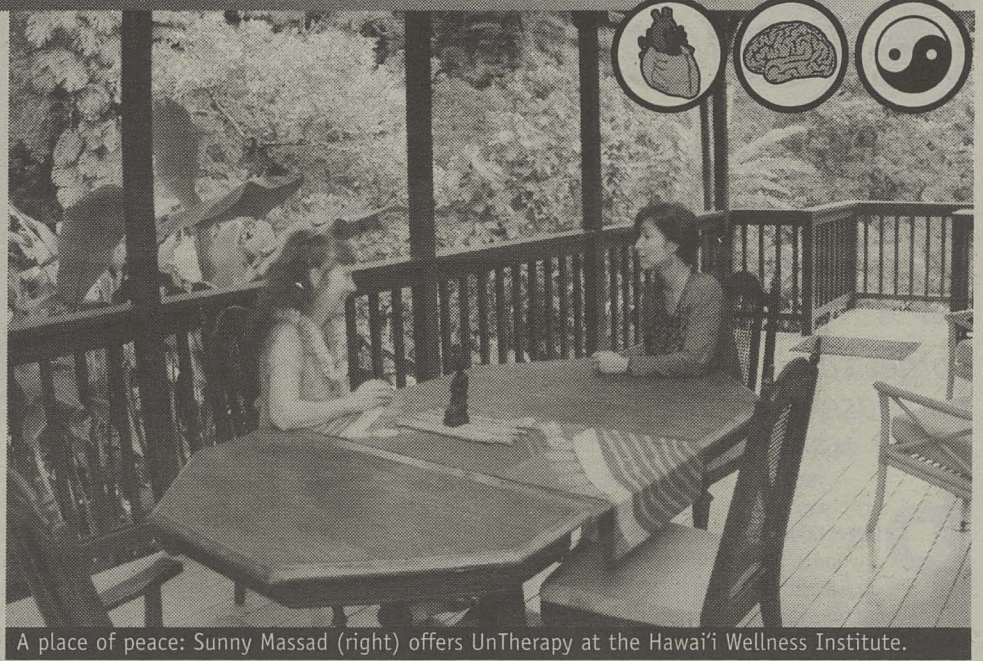
It's a style of counseling specifically designed for healthy, well functioning people.

Tell us a little about the institute.

I always say you drive through the Philippines, Fiji and Samoa to get here. And then you come to the very end of the road, and there's a Shangri La. You can't even remember what you drove through. Because Kalihi is known for trash on the side of the road. It's not a place you would think of for wellness. There's wife battering in this neighborhood and renegade roosters. People will actually say to me "It's too far to drive all the way to Kalihi Valley." You know, it's like 12 minutes. But values change when they're surrounded by nature. We can have a class out on the lanai in the summer when it's a beautiful day, and if you're learning how to meditate and you're not listening to traffic but you're listening to birds, you're much more peaceful.

Is there any other place on the island like it?

You can go to a hotel or a day spa, but what I



A place of peace: Sunny Massad (right) offers UnTherapy at the Hawai'i Wellness Institute.

find in those environments is that, particularly with women, they go to these places to come out looking changed. Now they have very pretty fingernails and toenails and better skin and nicer hair, but they haven't dealt with their issues. People go running out, and they know they need something. What they need is sleep. What they need is quality relationships and friends that last. They need art day and time to get their to-do list done. Women often go to self-help books. They underline it, put stars in the margin. They highlight. They understand the book exactly, but reading a self-help book won't change your behavior because the very act of reading is a left-brain activity. It's the logical, analytical part of your brain, so you can understand it. But the part of your mind that's in charge of your behavior is your right hemisphere, the creative, artistic, imaginative side. Unless it's an experience, you won't change, you'll only understand, which is why traditional therapy for self-actualized people is ineffective.

What are some of the problems of ordinary people?

I feel people are suffering from what I call techno stress. It's a specific stress related to technology. Since we got computers and call waiting

and voice mail, everything has sped up. What we believe that we can get done in the course of one day is unrealistic. What happens is we carry our old story with us, and we expect that that's the way it should be. But everything is changed. The conclusion is we're feeling inadequate. Our self-esteem goes down. So I am attempting to show people that they're not inadequate and the very thing they're attempting to do to keep up with their lives is sabotaging the quality of their life.

And to know that there are other people going through the same thing?

Yeah. The entire island (laughs). We're all in it. The whole country. Starbucks has made millions of dollars because the idea is "I need to speed up, I can't keep up, I have to read all this stuff on my desk, I have to produce more, and I have to do my laundry and pay the bills and put the kids through school and it better be private school..." It goes on and on. Knowing how you would prefer to be and how you're going to handle your feelings in order to be able to get to where you want to be is going to be your emancipation.

For a list of upcoming courses available at the Hawai'i Wellness Institute, visit www.hawaii-wellnessinstitute.org, 848-5544

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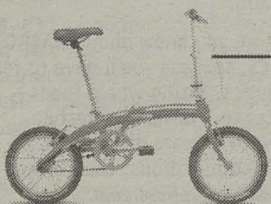
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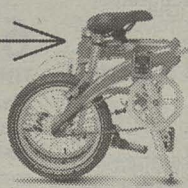
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The drink of peace

Forget the bad rap. Kava can calm the soul and ease your mind.

BECKY MALTBY

Participants sit in a circle on a large woven mat. At the head, a wooden bowl of water takes on a muddy appearance as the mixer massages in a strainer cloth filled with *Piper methysticum*, or kava ('awa in Hawaiian). When the concoction is estimated to be of the proper strength, the first guest receives a coconut half-shell filled with the tan liquid. He claps once to mark acceptance of the cup. He drinks. The circle claps three times, and the bowl is passed to the next participant.

Much like a Waikiki lū'au, some variation of a ceremonial kava gathering is a popular tourist attraction in Fiji, Samoa and other Pacific Island destinations, but kava's vital cultural significance is but a small part of its ripening biography.

A HEALTHY ALTERNATIVE

The ongoing popularity of such relaxants as St. John's Wort and melatonin is a good indication that the market-

place is wide open for kava's position on the herbal anxiolytic—antianxiety—shelf. According to Michael Kelley, psychology professor at Hawai'i Pacific University and Drug Policy Forum of Hawai'i board member, "There are a number of placebo-controlled, randomized, double-blinded trials, which show that kava reduces anxiety equivalent to low doses of benzodiazepines," such as Valium and Xanax.

He adds, "But when you use the benzodiazepines you have a cognitive decline. Kava produces no hangovers. Kava produces no dependency. Kava is cognitive enhancing." Unless you consume large amounts of the stuff, which is generally considered to be about 10 bowls before you've surpassed the legal limit.

The National Institute of Mental Health estimates that approximately 40 million American adults suffer from some sort of anxiety disorder. With a persistent quest for remedies, why has kava not reached wonder drug status? In large part, the answer can be traced

to an unfortunate—and fairly recent—bad rap.

In 2002, several European countries and Canada began banning the sale of products containing kava due to links to liver toxicity, including hepatitis, cirrhosis and liver failure. The Federal Drug Administration took heed and although a ban was not placed in the United States, warnings were issued. The kava industry suffered a huge loss (curiously at a time when its profits had started to compete with major pharmaceutical companies selling benzodiazepines.) By the 1990s, the demand for kava had outstripped its supply and the detrimental health reports baffled researchers who began to take action. It turns out that, because of the high demand for kava in pill form, Germans had begun harvesting the above-ground components of the plant: The leaves and bark allowed for an increased number of kava lactones—the primary psychoactive component of the kava root. A team of scientists headed by C.S. Tang, (now retired) professor of molecular biosciences and biosystems engineering at the University of Hawai'i-

Mānoa, discovered an unexpected liver cell toxic alkaloid in the leaves and bark of the plant that does not appear in its underground roots where kava extraction had traditionally been focused.

The research was telling. Tang and H.C. "Skip" Bittenbender, extension specialist for coffee, kava and cacao at the UH College of Tropical Agriculture and Human Resources (CTAHR), obtained a grant to follow up on the findings. "There has not been acceptance or change of policy in the regulatory agencies in Europe with regard to these finds yet," Bittenbender says. "They generally have to prove things to themselves."

"We've solved the riddle we think," Kelley says. "What we do know is the cultural history. Indigenous people all over the Pacific Basin have been drinking kava for thousands of years without any liver problems."

PEACE MAKER

With the adverse health scares on the way out, the path is paved toward a far-reaching awareness. Proponents would love to see kava become a way of life.

"When people are in a nice state of

mind, it's a healthy state of mind," says Jonathan Yee, local grower and president of the 'Awa Development Council—a nonprofit charitable organization "devoted exclusively to educational, science and religious activities." The ADC's motto sums up what is perhaps kava's most beneficial quality: *I Maluhia ka Honua* (So that the world may be at peace).

"Good things happen when people meet," Yee says, citing Honolulu's two kava bars Kapahulu Kafe and Diamond Head Cove as fine gathering places. "The social aspect is an obvious benefit."

Kelley agrees. "Island groups use kava to mediate," he says. "How many times do we get into conflict in life? Kava becomes a way of sitting around the table and trying to sort out differences."

"[Kava] has a place in our modern society to prevent road rage," adds Bittenbender, "to relax at the end of the day, to calm the nerves before anxious events."

"It is the drink of peace."

For further celebration of everything kava, attend the Hawai'i Pacific Islands Kava Festival on Oct. 6 at UH-Mānoa, 9AM-5PM. Admission is free.

SOME LOCAL KAVA WEBSITES

Awadevelopment.org
Hawaiiankava.com
Kahahuluka.com
Diamondheadcove.com
Scienceonfilm.com
Kavaforum.org
Kanakakava.com

Internet alone, there are hundreds of sites selling noni extract, noni juice (both pure and mixed with other fruit juices), noni powder, noni tea and even noni spray.

So, obviously, stuff that tastes bad must be good for you, right? Not always. Not all miracles are true, at least according to the Food and Drug Administration (FDA), and you should always proceed with caution with any reputed "miracle cure." One noni miracle, however, might soon have proof behind it, and the Cancer Research Center of Hawai'i (CRCH) has embarked on an extensive study to find out. Read on.

If one goes by how the noni has been used around the world, it certainly holds promise. In Southeast Asia, heated noni leaves were used to cure coughs and nausea. In China and Japan, noni extracts are taken as a tonic or to reduce fever. Even though the fruit is not the tastiest around, the noni has often been used as a "famine food" nearly everywhere it grows. Reportedly, Southeast Asians enjoy it in a curry, which probably hides the taste.

Ancient Hawaiians used the roots to make tapa dyes, the fruit as an occasional food, and even the pulp on sprains and bruises. One Hawaiian chant, recorded in 1861, has Kama-pua'a saying:

"I have come now from Puna.

I have seen the women gathering noni,
Scratching noni,
Pounding noni,
Marking with noni."

The pig god notwithstanding, noni thrives other places than Puna. It is a hardy shrub or tree, enjoying anything from sun to shade, brackish tide pools to dry land and can even endure months of drought. If destroyed by fire, it grows back. It is one of the first seedlings to spring up out of a new lava flow, and the mature noni bears fruit almost constantly. Miracle cure or not, the noni deserves admiration.

But miracles there may be. In a multi-part, multi-year study, the CRCH at the University of Hawai'i is investigating the efficacy of noni on cancer patients. Dr. Brian F. Issell of Scripps Health in San Diego and former lead investigator of the study reports that their first task was to determine appropriate dosage levels. Once the researchers can establish an optimal dose with no side effects, they can then compare the cancer-fighting effects of noni treatment against those of a placebo. Dehydrated noni from Maui, delivered in capsule form, is the test product, and, according to Issell, no toxicity has been found in doses up to 14 grams.

The surprising news is that there is evidence of cancer shrinkage in some

patients. Issell warns, however, that these kinds of results can't be quantified at this phase of the study. In addition, Issell says, "We have found that some quality of life measures, such as pain relief, are better at certain doses when compared with the other doses," but he hesitates to say whether noni relieves pain or otherwise benefits patients. It's just too early in the study to tell.

For Issell, it's clear why such scientific rigor is necessary. "There are many personal testimonies for the benefits of many of the different marketed products, but as yet, no scientific evidence to back them up... I feel we need to find out through proper scientific testing whether noni may help, more than harm, the many people who take it," Issell says.

In fact, the FDA has warned a number of purveyors of noni products not to propound claims that are unsubstantiated. And, because noni fruit can be very high in potassium, it poses danger to those with kidney problems.

For those brave enough to try a little noni homebrew anyway, the local method is simple. Put several washed, ripe noni fruits into a large, clean, glass jar, cover them with fresh water, screw the lid back on, and let the jar sit in the sun for several days, even weeks, until the extracted juice turns brown.

Then, decant and enjoy... if you can.



STEVE WAGENSELLER

Miracle cure?

The noni may be ugly and foul-smelling, but some swear by its healing properties

STEVE WAGENSELLER

The fruit of the noni won't win a blue-ribbon prize for beauty at any state fair. When ripe, it's oleaginous, pus-yellow to rancid white, translucent, covered with pustule-like drupes that make it look like a corpulent caterpillar or the birth-sac of an alien lifeform, and it

carries with it a smell ranging from fresh vomit to Parmesan cheese. It doesn't taste much better.

All that hasn't stopped the noni from becoming a very hot product. Perhaps because the fruit is so exotic and not very palatable, it has become something of a miracle cure to many. On the

Just do it

What do feral pigs, a Frisbee and a hockey puck have in common? They can all help you get well sooner.

CATHARINE LO

Day: Any day. Time: Pau hana. Place: The (now smoke-free) bar. Halfway through the Heineken, midway through the martini, you find yourself nodding. Why? Because you're looking around at what has become routine, and you're channeling Huey Lewis: "I Want a New Drug."

Fear not, Honolulu. There are alternative ways to blow off steam. If you're not into the mainstream varieties of island recreation—hiking, biking, jogging, surfing, swimming, paddling, fishing, bird-hunting (OK, only haughty people hunt birds)—maybe it's time to engage in something completely different. Go ahead, get crazy, add more wasabi to your shoyu. Here are 19 ways to leave your bartender.

1 There's chasing plastic on the sand, and then there's **ULTIMATE**

FRISBEE. Get started with Hawai'i Ultimate League Association's recreational nights: www.hawaiiultimate.com.

2 Ralph Waldo Emerson suggested, "Be an opener of doors for such as come after thee." Heed his advice by becoming a **BIG BROTHERS BIG SISTERS OF HONOLULU MENTOR:** www.bigshonolulu.org.

3 From day paddles to overnight excursions, you and your **KAYAK** can really go places, and **HUI WA'A KAUKAHI**, Hawai'i's oldest and largest recreational kayak club, helps you get there: www.huiwaa.org.

4 What's the last thing you imagine you'd find yourself doing on a Sunday morning at 7 in Hawai'i? Staring through a face shield watching the puck you just shot soar past a goalie on ice skates at the **ICE PALACE?** If you can dream it, you can do it: www.icepalacehawaii.com.

5 Happiness is a shiny, new lure. Enter a **FISHING TOURNAMENT:** Go to www.sportfishhawaii.com for 2007 tournament dates.

6 Most of us are simply not Ironman material. Fortunately, there's the **TINMAN**, which is full of heart and then some. Honolulu's longest-running triathlon entails an 800-meter swim, a 40-kilometer bike ride and a 10-kilometer run. Start training now: www.tinmanhawaii.com.

7 If you're not marching to the beat of your own drum, well, maybe you need to learn to beat one first. **TAIKO CENTER OF THE PACIFIC** and master Kenny Endo teach traditional and contemporary Japanese drumming at Kapi'olani Community College. No experience necessary: www.taikoarts.com/classes/classes.html.

8 Blame it on Demi Moore if you think there's something erotic

about wheel throwing. Wait. Is there? The **HAWAII POTTERS' GUILD** classes will let you find out: www.hawaiipotterguild.org.

9 The more you know about **MACROBIOTICS**, the less you'll have to rely on antibiotics. Eating whole foods contributes to a healthier lifestyle. Learn how to prepare dishes that are delicious and nutritious: www.macrobiotichawaii.bravehost.com.

10 There's no such thing as instant enlightenment, but **QINWAY QIGONG INSTITUTE** (www.qinway.org) offers special ability rejuvenation retreats, and **WUDANG QIGONG** (www.wudangqigong.com) and **EAST WEST QIGONG INTERNATIONAL** (www.eastwestqigong.org) offer group classes.

11 There's more to art than meets the eye, but for most people, all they get is what they see. Get more



Stewards of wellness

Chatting with the kind folks who help us stay healthy

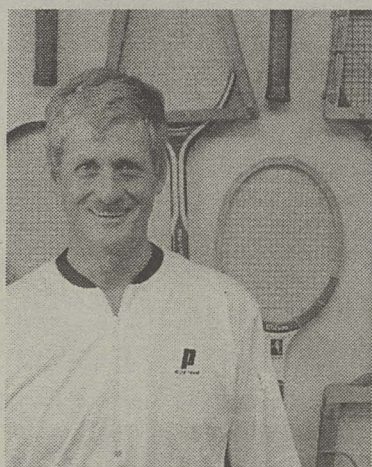
KEVIN WHITTON

Remember your last massage...so relaxing. Strong fingers kneading deep into your tense muscles and stressed out psyche. Maybe you really did need those words of encouragement from your personal trainer to crank out those last few sit-ups—or even to get to the gym at all.

In our everyday quests for wellness and health—mental relaxation, a good game of tennis, pumping iron, whatever you do to get mentally and physically fit—there is usually

someone on the other side of that curtain, helping you to achieve your goals. Give these custodians of your well-being some well-deserved credit. They work hard to make you happy, to help you relax, to help you feel good about yourself, so you can lead a more productive and happy life.

But in all reality, your weekly or monthly massage is just another hour at the office for your massage therapist. These stewards of wellness, who keep our spirits lifted, have chosen to ignore back hair and pimples to make you feel special.



BRUCE NAGEL

DIRECTOR OF OPERATIONS IN TENNIS AND HEAD TENNIS PRO, KAILUA RACQUET CLUB

YEARS Tennis pro for over 30 years, the last 15 years at the Kailua Racquet Club

BEST PART OF THE JOB The opportunity to interact with different and interesting people. It's tennis lessons, so everyone comes out with a good attitude.

WORST PART OF THE JOB The sun. It's tiring working under that tropical sun for hours on end, and you get parched quite frequently.

STRANGEST STORY A couple years ago I had leg surgery, and I had to teach tennis out of a wheelchair for an entire year. People would show up and look at me like, "No way, you're the tennis pro." I just started telling people over the phone that I was giving lessons from the wheelchair.

HIT ON BY CLIENTS? [Laughs] When I was younger.

INAPPROPRIATE BEHAVIOR BY CLIENTS People get mad and swear, a lot of throwing rackets.

EMBARRASSING MOMENTS One time a woman student's skirt fell off. About a month ago a ball bounced right up my pants and stuck. Nobody saw or noticed, so I'm running around with a tennis ball in my pants. I had to wait till no one was looking to shake it out.

HEALTH ADVICE Regular exercise and plenty of fluids. Tennis is a great activity for adults because it's a social sport, great exercise and fun at the same time. We have a unique workout

group here at the club called exertenis. It is a very popular adult program, highly recommended.

AUSTIN MORIOKA

ASSISTANT FITNESS MANAGER, PERSONAL TRAINER, 24 HR. FITNESS

YEARS 4 years

BEST PART OF THE JOB The ability to give someone the chance to enjoy life, make a difference in that person's life.

WORST PART OF THE JOB I can only help one person at a time. At this level you're working one-on-one, and I would like to be able to help more people.

STRANGEST STORY Because of the



is no general application. Make sure you understand who's helping you and know the skill level you deserve and the trainers give.

ANTONE TOUTAIOLEPO

MASSAGE THERAPIST, SERENITY SPA

YEARS 1 1/2 years

BEST PART OF THE JOB When people come in stressed out and leave relaxed and in a good mood, knowing I made a difference.

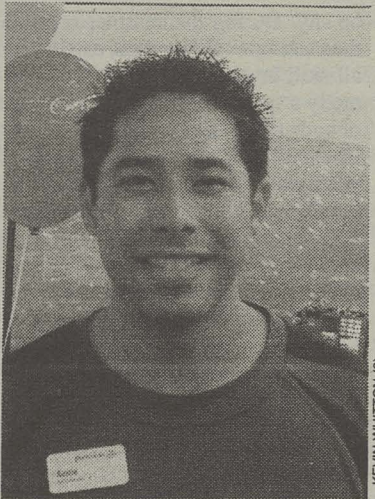
WORST PART OF THE JOB When it's slow, and there's no business. **STRANGEST STORY** I have Portuguese ancestry, and this lady I massaged looked exactly like my aunt. I asked her name and found out she was from the same part of Portugal as my family. It tripped me out. I got chicken skin.

HIT ON BY CLIENTS? Yes, but not too often. Maybe they ask if you want to go out for drinks, but I don't mix business with pleasure.

INAPPROPRIATE BEHAVIOR BY CLIENTS Only when someone didn't go under the drape and they are lying there naked and I have to tell them to go under the drape.

EMBARRASSING MOMENTS One time I kept calling a client by the wrong name through the entire massage. It was a couple's massage, and after it was over, the other massage therapist asked me why I kept calling the person by a wrong name. I felt bad.

HEALTH ADVICE As well as massage, stretching is really important, big time.



KEVIN WHITTON (3)

controlled environment, being in a public place where everyone can see you, nothing really strange happens. Although one time a guy decided to work out completely naked. After they got him to put his clothes back on, he left peacefully.

HIT ON BY CLIENTS? It does happen for many trainers, but not often. I always try to keep it professional.

INAPPROPRIATE BEHAVIOR BY CLIENTS Probably just horrible attitudes, that's it. I almost become friends with my clients, so nothing inappropriate really happens.

EMBARRASSING MOMENTS If a client passes gas. It happens.

HEALTH ADVICE Always understand that something beneficial to one may not be beneficial to others. Seek the resources to find out what is best for you. Health is individualized. There

from the docents at the **HONOLULU ACADEMY OF ARTS AFTERNOON TOUR AND TEA PROGRAM:** www.honoluluacademy.org.

12 Real surfers can fix their own dings. Learn how at The Ding King's (www.thedingkinghawaii.com) **BASIC SURFBOARD REPAIR CLASS**, held Sundays from 1-2PM. Call 596-2324 to register.

13 Take gardening to a new level: Try **XERISCAPING**, a way to conserve water through smart landscaping. The Friends of Halawa Xeriscape Garden teach you how to plant and irrigate efficiently. Call 748-5041 or visit www.hbws.org for more information.

14 Want to **GET RID OF THE BEER GUT BUT KEEP DRINKING BEER?** Get on the H-5: gototheshash.net/hawaii/h5home.html. The Honolulu Hawaii Hash House Harriers perpetuate

the bawdy chase tradition every Tuesday—hares away at 5:15PM.

15 Forget all the fad diets. Start with **LOCALLY GROWN ORGANIC PRODUCE**. Just Add Water (www.just-add-water.biz) distributes a variety of boxes of fresh fruits and vegetables every Thursday. Boxes are customizable and delivery is available.

16 Are you an O'ahu resident with an important non-commercial message? **BE YOUR OWN MEDIA**. Get empowered (and get airtime) with training and video production classes from 'Olelo Community Television: www.olelo.org.

17 Bust a move. A free **HIP-HOP CLASS** is being offered at UH-Mānoa on Thursday nights from 9-10PM in Studio 4 on the second floor of the UH Athletic Center.

18 What activity can help you "pull in at the waist, create more muscle definition in your arms and tone the muscles in your hips, all the while strengthening the spine and pelvis?" Give up? **POLE DANCING:** www.fit4agoddesshi.com. Don't discount the fringe benefits for your partner.

19 It's the year of the feral pig: Beginning in February, the Department of Land and Natural Resources holds a **PIG CONTROL HUNT** (permits required) on Wednesdays and Sundays through Feb. 4, 2008. Hunting spans the entire Honolulu mauka trail system, including Makiki-Tantalus, Mānoa Valley and Wa'ahila Ridge. But you can only hunt with a dog and a knife or bow and arrow. What, your dog doesn't even know how to swim? Bow and arrow, it is. Archery Headquarters, Inc. offers lessons (\$35/hour) to get you started. Call 396-6317 and ask for Jay.

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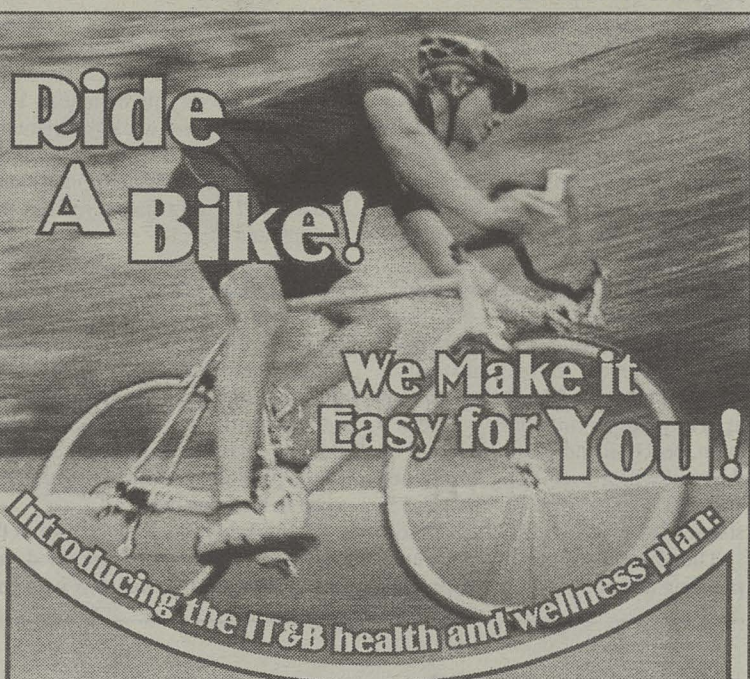


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Dude, where's my paddle?

Let an outrigger canoe take you to the land of better health

KEVIN WHITTON

If you live in Waikīkī, you most likely notice the outrigger canoes gliding effortlessly down the Ala Wai Canal toward the harbor as you sit at the red light, rushing home yet going nowhere in the daily catalytic congestion. They'll be out to sea before you make it another block.

Maybe they've got something here. They meet at 4PM and train until 6PM, completely missing traffic. They are out in the open, moving, instead of stuck in an air-conditioned box of metal. They are in the water where it's calm, peaceful and quiet instead of on the road where everything is cramped and chaotic. Everyone looks fit and in shape and... well, you get the picture.

The ancient Hawaiian tradition of paddling takes on many forms through-

out the islands and around the world. There are different crafts, scores of races, each at varying distances. Paddling offers a great workout, mentally and physically, a connection with the ocean and its moods and inhabitants, and a social setting that promotes competition and fun.

THE BASICS

Outrigger canoe paddling is thought to have its origins in the Hawaiian Islands, where the canoe was an extension of everyday life. In the spirit of fun and competition, they took to racing canoes, a pastime that honed the skills of the paddlers and steersman for survival in the open oceans.

Remarkably, the basic design of the outrigger canoe has remained unchanged for nearly a century, with only

minor design adjustments to slim down and lighten the crafts. Fiberglass canoes have replaced traditional koa wood canoes thanks in part to their low cost and availability.

What's left for you to buy? The paddle of course. These are usually made from timber; the design hasn't changed much over the years. The steersman's paddle is different from a standard paddle since it must also act as a rudder.

JOINING A CLUB

With 31 officially recognized clubs on O'ahu, finding one near your town should not be a problem. There are organizations spanning the South Shore, the North Shore, and the Leeward and Windward sides. Most clubs are geared toward racing and competition with six-man outrigger canoes, so training in and out of the water is a big part of canoeing.

Marion Lyman-Mersereau, Punahou's Girls Varsity 1 Head Coach shares some advice for newcomers: "Join a club and get involved as much as possible with the water. Get on a one man, into a kayak, or even a surfboard or boogieboard. The more you know about the ocean and water and how to apply the force that will move a vessel forward, the more you'll know about paddling."

Whatever your athletic ability, don't

be shy. During the summer regattas, there are races for novices, experts and all skill levels in between. "It's definitely a sport for everyone, every kind of body type," says Lyman-Mersereau, who has been coaching paddling for 27 years now. She is a firm believer that paddling helps not only the body, but the mind as well. "[With paddling] you can take somebody who's not all that athletic and turn them into a champion."

That sounds like a walk in the park, but in reality, a lot of hard work, determination and perseverance goes into paddling. She adds, "If you're paddling right, your butt will get sore because you're using your legs to drive off, and as you bend forward and twist and untwist and sit up, you're using a lot of back and of course your arms."

Nappy Napoleon, founder and head coach of the 'Anuenue Canoe Club and a well-known Hawaiian-paddling legend shares the same sentiments. "Join a club and start with the sprint races," he says.

A testament to the health benefits and happiness that paddling can bring, 65-year-old Napoleon is still paddling everyday and has recently been paddling 90-mile marathon races, broken up into three 30-mile days.

The paddler adds, "I've been paddling all my life. I love to do it. If I'm

not paddling, I'm at home doing nothing, fall asleep, get lazy, but when I paddle, it's enjoyable. And now it's getting more enjoyable because the last two years I've been going to the mainland to do marathon races."

DO IT YOURSELF

Not into the competitive nature of outrigger canoe racing? There are many options to get out on the water and paddle. There are one- and two-man outrigger canoes that work on the same principles as the larger six-man vessels, as well as a slew of plastic ocean kayaks, available in different sizes and styles depending on the intended usage. They run the gamut from fishing kayaks to long distance kayaks to recreational kayaks for the whole family.

Whatever your modus operandi, paddling is a soulful sport, one that embodies the traditions of the ancient Hawaiians. It can also be a serious workout and can get your butt in shape. Either way, it will most likely take you places you've never been before.

O'AHU HAWAIIAN CANOE RACING ASSOCIATION
www.ohcra.com
info@ohcra.com
KANAKA IKAIIKA RACING ASSOCIATION
www.kanakaikaika.com
222-2484

Wealth of wellness

SENIORS IN THEIR PRIME

Our basic health needs change as we mature, and in turn, the type and amount of food we eat and the way we exercise must evolve as well. As we grow older, a proactive approach to dealing with ailments and warding off health problems becomes paramount to good health. Enter the **Primetime Wellness Fair**.

Designed to increase awareness about health issues for seniors, more than 100 organizations will be on hand at the Wellness Fair to pass along info on TheBus, HandiVan, breast cancer, prostate and testicular cancer, radiation therapy, hearing problems, laparoscopic surgery, health, geriatric and adult day-care services, arthritis, diabetes, Alzheimer's and more.

14 Honolulu Weekly ■ February 21-27, 2007 ■ www.honoluluweekly.com

Interactive health checks also will be available, so if you need a free glucose or cholesterol screening, your blood pressure checked, your risk of breast cancer assessed, your hearing and vision tested, the Wellness Fair will be the place to get all of that taken care of. Take that, Kaiser Permanente.

Stroll around and pick up the cool giveaways or chill while listening to the live entertainment. There will be seminars, cooking demonstrations and, wait for it, bingo!
NBC Exhibition Hall, March 29, 8:30AM, free, 692-5106

TRY ONE ON

So you're a senior, and you've just tried your first Coca-Cola. Suddenly, you're realizing all the things that you should've done over the course of your life but didn't. Perhaps you're a commitment-phobe and you dread having to sign up for weeks and weeks of classes for an activity you don't know whether you'll like or not. If this sounds like you, then perhaps you should give **Tryfest** a try.

It's simple. On Tuesday, April 17, the folks sponsoring Tryfest will host a slew of one-hour classes on exercising, Karaoke singing, ropes courses for seniors, dahn hak, archery, taiko drums and more. Theatre workshops led by a

real-life drama specialist will also be held, along with a walk through the park with Mufi himself. Whether this becomes a hand-holding stroll through the park with the mayor is up to you, but we wouldn't try it.

"It's a great chance to try something new. That's why we call it the 'try' fest," says recreation specialist Steven Santiago. "Try an event and if you like it, you can register for the ten-week session and actually do it."

This is a one-day event, so don't miss it. Get down to the park and try something new. You have nothing to lose. Concessions will be available on site.

Central Oahu Regional Park, April 17, 9AM and 12PM, www.honolulu.gov/parks/programs/senior/index.htm

LEISURE IS FOR EVERYONE

The **Therapeutic Recreation Unit of the Department of Parks and Recreation** is a behind-the-scenes organization that is instrumental in assisting persons with disabilities, making sure there is adequate access to parks and leisure activities. They have a catchy acronym that sums up their philosophy quiet nicely—LIFE: leisure is for everyone.

And Colleen Casey, recreation specialist for the Therapeutic Recreation Unit, knows this best

with 18 years of experience and service in this department. "Our focus is on making services accessible to everyone," she says. "We do a lot of training, getting people involved in programs which do exist and also making special events accessible."

One of therapeutic unit's successes has been the placement of special mats on the sand at Ala Moana Beach Park, which allow wheelchair access up to the high water mark. Two tracks are laid out, one on the Diamond Head side of the park near the concession stand, the other on the 'Ewa side near the concession stand and lifeguard tower. In addition to the tracks, all-terrain wheel chairs are available on loan at each of those locations. Hanauma Bay Beach Park also has at least four of these adaptive wheelchairs for public use.

If you are in need of special services, Casey has this advice: "Make a special request when you register for a program or class and tell us what you need—an interpreter, an activity modified or special assistance. We are always getting new requests, and we do our best to accommodate."

For more information about the Therapeutic Recreation Unit, go to www.honolulu.gov/parks/programs/trunit.htm or call 692-5750.

—Kevin Whitton



A walk in the park?

Stroller Strides helps new mothers get back in shape. Best of all, babies are invited.

TRAVIS QUEZON

Honolulu moms are making strides in getting in shape thanks to a workout program that's definitely not your everyday walk in the park.

Stroller Strides helps new mothers how to get in and stay in shape without having to leave the baby with a doting auntie or baby-shaking prone au pair by inviting moms to bring their new-born babes with them for hour-long power walks and body-toning exercises at parks across O'ahu.

Instructor Barb Forsyth says the classes are a way for moms to exercise and a resource for moms to meet other moms, especially those who are new to Hawai'i. The classes also help mothers get acquainted with motherhood. "It's a workout and a community for moms," Forsyth says. "If people really want to get fit, they can do it through Stroller Strides."

In what Forsyth calls a "boot camp for moms," certified fitness instructors work with mothers on building strength and cardio through power walking and sculpting the body with toning exercises using tubing and strollers.

Mothers of all fitness levels—whether they were athletes before they became pregnant or are looking to start exercising for the first time in their lives—are invited. Everybody

gets a serious workout if they want one. Some moms run, some moms walk. Exercise stations set up along the circuit let the moms choose from a variety of activities, from leg lifts to push ups.

Forsyth says it's up to each mom to decide how hard she wants to push herself. However, instructors make it a priority to be aware of the health conditions and special needs of each mother and have an understanding of prenatal and infant care.

Mothers and instructors also engage their kids through song, which is worked into the actual exercises. Forsyth recalls singing "Ring around the rosy" with mothers who dropped to the ground to do pushups whenever the line "they all fall down" came around.

Classes are \$15 per class or \$60 per month.

Morning classes at Kapi'olani Park start at 8:45AM on Mondays, Wednesdays and Fridays and 9AM on Saturdays. Morning classes at Hahaione Park in Hawai'i Kai start at 8:45AM on Tuesdays and Thursdays. Evening classes at Queens Beach on Magic Island at Ala Moana Beach Park start at 5:30PM on Tuesdays and Thursdays.

For more information, visit www.strollerstrides.com or email deb@strollerstrides.net.



Every road has its thorn

Website takes suggestions on eliminating roadway worries for bicyclists and pedestrians

TRAVIS QUEZON

It doesn't matter if you drive a car or ride a bike to work—at some point everyone is a pedestrian. And at least 77 percent of voters understand this or else they wouldn't have voted in favor of a city charter amendment making Honolulu a pedestrian-and bicycle-friendly city a priority for local government back in November.

But just how do you go about making the city streets friendly to cars, walkers and bikers alike? Good question. Hopefully, it's one that we may soon have an answer to thanks to BikeWalkHonolulu, a website set up by Sierra Club, Hawai'i Chapter, director Jeff Mikulina, to solicit ideas from the public.

Is there a walk signal somewhere that's too short? Feel like you're risking your life every time you cross a particular intersection? Potholes putting you off? BikeWalkHonolulu wants you to tell them about it.

Mikulina says so far folks have been underscoring the need for safe, effective bike lanes connecting major routes through downtown and across the island. Suggestions also stress a need for more educational efforts in order to change drivers' attitudes toward bikers and pedestrians. Those ideas will be posted sometime in February.

Bicyclist Kristi Schulenberg regularly commutes to downtown from

Kaimuki. Two of her biggest concerns as a bicyclist are distracted drivers and red light runners. You may be shocked to read that she's seen drivers reading newspapers or applying their makeup. Then again, maybe you won't be.

Schulenberg's solution to the problem of multi-tasking and otherwise oblivious drivers: "As a cyclist you have to just make the assumption that no one can see you."

As executive director of the Hawai'i Bicycling League, Schulenberg thinks that there is a lot of potential for bicyclists if the city and state can find a common ground and focus on getting bike routes in Honolulu connected to the rest of the island.

"The more bicycle- and pedestrian-friendly neighborhoods are," Schulenberg says, "the more people will want to develop and live in them."

She says that with a little awareness and a lot of education, more people will be able to see bicycling in Hawai'i as a real alternative to highway gridlock.

"Pedestrian safety makes for good community," she says.

BIKEWALKHONOLULU
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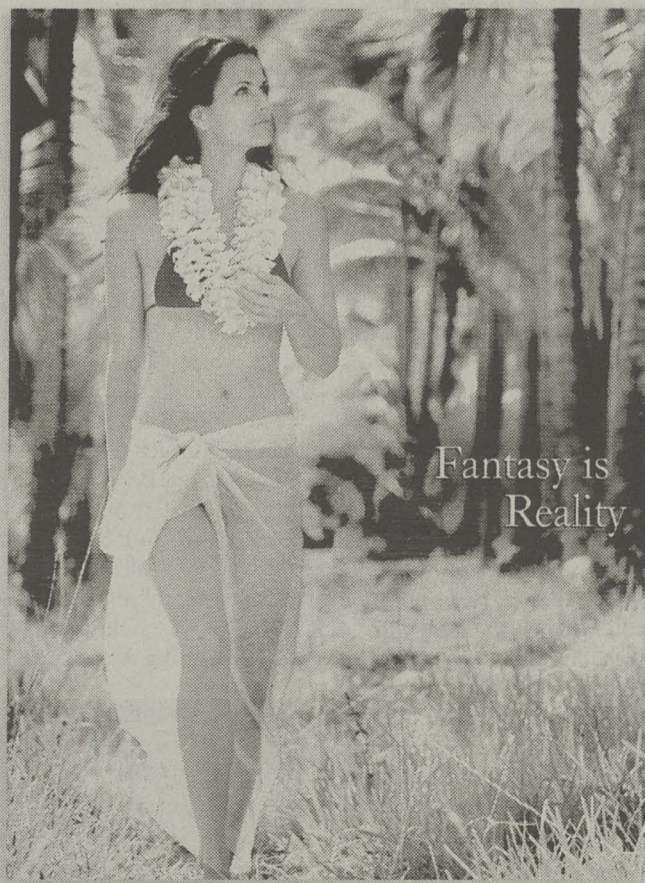
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hot picks

FEBRUARY 21–FEBRUARY 27, 2007 Gigs 18 Concerts & Clubs/On Sale/Theater & Dance 20 Museums 22 Galleries/Learning/Keiki & 'Ohana 23 Botanical/Hikes & Excursions/Food & Drink/Whatevahs 24 Volunteer Sports/Neighbors/Gay/Mixed Media 26 Films 28

Culture

Return of the queen

The great **Brandy Lee**, queen of drag and king of the combed-out wig, emerges from retirement this weekend for a feathered, polished, bejeweled couple of shows that, according to Honolulu old timers, was standard nighttime fare in the '60s, but the likes of which haven't been seen since. Showman Jack Cione—this city's grand purveyor of indulgent cross-over entertainment—tries his hand at reviving the old drag revue standby and says that if this weekend's show is a success, he'll consider making it a weekend staple.

The Glades, 2007? Not exactly. What you will see at *Le Bizarre* is extravagance in spades: \$50,000 worth of feathers and rhinestones, 15 impersonators and the super talented Lee. What you won't see is grown men lip synching to Bette Midler tunes because Lee does all her own singing—and she's good. Very good. You'd never guess that she is a he...or is it the other way around?

"I have an interesting feeling about my sexuality," Lee said in a recent statement. "Born male, never had a sex operation and I don't care in the least if people refer to me as a man or woman, he or she...It's what's between your ears and your heart that's important, not what's between your legs." —Kawehi Haug

Hawaiian Hut in the Ala Moana Hotel, Sat. 2/24, 9:30PM & 12AM, \$25 advance, \$35 at the door, tickets at Cinnamon's Kailua, Hungry Ear Kailua, Harry's Music, Rainbow Books and Music, Good Guys, Sweet Nothings, Liquor Collection and Jelly's Aiea, or charge by phone at 545-2820

Brandy Lee



Culture

Shock shack

Drop-dead stunning and eerily talented. They're almost always outrageous. They're Carol Channing's worst nightmare, Madonna's best friend. Destiny, for some, is to aspire to one day be a drag queen. Some people would rather avoid and ignore them. For them, Trannyshack's "stand-up meets performance art" is an avoid-at-all-costs show.

If you're not one of those people, and we know you're not, you owe a big fat one to the guys at Hula's Bar and Lei Stand for a Hawai'i first. **Trannyshack**—San Francisco's longest running drag show, which boasts a star-studded fan base including Pink, Parker Posey and John Cameron Mitchell (*Hedwig and the Angry Inch* creator)—is making its island debut this weekend. Scandalizing clubs since 1996, Trannyshack has a penchant for pushing buttons. These ladies like to pierce and ignite on-stage fires, they're into punk and obscurity, shock value pressing at its outer limits. Trannyshack has been voted the No.1 drag club by both *Bay Guardian* and *San Francisco Weekly* readers for the past seven years.

Holotta Tymes, Landa Lakes, Holy McGrail, Renttecca and Veronica Lewinsky join emcee Heklina for the Honolulu show. Go all out and reserve a VIP table: For \$80, you get four front-row seats and a bottle of bubbly. —Becky Maltby

Trannyshack, Hula's Bar and Lei Stand, 134 Kapahulu Ave., Fri 2/23 & Sat 2/24, 8PM doors; 10:30PM show, \$80 VIP pass for four, www.hulas.com, 923-0669

Dance

Pointe to pointe

Two cities, both known for their artistic communities, merge to produce a single entity of super talent. Imagine the possibilities. With headquarters in both Aspen, Colo. and Santa Fe, New Mexico, the **Aspen Santa Fe Ballet** is taking its leotards on the road to Palikū Theatre and beyond. The windward venue hosts the world class act Sat, Feb. 24, presented by Ballet Hawai'i and UH-Mānoa Outreach College.

Founded by Bebe Schweppe, Jean-Philippe Malaty and Tom Mossbrucker, the ASFB has brought edgy and explosive ballet to center stage in the dance world since its 1996 debut at the John F. Kennedy Center for the Performing Arts. Currently the

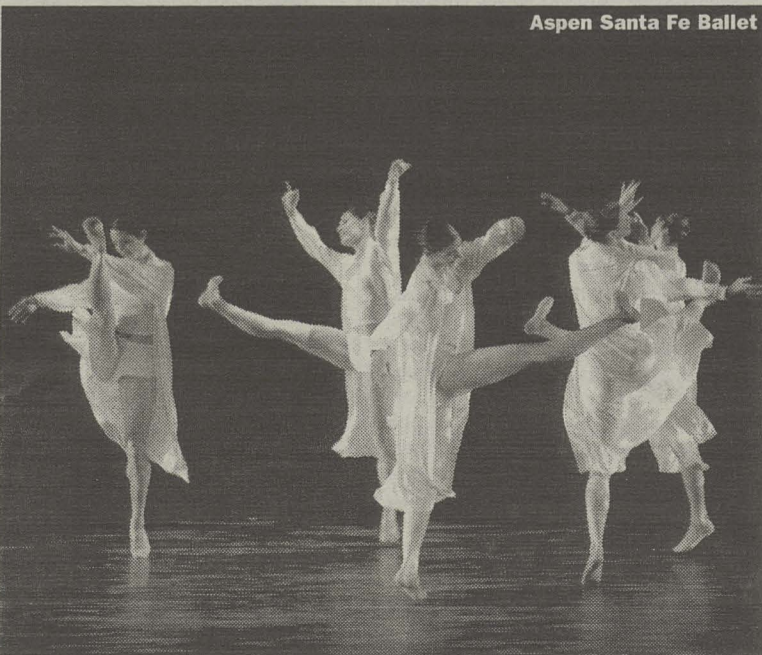
road company is a just a handful of cities into a whirlwind tour, which includes Kaua'i, Maui and Big Island venues in addition to the O'ahu stop so catch them while they're fresh—this tour goes on through May.

Made up of 10 classically trained young dancers, the ASFB has attracted audiences worldwide with its depth and maturity. This is ballet refined yet raw, pretty yet penetrating, with works by the some of the world's most prestigious choreographers including David Parsons, Lar Lubovitch, Trey McIntyre and Twyla Tharp, and with music by Bach, Ravel and Sinatra as well as bouncy Brazilian songs.

Go because you love ballet. Stay because your emotions need a cocktail—shaken and stirred.

—Becky Maltby

Palikū Theatre, Windward Community College, Sat 2/24, 7:30PM, \$45 general, \$35 seniors/students/military, et-ickethawaii.com, 483-7123



Aspen Santa Fe Ballet

Film

Meet Ralph

Nader. Ralph Nader. Any politically aware individual with a pulse who hears his name today may experience emotions ranging from love to sympathy to pure unadulterated rage. Nader's life, both politically and personally (there is no other Nader) is the subject of Henriette Mantel and Steve Skrovan's documentary **An Unreasonable Man**. The film utilizes classic doc-making tools including talking head interviews, stock footage, period sound and still photographs.

The film naturally begins with Nader's claim to fame: the book *Unsafe at Any Speed: The Designed-In Dangers of the American Automobile*. Nader's opus, the 1965 bombshell was targeted squarely at General Motors' Corvair model, and therefore Detroit, which represented the center of the automotive universe at the time the book was published. Nader may have been the catalyst for improvements in automotive safety, most notably the seatbelt and proper tire inflation, but many of his arguments were more than far off.

He started with his attack on Detroit, but his efforts to defend the American consumer eventually reached critical mass, and he became a lightning rod for all things liberal as well as a political pariah. What is seemingly an objective view of Nader's existence since he stirred the very powerful and wealthy automotive and political pot in 1965 is more of a sad glorification of a beaten man.

Nader arguably ruined the ability of American cars to compete with their European competitors on and off the track for 30 years, the result of

which we still feel today. What's more, some might say he threw the mother of all monkey wrenches into the Democrats' bid for the presidential election in 2000 by running as an independent. *An Unreasonable Man* is more than a film, it's a living eulogy for one of liberal America's most tragic figures. —Evan Smith

Doris Duke Theatre, 900 S Beretania St., Thu. 2/22 & Sat. 2/24, 7:30PM, Fri. 2/23 & Sun. 2/25, 4PM, \$7, \$6 seniors, students, military, \$5 members, 532-8768

Music

Funny folk

Calling **Tangleweed** a bluegrass band is accurate, but it's unfair, too. Yep, they've got the fiddle, the mandolin and the rest of the acoustic accoutrements that compose an outfit that warrants a stereotype, but Tangleweed somehow pokes fun at folk music while honoring its storied legacy. Their arrival in Honolulu for gigs at rRed Elephant and Ward Rafters over the weekend will let those in attendance in on the joke.

These guys don't even have a drummer. It's five of them, assembled in Chicago, arranging a masterful pastiche of original compositions and traditional tunes from a prodigious archive of musical Americana and Celtic mischief. There is something more than vaguely punk rock about Tangleweed's music, but the accuracy of their harmonies and the proficiency of their musicianship indicate a predilection for form over function.

As evidenced by song titles like "Hard Times" and "Make Me a Pallet on the Floor," Tangleweed's music isn't far from the ancient sources



The Vermeer Quartet

of its inspiration, but it is also ticklishly close to the kind of irreverence that makes for brilliant pop songs and beer commercials. —Jamie Winpenny

rRed Elephant Café, 1144 Bethel St., Fri. 2/23, 7:30PM, admission by donation, rredelephant.com; Ward's Rafters, address 3810 Maunaloa Ave., Sun. 2/25, 3-6PM, admission by donation, 735-8012

Sound farewell

Honolulu bids a fond aloha to the Vermeer Quartet this Saturday. After 38 years, the quartet is turning in their instruments. This is their sixth trip to the islands, and classical fans have appreciated the lush colors pouring forth from the group, as rich as the works of the painter whose name they chose.

An international bunch, Shmuel Ashkenasi, Mathias Tacke, Richard Young, and Marc Johnson hail from Israel, Germany, New York and Nebraska, respectively. In its long, successful run, the quartet has played all over the world and has garnered a long list of honors and Grammy nominations.

In its final show, the foursome will perform works drawn from transitional moments from three composers' early years. Haydn's Quartet in D Major, Op. 20, No. 4 is from the "Sun Quartets" set that was composed soon after he became the maestro for Esterhazy. In these, Haydn had the truly revolutionary idea of abandoning the old violin-solo-with-backup format and giving each player a voice in the piece.

Frank Bridge is not a name that everyone knows, but the British composer's work was widely performed during the earlier part of his life, and he taught and/or influenced some major names of the 20th century, notably Benjamin Britten. Quartet No. 1 in E minor (1906) is one of his early works, quite lovely and far less abstract than his later fare.

Dvorak's Quartet in E-flat Major, Op. 51 (Slavonic) happened relatively early in his career, soon after he received the Austrian Stipendium in a contest judged by Brahms, among others. This allowed him the latitude to leave Smetana's orchestra and to develop his unique Czech sound.

All in all, it will be a great set of music to usher in the next phase of life for the quartet's members and certainly a show to remember. —Stephen Fox

Orvis Auditorium, UH-Mānoa campus, Sat. 2/24, 7:30PM, \$35 general, \$20 students and Honolulu Symphony musicians, 483-7123

National hero

Hawai'i has Israel Kamakawiwo'ole. The mainland has Woody Guthrie. Jamaica has Bob Marley. And Zimbabwe has Thomas Mapfumo. A singer who

stands up for the oppressed. A singer who stands up for his people and champions their causes with his words. A singer who ultimately enchants the world with his music, even if the message itself is lost in translation. (The disenfranchised Ivy League socialists have Rage Against the Machine, but that's neither here nor there. The only thing they're suffering from is affluenza.)

Over the course of his four decade-long career, Mapfumo has made the transition from African R&B-influenced rock 'n' roller to a powerful leader of the Shona people of Zimbabwe. As a testament to his power to inspire the people of Zimbabwe—and to strike fear into their oppressors, Mapfumo's chimurenga music ("chimurenga" is Shona for struggle) has been banned by the cruel regime of President Robert G. Mugabe; he was eventually driven from his homeland by those threatened by his popularity.

Mapfumo's sound bears a distinct similarity to the music of Marley in its loose, happy-vibe, dance-friendly grooves, so Jawaiian fiends and pakalōlō fans should find plenty to enjoy. But it's the Shona star's use of traditional African sounds and instruments, in particular the mbira, a xylophone-like device made of steel forks which are plucked by the player, that makes Mapfumo's brand of world music out of this world. (The mbira is placed inside of a large gourd to give the instrument a bigger sound.) And while the political nature of the music may be lost on listeners, the power of this Zimbabwe artist's beat-driven songs will not. —Chris Haire

Leeward Community College Theatre, 96-045 Ala Ike, Fri. 2/23, 8PM, \$23 general, \$19 students, seniors, military, LCCTheatre.hawaii.edu, 455-0380

Hip-hop

Hit the beat now

Six producers. One winner. Beat for beat, blow for blow—someone is going to get knocked the

funk out!

Hawai'i's hip-hop producers and beat makers get out of the lab and take center stage this Friday at the Beat Root: Kick, Snare and Hi Hat battle at Chinatown's rRed Elephant.

The scheduled participants represent a who's who of under the radar boom bap producers out to create a name for themselves in Hawai'i's tight knit hip-hop circles.

Hosted by Kavet the Catalyst, the hip-hop vibe will be in full effect with live DJs, open mic and live art exhibitions. Impress the crowd, become the winner. Not too complicated is it?

Hawai'i has never had a producer blow up—maybe one will be discovered. Even Timbaland and Kanye West had to start somewhere—why not in Chinatown?

—Kalani Wilhelm

The rRed Elephant, 1144 Bethel St., Fri. 2/23, 8PM-1AM, all ages, \$12.50, lightsleepers.net

Breakbeat in the park

Webster's dictionary defines hip-hop as "a subculture, especially of inner-city youths who are typically devotees of rap music." Local hip-hoppers couldn't care less about what Mr. Webster thinks.

What's your definition?

A free gathering of the the minds that support and love the art form will explore the subject at Ala Moana Park Saturday afternoon.

The event features all the signature elements for the ultimate hip-hop expressionist, such as an open mic for aspiring emcees, open turntables for DJs, an open dance floor for break dancers and a black book and canvas for artists to create on.

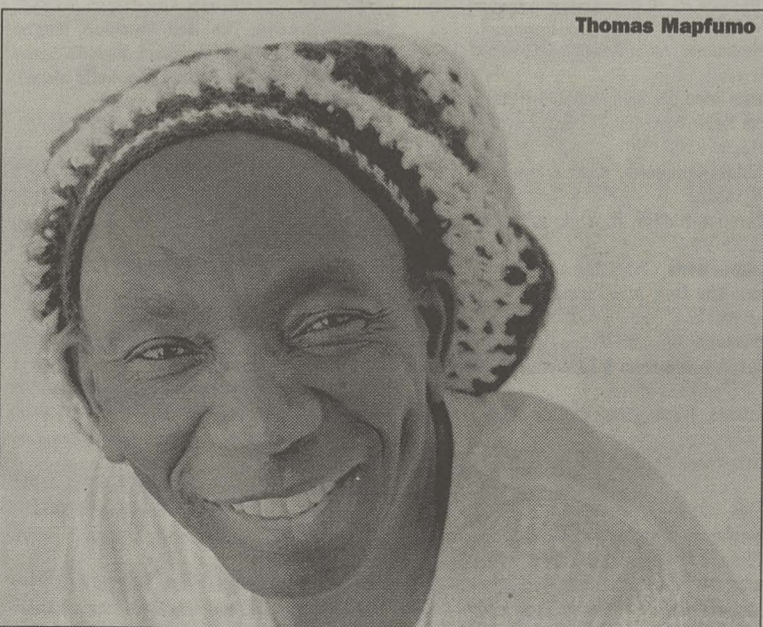
The hip-hop jam has drawn praise and popularity among local hip-hop enthusiasts since its inception in 2000.

DJ Revise, the Audible Lab Rats, Lord One, Nabahe, Goldawn Child, Kavet the Catalyst and DJ Bone are just some of the heads in attendance.

While net proceeds will amount to nil for this free park jam, the knowledge gained, the perspectives shared and the friendships made will further the movement for the players and supporters of 808 hip-hop—no question.

—K. Wilhelm

Ala Moana Beach Park (at the big tree by the concession stand), Sat. 2/24, 11:30AM-4:30PM, all ages, free, 232-6530.





Thomas Mapfumo

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nightshift

DEAN CARRICO

Booze crews



If you walk into the Honolulu Liquor Commission and look up the number of businesses that have permits to sell alcohol, you'll find there

are more than 1,100 licensed establishments. You might also find yourself hit up for a bribe, but that's a different story. In any case, there's a lot of diversity in where you can buy a drink around the island, even if the majority of them attach "Sports Bar and Grill" to the end of their moniker. There are dive bars, ultra lounges, night clubs and stripper joints, running the gamut from spectacular outdoor scenery barefoot bars to bedroom-sized holes in the wall that don't have any source of natural light. Point is, if you're looking for something different, there are a lot of choices. Certainly a lot of hyperbole in marketing is banded about, with 10 different places claiming to have the coldest drinks or hottest nights. But when Captain Jon Jepson says he has the wettest bar in town, he just might be right. His bar is a catamaran, skimming the waves five to 15 miles away from the shore.

Makani Catamaran Sailing Adventures

Kewalo Basin (corner of Ala Moana Blvd. and Ward Ave.)
www.sailmakani.com, 591-9000

Getting In (or in this case, on):

\$35-\$55. Three cruises available.

Dress Code: Sun-and-surf ready

Soundtrack: Innocuous soft rock; white-boy reggae

Sightings: Industry hard-hitters, Pro Bowl cheerleaders sans lifejackets

Signature Drink: High Tide, \$4

"Booze Cruise," you might mutter with a bit of scorn—and with good reason. Jacked-up prices, watered-down Mai Tais, the unsteadiness of your footing and general queasiness without the pleasure of the drinks that usually accompany such symptoms—it's all enough to keep your feet firmly planted on the ground. Besides, catamaran cruises are for tourists and newlyweds, not your average industry worker, right?

Wrong. Mondays aboard the Makani luxury catamaran are what Capt. Jepson calls Sin Nights, where anybody with a blue, yellow or red card gets half price, making your two-hour excursion on par with the cover charge of some of the clubs visible in the distance. At \$4 a drink (beer, wine and mixed cocktails) and with the first two free, it's still cheaper than a good night out. A tip though: Skip the draft beer—it's a little foamy.

And yes, the views are spectacular: Alone on the water except for your fellow shipmates, with a view of the entire south shore. Obviously, they have atmosphere in spades. But it's also an experience not unlike your favorite watering hole. "It's a different dynamic than a restaurant or a bar," Jepson says as he steers the 65-foot vessel over the waves. "In a way it's kind of similar to both, but people interact with each other in a different manner. You wouldn't walk up to a group of strangers in a restaurant and just sit down and strike up a conversation, but this a social scene which brings people from all parts of the world together and by the time we return, a lot of people have made real, lasting friendships."

To the cynic that might sound like something straight out of a brochure, but there's a hint of truth to it. Our sunset voyage collected industry workers from Pipeline Cafe, Mad Dog Saloon, The Hideaway, Pink Cadillac and the forthcoming rebirth of the Irish Rose Saloon, all crowded together in the smoking section of the boat with the same unsteadiness normally seen in all of those places. And you never know who might be on board with you. "Last week we had a lot of the Pro Bowl cheerleaders here," Jepson says with a grin. "We didn't need the lifejackets that day."

—Dean Carrico

THE SCENE

Gigs

21/Wednesday

COMEDY
Shawn Felipe Presents The Comedy Spot, The Dragon Upstairs (8:30pm) 526-1411

COUNTRY/FOLK
The Geezers, Arnold's Beach Bar (7pm) 924-6887

HAWAIIAN
3 Scoops of Aloha, Mai Tai Bar, Royal Hawaiian (7:30pm) 923-7311

Art Kalahiki Duo, Sheraton Moana (8:30pm) 922-3111

Boogie & Friends, Kona Brewing Co. (7pm) 394-5662

The Brothers Cazimero, Chai's Bistro (7pm) 585-0011

Nohelani Cypriano and Friends, Sheraton Waikiki (6pm) 922-4422

Kapena, Ryan's Grill (9pm) 591-9132

Sam Kapu Trio, Sheraton Moana (5:30pm) 922-3111

Weldon Kekauoha, Tiki's Grill & Bar (9pm) 923-8454

Lawrence Kidder & Dwight Kanae, Mai Tai Bar, Royal Hawaiian (4:15pm) 923-7311

Ellsworth Simeona, Duke's Waikiki (4pm) 922-2268

Tangi Tully, Sheraton Princess Ka'iulani (9:30pm) 931-4660

Ualei & 2, Sheraton Princess Ka'iulani (6:15pm) 931-4660

Sheila Waiwaiole & Mara Sagpolu, Hula Grill (7pm) 923-HULA

Haumea Warrington, Duke's Waikiki (10pm) 922-2268

JAZZ/BLUES
Dave Yamasaki Trio, Jazz Minds Arts & Cafe (9pm) 945-0800

Yatsuko Hayakawa, Masahiro Tajika, Steve Jones, Abe Lagrimas, Robert Shinoda, Honolulu Club (6:30pm) 543-3916

ROCK/POP
Soul Cafe, Esprit Nightclub (8:30pm) 922-4422

Michael Fahey, Hank's Cafe (8pm) 526-1410

Freesound, Boardrider's (9pm) 261-4600

JT Harker, Gordon Biersch (8pm) 599-4877

The Listening Party, Hanohano Room (9pm) 922-4422

Cory Oliveros, Tiki's Grill & Bar (6pm) 923-8454

Kimo Opiana, Mai Tai Bar, Ala Moana (4pm) 947-2900

Paradise XS, Mad Dog Saloon (9pm) 924-3400

The Rising Melody, thirtyninehotel (7pm) 599-2552

Soulbucket, Moana Terrace (6pm) 922-6611

SHOWROOM
Society of Seven, Outrigger Waikiki (6:30 & 8:30pm) 923-7469

WORLD/REGGAE
Kawao, Mai Tai Bar, Ala Moana (9:30pm) 947-2900

Doolin Rakes, Kelley O'Neil's (9pm) 926-1777

Michael Tanenbaum, Kapahulu Kafe (9:30pm) 732-7486

Bongo Tribes, O'Toole's Pub (9pm) 536-4138

22/Thursday

COMEDY
Comedy Crusaders Improv Troupe, Sharkey's Comedy Club @ Panama Hattie's (7:30pm) 531-HAHA

COUNTRY/FOLK
The Geezers, Hank's Cafe (8pm) 526-1410

HAWAIIAN
3 Scoops of Aloha, Sheraton Waikiki (6pm) 922-4422

Kaimana, Sheraton Princess Ka'iulani (6:15pm) 931-4660

Sonny Kapu, Sheraton Moana (8:30pm) 922-3111

Sam Kapu Trio, Mai Tai Bar, Royal Hawaiian (4:15pm) 923-7311

Weldon Kekauoha, Kona Brewing Co. (7pm) 394-5662

Lawrence Kidder, Jr., Duke's Waikiki (10pm) 922-2268

Makaha Sons, Chai's Bistro (6:45pm) 585-0011

Mark Yin Duo, Mai Tai Bar, Royal Hawaiian (7:30pm) 923-7311

Ho'omalie, Sheraton Moana (5:30pm) 922-3111

Ellsworth Simeona & Lawrence Kidder, Hula Grill (7pm) 923-HULA

Haumea Warrington, Duke's Waikiki (4pm) 922-2268

Byron Yasui, Pacific Beach Hotel (7pm) 923-4511

JAZZ/BLUES
Downtown Charley and the Humbones, O'Toole's Pub (9pm) 536-4138

Bobby Cortezan, Hank's Cafe (4:30pm) 526-1410

Ginai and the Mike Times Experience, Pearlridge Center (7:30pm) 944-8000

gr00ve.imProV.artiSts w/DeShannon Higa, Jazz Minds Arts & Cafe (9pm) 945-0800
Newjazz Quartet, Senses Seafood Restaurant & Sushi Bar (10pm) 536-6286
Satomi Yarizomo, The Dragon Upstairs (9pm) 526-1411

ROCK/POP
Jason Alan, Bar 35 (9pm) 537-3837

Anji, Arnold's Beach Bar (8pm) 924-6887

Backyard Pa'ina, Mai Tai Bar, Ala Moana (9:30pm) 947-2900

Booze Brothers, Kelley O'Neil's (9pm) 926-1777

Soul Cafe, Esprit Nightclub (8:30pm) 922-4422

Eight-O-Eight, Kincaid's (7pm) 591-2005

JT Harker, Gordon Biersch (8pm) 599-4877

Johnny Helm, Tiki's Grill & Bar (9pm) 923-8454

Joe Kingston, Sheraton Princess Ka'iulani (9:30pm) 931-4660

Madspirit, The Miltons, Green Eyes, SoundHouse (8pm) 526-0200

Cory Oliveros, Mai Tai Bar, Ala Moana (4pm) 947-2900

Piranha Brothers, Mad Dog Saloon (9pm) 924-3400

Black Square, Kaimoa's (10pm) 637-7787

Tavana, Tiki's Grill & Bar (6pm) 923-8454

Swampa ZZ, Indigo (10:30pm) 521-2900

SHOWROOM
Society of Seven, Outrigger Waikiki (6:30 & 8:30pm) 923-7469

23/Friday

COMEDY
Andy Bumatai, Esprit Nightclub (6:30pm) 922-4422

Stand Up Comedy with the PRO'S, Sharkey's Comedy Club @ Panama Hattie's (8pm) 531-HAHA

COUNTRY/FOLK
The Geezers, Hank's Cafe (6pm) 526-1410

HAWAIIAN
Barry Choy, Don Ho's Island Grill (5pm) 528-0807

Haumea & Weymouth, Hula Grill (7pm) 923-HULA

Ka'ala Boys, Tiki's Grill & Bar (5pm) 923-8454

Kaimana Band, Tiki's Grill & Bar (10pm) 923-8454

Kapena, Gordon Biersch (9pm) 599-4877

Sam Kapu, Sheraton Princess Ka'iulani (6:15pm) 931-4660

Maunaula, Duke's Waikiki (4pm) 922-2268

Naluho, Kona Brewing Co. (7pm) 394-5662

Ho'okani, Mai Tai Bar, Royal Hawaiian (7:30pm) 923-7311

Kale Pawal, Kuhio Beach Hula Stage (6:30pm) 843-8002

Peter Mito Duo, Sam Choy's Breakfast, Lunch and Crab (6pm) 545-7979

'Ike Pono, Sheraton Waikiki (6pm) 922-4422

Pu'uhonua Trio, Sheraton Moana (5:30pm) 922-3111

Augie Rey & Li'l Big Band, Tower Grill (6:30pm) 537-4446

Sean Na'auao Duo, Mai Tai Bar, Royal Hawaiian (4:15pm) 923-7311

Haumea Warrington, Duke's Waikiki (10pm) 922-2268

Byron Yasui, Pacific Beach Hotel (7pm) 923-4511

JAZZ/BLUES
Rocky Brown and DeShannon Higa, Jazz Minds Arts & Cafe (8pm) 945-0800

Bobby Cortezan, The Dragon Upstairs (6pm) 526-1411

Pierre Grill & Ginai, The Dragon Upstairs (10pm) 526-1411

Honolulu Jazz Quartet, Cobalt Lounge at the Hanohano Room (9pm) 922-4422

ROCK/POP
4D, Bob's Sports Bar (9:30pm) 263-7669

Atheryus, Stoic, Trepidation, The Maltognitas, Grind Method, SoundHouse (8pm) 526-0200

Brendan, Kelley O'Neil's (1:30am) 926-1777

Jay Elliot, O'Toole's Pub (5pm) 536-4138

H2O, Esprit Nightclub (9pm) 922-4422

Heart song, Big City Diner, Kailua (8pm) 263-8880

Bleeding Love: The Hell Caminos, Megan Daykiller, P.H.F. Gold the Band, Josh 86, Jesse Atomic, Follow No Trends (Acoustic show), Ong King (8pm) 306-7823

Coconut Joe Quartet, Hale'iwa Joe's, Ha'iku Gardens (8:30pm) 247-6671

Melveen Leed, Chai's Bistro (6:45pm) 585-0011

The Mixers, O'Toole's Pub (9pm) 536-4138

Inoa'ole, Mai Tai Bar, Ala Moana (9:30pm) 947-2900

Cory Oliveros, Kincaid's (8:30pm) 591-2005

Kimo Opiana, Mai Tai Bar, Ala Moana (4pm) 947-2900

Mike Piranha, Kelley O'Neil's (5pm) 926-1777

Soulbucket, Moana Terrace (6pm) 922-6611

Souls, Ige's Restaurant (8:30pm) 486-3500

Black Square, Boardrider's (9pm) 261-4600

Royal Kunia Street Band, Ige's Restaurant (8:30pm) 486-3500

Stumbletown, Kelley O'Neil's (9pm) 926-1777

Natural T, Arnold's Beach Bar (9pm) 924-6887

Baam Unlimited, Sheraton Moana (8:30pm) 922-3111

Vaihi, Tiki's Grill & Bar (7:30pm) 923-8454

Claudia Vazquez and the Mike Times Experience, Pearlridge Center (7:30pm) 944-8000

Ben Vegas & Maila, Gordon Biersch (5:30pm) 599-4877
Johnny Williams & Da Crew, Hank's Cafe (9pm) 526-1410
Dave Young & Friends, OnStage Drinks & Grinds (9pm) 306-7799

SHOWROOM
Society of Seven, Outrigger Waikiki (6:30 & 8:30pm) 923-7469

VARIOUS
Royal Hawaiian Band, Iolani Palace (12pm) 523-4674

WORLD/REGGAE
Dubkconscious, Bliss Nightclub (9pm) 528-4911

Kani Makou, Tiare's Sports Bar & Grill (11pm) 230-8911

Mundo Music, Bikini Cantina (10pm) 525-7288

24/Saturday

COMEDY
Stand Up Comedy with the PRO'S, Sharkey's Comedy Club @ Panama Hattie's (8pm) 531-HAHA

COUNTRY/FOLK
The Geezers, Hank's Cafe (5:30pm) 526-1410

HAWAIIAN
Coline Aiu, Kuhio Beach Hula Stage (6:30pm) 843-8002

Barry Choy, Don Ho's Island Grill (5pm) 528-0807

Adorelo Duo, Sheraton Moana (8:30pm) 922-3111

Haumea & Weymouth, Hula Grill (7pm) 923-HULA

Kapena, Duke's Waikiki (4pm) 922-2268

Kapena, Tiare's Sports Bar & Grill (11pm) 230-8911

Mike Keale, Moana Terrace (6:30pm) 922-6611

Ledward Ka'apana, Mai Tai Bar, Royal Hawaiian (4:15pm) 923-7311

Makana, Chai's Bistro (6:45pm) 585-0011

Nihoa, Mai Tai Bar, Royal Hawaiian (7:30pm) 923-7311

Nohelani Cypriano Polynesian Show, Sheraton Moana (5:30pm) 922-3111

Jon Osorio & Steven Brown, Kona Brewing Co. (7pm) 394-5662

Ellsworth Simeona, Tiki's Grill & Bar (10pm) 923-8454

Ray Sowards, Hyatt Regency (5pm) 923-1234

Haumea Warrington, Tiki's Grill & Bar (1pm) 923-8454

Haumea Warrington, Duke's Waikiki (10pm) 922-2268

JAZZ/BLUES
Soul Again, Jazz Minds Arts & Cafe (9:30pm) 945-0800

Bobby Cortezan, The Dragon Upstairs (6pm) 526-1411

Cosmopolitan Jazz Trio, The Dragon Upstairs (9pm) 526-1411

James Rondstadt & the Shuffle Kings, Kelley O'Neil's (9pm) 926-1777

Sonny Silva, Brasserie Du Vin (8:30pm) 545-1115

ROCK/POP
20 Degrees North, Tiki's Grill & Bar (7:30pm) 923-8454

4D, Bob's Sports Bar (9:30pm) 263-7669

82Fifty, Cheerleader's Sports Bar & Grill (9pm) 421-1000

Darrell Aquino, Mai Tai Bar, Ala Moana (4pm) 947-2900

Artheyrus, Cyndi Powell, rRed Elephant (7pm) 545-2468

Backyard Pa'ina, Sheraton Princess Ka'iulani (6:15pm) 931-4660

Brendan, Kelley O'Neil's (1:30am) 926-1777

Scott Bryan, Kelley O'Neil's (5pm) 926-1777

The Elements, Esprit Nightclub (9pm) 922-4422

The Ghost Band, Kainoa's (10pm) 637-7787

JT Harker, Kincaid's (8:30pm) 591-2005

Johnny Helm, Tiki's Grill & Bar (5pm) 923-8454

Johnny Kamai Duo, Sam Choy's Breakfast, Lunch and Crab (6pm) 545-7979

Joe Kingston, Sheraton Princess Ka'iulani (9:30pm) 931-4660

Rich Lowe, Hank's Cafe (8:30pm) 526-1410

Resistor, Gordon Biersch (8:30pm) 599-4877

Bruce Shimabukuro, Esprit Nightclub (7:30pm) 922-4422

Stardust, Cobalt Lounge at the Hanohano Room (7:30pm) 922-4422

Natural T, Arnold's Beach Bar (9pm) 924-6887

THE SCENE

25/Sunday

COUNTRY/FOLK

The Geezers, Hank's Cafe (6pm) 526-1410

HAWAIIAN

Christian & Sani, Tiki's Grill & Bar (8:30pm) 923-8454

Momi Cruz-Losano, Kuhio Beach Hula Stage (6:30pm) 843-8002

Ka'ala Boys, Tiki's Grill & Bar (6pm) 923-8454

Kaimana, Sheraton Princess Ka'iulani (6:15pm) 931-4660

Kanokoa, Hula Grill (7pm) 923-HULA

Sam Kapu, Sheraton Princess Ka'iulani (9:30pm) 931-4660

Kelly DeLima 'Ohana, Mai Tai Bar, Royal Hawaiian (7:30pm) 923-7311

Lawrence Kidder, Jr., Mai Tai Bar, Ala Moana (4pm) 947-2900

Lawrence Kidder, Jr., Duke's Waikiki (10pm) 922-2268

Ledward Ka'apana, Kona Brewing Co. (6pm) 394-5662

Lukini, Ward Centre Pavilion (1pm) 591-6599

Chris Mercado, Tiki's Grill & Bar (1pm) 923-8454

George Kuo, Martin Pahnui & Aaron Mahi, Moana Terrace (6pm) 922-6611

Pu'uhonua Trio, Sheraton Moana (5:30pm) 922-3111

Sista Robi and Sean Na'auao, Chai's Bistro (6:30pm) 585-0011

Banyan Serenaders, Sheraton Moana (10am) 922-3111

Ray Sowders, Hyatt Regency (5pm) 923-1234

Mark Yim Trio, Sheraton Waikiki (6pm) 922-4422

JAZZ/BLUES

Son Caribe, Esprit Nightclub (8:30pm) 922-4422

Rico, Arnold's Beach Bar (8pm) 924-6887

ROCK/POP

Johnny & Yvette, Sheraton Moana (8:30pm) 922-3111

Jamie Winpeny's Local Band Night, O'Toole's Pub (5pm) 536-4138

Malcofnitas, Pacifica, Next Door (7pm) 548-NEXT

Piranha Brothers, Kelley O'Neil's (9pm) 926-1777

Register, Mad Dog Saloon (9pm) 924-3400

Deitah Skeltah, O'Toole's Pub (9pm) 536-4138

Rock Steady, Mai Tai Bar, Ala Moana (9:30pm) 947-2900

Ryan Tang, Mai Tai Bar, Royal Hawaiian (4:15pm) 923-7311

SHOWROOM

Society of Seven, Outrigger Waikiki (6:30 & 8:30pm) 923-7469

VARIOUS

Pumehana Davis, Pearlridge Center (1pm) 944-8000

Royal Hawaiian Band, Kapi'olani Park Bandstand (2pm) 523-4674

WORLD/REGGAE

Epic Session, Mai Tai Bar, Ala Moana (9:30pm) 947-2900

Bongo Tribes, Mad Dog Saloon (7pm) 924-3400

Celtic Waves, Kelley O'Neil's (5pm) 926-1777

Solecta Zachariah, Jazz Minds Arts & Cafe (9pm) 945-0800

26/Monday

COUNTRY/FOLK

The Geezers, Arnold's Beach Bar (7pm) 924-6887

HAWAIIAN

Brown Boys Duo, Mai Tai Bar, Royal Hawaiian (3pm) 923-7311

Christian & Sani, Moana Terrace (6:30pm) 922-6611

Kaimana, Sheraton Princess Ka'iulani (6:15pm) 931-4660

Art Kalahiki & Mike Saffrey, Mai Tai Bar, Royal Hawaiian (7:30pm) 923-7311

Nā Kama, Hula Grill (7pm) 923-HULA

Sam Kapu Trio, Sheraton Waikiki (6pm) 922-4422

Kelly DeLima 'Ohana, Sheraton Moana (5:30pm) 922-3111

Ellsworth Simeona, Duke's Waikiki (4pm) 922-2268

Ellsworth Simeona, Tiki's Grill & Bar (9pm) 923-8454

Tang Tully, Sheraton Princess Ka'iulani (9:30pm) 931-4660

Haumea Warrington, Duke's Waikiki (10pm) 922-2268

"Auntie Pudgie" Young and Hawaiian Serenaders, Kuhio Beach Hula Stage (6pm) 843-8002

Jerry Santos, Hoku Zuttermeister & Friend, Chai's Bistro (6:45pm) 585-0011

JAZZ/BLUES

Conscious Grove with Juju, Jazz Minds Arts & Cafe (10pm) 945-0800

ROCK/POP

My Evolution, Mad Dog Saloon (9pm) 924-3400

Mike Love, O'Toole's Pub (9pm) 536-4138

Kimo Oplana, Mai Tai Bar, Ala Moana (4pm) 947-2900

Piranha Brothers, Kelley O'Neil's (9pm) 926-1777

Tru Rebels, Mai Tai Bar, Ala Moana (9:30pm) 947-2900

Zanuck & Mike, Sheraton Moana (8:30pm) 922-3111

WORLD/REGGAE

Guy Cruz & Friends, OnStage Drinks & Grinds (10pm) 306-7799

27/Tuesday

HAWAIIAN

Robert Cazimero, Chai's Bistro (6:45pm) 585-0011

Christian & Sani, Tiki's Grill & Bar (9pm) 923-8454

Ka'ala Boys, Sheraton Waikiki (6pm) 922-4422

Kau Kahe, Hula Grill (7pm) 923-HULA

Kaimana, Mai Tai Bar, Ala Moana (9:30pm) 947-2900

Kapala Trio, Sheraton Moana (5:30pm) 922-3111

Sonny Kapu, Tiki's Grill & Bar (6pm) 923-8454

Kelly DeLima 'Ohana, Mai Tai Bar, Royal Hawaiian (7:30pm) 923-7311

Ellsworth Simeona, Duke's Waikiki (10pm) 922-2268

Ray Sowders, Hyatt Regency (5pm) 923-1234

Spin Zone

A SELECTIVE GUIDE TO DJ NIGHTS

WEDNESDAY, FEBRUARY 21

'80S WEDNESDAYS @ Bliss w/ DJ Slant

ACID WASH INDUSTRY NIGHT ('80s) @ Next Door w/ DJs G-Spot, Vegas Mike, Nocturna, Quiksilver

DJ BLAKE @ Bobby G's

DEEP (hip-hop) (funk) (soul) (dancehall) (reggae) @ Detox w/ Funkshun, Diskrypt, Revise, AbeOne

MINI SKIRTS AND MARTINIS @ Zanzabar

RHYTHM LOUNGE (house) @ Sound/House

SALSA 7 (Latin) @ Margaritas Mexican Restaurant and Cantina at Marc Suites Waikiki w/ DJ Jose

WET 'N' WILD WEDNESDAYS @ Venus w/ DJs K-Smooth and Mixmaster B

WIPEOUT WEDNESDAYS @ Eastside Grill w/ DJ Troy Michael and Guest DJs

THURSDAY, FEBRUARY 22

CASUAL THURSDAYS @ Fashion 45

CLASSY @ Kai w/ Jaytee, Kause, guests

DIVA LA GLAM (house) (trance) (breaks) @ Hula's w/ DJs Maxxx & G.

HNL @ Next Door

ISLAND HUNNIES (hip-hop) @ Panama Hatties with DJ Big Albert

LIVE IN THE MIX @ The O Lounge w/ Mr. Goodybye & Kutmaster Spaz

PIRANHA BROTHERS @ Bobby G's followed by DJ D-Box

NEW WAYS OF LIVING (indie rock) @ thirty-ninehotel w/ DJs Ross and Shane

REDDA FIRE (reggae) (dancehall) @ The Living Room at Fisherman's Wharf

RIOT @ Hula's Bar & Lei Stand

SALSA after hours (Latin) @ Rumours w/ DJs Jose, Papi, Ever, Mano Lopez & guests

TAKE IT OFF THURSDAYS @ Cellar Nightclub

THIRSTY THURSDAYS (hip-hop) (house) (trance) @ Zanzabar

FRIDAY, FEBRUARY 23

ARTISTGROOVENETWORK.COM FRIDAYS @ The W Hotel w/ DJ Ryan Sean

BE SOCIAL FRIDAYS @ O Lounge w/ DJs Jimmy Taco, Flip and Spoo-K

BUTTER @ Alchemist Lounge w/ DJs Delve 1Der, XL

DJs ALFREDO AND EVER (salsa) (cha-cha) (merengue) (bachata) @ Spada Bar & Restaurant

DJ BABYFACE AND DJ GIOVANNI @ Cafe Che Pasta

FOREPLAY FRIDAZE @ Pipeline w/ Rick Rock and DJ Wu-Chang

FREAKS COME OUT FRIDAYS @ Cellar Nightclub

THE GENDER BENDERS @ Fusion Waikiki

GET FRESH! @ Indigo w/ DJs G-Spot, Taharba

THE GOOD LIFE @ Zanzabar

THE GROOVE @ Zen

HIATUS @ Don Ho's w/ Galmiche

THE LIVING ROOM (classic hip-hop) (club bangers) (dancehall) (R&B) (soul) @ Fisherman's Wharf w/ DJs Compose, Delvelde, XL, Cheddar

presented by The Architects and Kaizo

LUSH LIFE (jazz) (downtempo) (house) (drum & bass) @ thirty-ninehotel w/ DJ mnick

MIGUEL MIGS, IRA @ Next Door

O SNAP @ O Lounge

OSAKE FRIDAYS @ Osake Sushi Bar w/ DJ K-Smooth and Pomai

PACIFIC STANDARD @ Next Door

PARADISE @ Venus

w/ DJs Technique, Crazy K and Edit

PAU HANA FRIDAY @ Ocean Club

PIRANHA BROTHERS @ Bobby G's followed by DJ D-Box

PURO PARTY LATINA @ Panama Hatties

DJ REID SPEED (drum and bass) @ Indigo also w/ DJs G-Spot, IKON, Sovern-T, Jahson

45 Revolver

RESIDENT ADVISOR (house) (breaks) (funk) (disco) (hip-hop) @ Detox w/ Funkshun, Illis, Padawan, AbeOne

ROCK STAR FRIDAYS (rock) (rap) (reggae) @ Brew Moon

DJ RUDE DOGG, DJ MASTER MIND (hip-hop), reggae) (R&B) (Top 40) @ Da Big Kahuna

SALSA 7 (Latin) @ Margaritas Mexican Restaurant and Cantina at Marc Suites Waikiki w/ DJ Alberto

SALSA AFTER HOURS @ Rumors w/ DJs Papi Alberto and Don Armando

SOUL CLAP @ thirty-ninehotel w/ DJs ESKAE, Jami and Compose of Nocturnal Sound Crew

SOUTH BEACH (mash-up) (hi-hop) (downtempo) (trip-hop) @ Ciao Mein

SPICE LOUNGE @ E&O Trading Company

TRAUMA @ Detox

TRIP THE LIGHTS: BEAT ROOT 3 @ rRed Elephant

T SPOT (dance) @ Kapolei Shopping Center w/ Rizon

DJ AL-X @ Hulas

WONDERLOUNGE (house) (hip-hop) @ The W Hotel w/ Artist Groove Network and DJ Ryan Sean

Needing speed

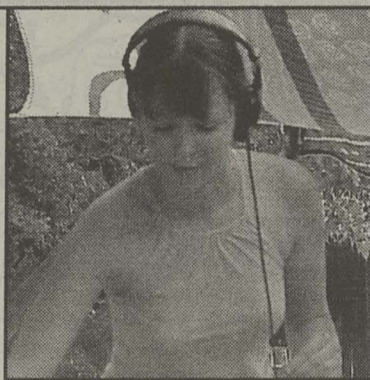
That positive place.

Expect L.A. superstar Reid Speed to do all she can to take you there and beyond with her spectacular drum and breaks mastery this Friday at Indigo.

Her 2003's Live After Dark album and collabs with MC Dino and DJ Swamp in 2005 proved she could shine as a producer. Couple those experiences with tours galore and you can see why the dance music scene developed a need for Speed worldwide.

Along with the touring and production work, the 2 step and nu skool breaks diehard is featured regularly at the famed Vanguard nightclub in Hollywood with the talented Josh David.

While dabbling in the L.A. rave scene, her decision to get into deejaying happened simply by DJ Dan taking her to that positive place. She's never looked back since.



Her affiliations with drum and bass power, Breakbeat Science should end any thought speculation that this girl needs a sex symbol girly gimmick or lacks twin techs skills or integrity. Fans yearning for new material will have to wait until April for her new artist album. Hawai'i faithful will only have to wait until Friday to experience her live.

—Kalani Wilhelm

Indigo, 1121 Nu'uanu Ave., Fri. 2/26, 10pm-2am, 2+

SATURDAY, FEBRUARY 24

THE A-LIST @ Bar 35 w/ DJs Ross Jackson, Vertigo

CHEMISTRY @ Longhi's Restaurant w/ DJ Ryan Sean presented by ArtistGrooveNetwork.com & Matty Liu

DFX SATURDAYS @ Osake Sushi Bar

DJ JONATHAN DOE @ Breakers

ELECTRO-LYFE @ Indigo w/ DJs Vince, Gonzalez, Toki

GOOD LUCK SATURDAYS @ Sake Sushi Bar and Lounge w/ DJ Sonik

HOUSE OF ISIS @ Zanzabar

LIKE IT TIGHT? (funk) (house) (world dance) @ Yanni's w/ DJ Busy B

LUCKY TIGER @ thirty-ninehotel

MONKEY BAR (hip hop) (R&B) (dance hall) @ Hyatt Regency Waikiki

NJOY @ Chai's Island Bistro w/ Architects and Vertical Junkies

PAPERDOLL REVUE @ Fusion Waikiki

PIRANHA BROTHERS @ Bobby G's followed by DJ D-Box

THE REMEDY @ the W Hotel w/ Profound Entertainment and DJs Mixmaster B and Jrama

DJ RUDE DOGG, DJ MASTER MIND (hip-hop), reggae) (R&B) (Top 40) @ Da Big Kahuna

SALSA 7 (Latin) @ Margaritas Mexican Restaurant and Cantina at Marc Suites Waikiki w/ DJ Alberto

SALSA SATURDAY @ Bobby G's

SEXY SOUTH BEACH FIESTA (hip-hop) (R&B) (trance) (dancehall) (reggaeton) (merengue) (bachata) @ Las Palmas w/ DJs Don Armando & Cube

SPEAKEASY (house) (downtempo) (progressive) @ The Living Room at Fisherman's Wharf w/

The Nitelite Crew & DJ Keoni

T SPOT (dance) @ Kapolei Shopping Center w/ Quiksilver

VYBE KICKOFF PARTY (drum and bass) (trip hop) @ Lotus

SUNDAY, FEBRUARY 25

CASA (deep house) @ Bliss Nightclub

DARK SIDE OF THE MOON (hip-hop) (neosoul) @ Brew Moon

DJ KRONKITE @ Bobby G's

FADED FIVE (neo hip-hop) (neo soul) (R&B) @ The Living Room at Fisherman's Wharf w/ DJs Delve, Zack, Technique, JayTee, Goodybye

FLAVORABLE SUNDAYS @ Panama Hatties w/ guest DJs

GROUND CONTROL @ Mercury Bar w/ El Nino, Gonzales, Selector DC, Redblooded

THE HEAVENS @ Club 939 w/ DJs K-Smooth, Mr. Goodybye, Technique

PALLADIUM NITES (Latin) @ O Lounge w/ DJs Don Armando & Cube

RESOLUTION: THE WHITE PARTY @ Lotus w/ DJs Rafael M & Rayne

SIZZLING SUNDAYS (dance contest) @ Zanzabar w/ DJ Mike D

SUCKING FUNDAYS @ Venus

SUNDAY NIGHT SOCIAL (acid jazz) (deep house) (progressive house) @ Da Big Kahuna w/ DJ Miki Mixtup

A TOUCH OF RED @ The W Hotel

MONDAY, FEBRUARY 26

HIP-HOP MONDAYS @ Cellar Nightclub

MELLOW MONDAYS @ Pipeline

MY EVOLUTION PARTY @ Bobby G's w/ Tru Rebels and DJ Blake

R&B SUITE @ Kai w/ DJs Epic One & Slant

Supremacy (MC battle) @ Pipeline w/ DJ Jimmy Taco and the Don K-Won

TUESDAY, FEBRUARY 27

1/2 PRICE TUESDAYS (Latin) @ Carnival Las Palmas at Reastaurant Row w/ DJ Papi Alberto

X-RATED TUESDAY @ Pipeline w/ DJ Mike D

COUNTRY DANCE PARTY @ Panama Hatties w/ DJ Charlie Garrett the Ghost Rider

EVERYBODY'S LADIES' NIGHT @ Ocean Club

HABITAT (house & breaks) @ Bobby G's

HOT LATIN TUESDAYS @ Zanzabar w/ DJ Margarita

KALEIDOSCOPE @ Next Door

OUTLAW NIGHT @ Cellar Nightclub w/ Seraps

OPEN TURNTABLES (house) (breaks) (jungle) @ Anna Bannana's

Promoters, get your event listed in SpinZone! E-mail details two weeks in advance to SpinZone@honoluluweekly.com

Waikiki's Newest Hot Spot

Pool Tables

DJ Nightly

MADDOG SALOON



EVERY WEDNESDAY \$3 Heineken \$3 Stolli Vodka

TROUBLETOWN

BY LLOYD DANGLE



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TIDES - February 21 to 27



Moon Phases: LAST QUARTER - February 11 NEW MOON - February 17 FIRST QUARTER - February 23 FULL MOON - February 1
Tide times and heights are for Honolulu Harbor. Tide and moon information supplied by Doug Behrens Design.

Haumea Warrington, Duke's Waikiki (4pm)
922-2268

"Auntie Pudgie" Young and Hawaiian Sere-naders, Kubio Beach Hula Stage (6pm) 843-8002

JAZZ/BLUES

Amber Ricci w/Bobbie Nishida and Dan Del Negro, Jazz Minds Arts & Cafe (9:30pm) 945-0800

Rico, Arnold's Beach Bar (6pm) 924-6887

Sonny Silva, Brasserie Du Vin (8:30pm) 545-1115

Slickaphonics, Indigo (8:30pm) 521-2900

ROCK/POP

Darrell Aquino, Mai Tai Bar, Ala Moana (4pm)
947-2900

Backyard Pa'ina, Sheraton Princess Ka'iulani (6:15pm) 931-4660

BBC, Hank's Cafe (8:30pm) 526-1410

Brendan & Dowling Time, Kelley O'Neil's (9pm)
926-1777

Joe Kingston, Sheraton Princess Ka'iulani (9:30pm) 931-4660

Dirty Purple, Arnold's Beach Bar (8pm) 924-6887

Soulbucket, Moana Terrace (6pm) 922-6611

Tavana, O'Toole's Pub (9pm) 536-4138

Concerts & Clubs

Acid Wash Wednesday: First Anniversary It's been a year? Time flies when you're living in the past. The hot 80s-themed night keeps going with Jerry (or Gerald - "Freedom of Choice" apparently involves how you spell your name) Casale from Devo making a special spin on the turntables. *Next Door*, 43 N. Hotel St.: Wed 2/21 www.whoisnextdoor.com, 548-NEXT

Aegle One of the biggest band from the Philippines brings their greatest hits in this 18 and older event. *Pipeline Cafe*, 805 Pohukaina St.: Fri 2/23, 6pm. 589-1999

Gagaku Moonviewing Concert Hear music that dates back to 7th-century Japanese Imperial Court accompanied by solo and ensemble dances. *Barbara Smith Amphitheater, UH-Mānoa*: Wed 2/28, 7:30pm. Free.

House of Isis And eclectic mix of DJ's coming together to hip hop it up. James West hops the pond from Florida while Paul Sparkes hops an even bigger pond coming from the UK with both doing two sets. Joining in are locals Big John, Billy G and Tez Bangin'. *Zanzabar, Waikiki Trade Center*, 2255 Kūhiō Ave.: Sat 2/24, 9pm. \$10. 924-3939

The Kauai Music Festival Songwriter Search Songwriters have the chance to perform one original song in front of a panel of judges. The selected winner will receive free admission to the 2007 Kauai Music Festival. Competitions will be held at the end of the month until June, and the five winners will compete for entry into the KMF Songwriter finalist competition. Sign up between 6:30-7:30pm. Space is limited to 10 participants on a first-come, first-served basis. *rRed Elephant*, 1144 Bethel St.: Thu 2/22, 7:30pm. 545-2468

Partners in Time The ensemble returns to HPR for a concert of ethnic music from Armenia, Turkey, Macedonia, Bulgaria and Greece with more than a sprinkling of jazz

THE SCENE

thrown into the mix. *Atherton Performing Arts Studio, Hawai'i Public Radio*, 738 Kāheka St.: Sat 2/24, 7:30pm. \$17.50 general; \$15 HPR members; \$10 students. 955-8821

Ragga Jambung 2007 Dance contests, jamaican cuisine, DJ battles and live performances by Maxx Effexx, Charlie Y Charlie and Shango. *Panama Hattie's*, 98-016 Kamehameha Hwy.: Thu 3/1, 9pm. \$10 advance; \$15 over 21; \$18 under 21.

Tangleweed (See Hot Picks.) Fri 2/23, *rRed Elephant Cafe*, 7:30pm; Sun 2/25, *Ward Rafters*, Kaimuki, 3pm.

Trip The Lights: Boat Root 3 (See Hot Picks.) *rRed Elephant*, 1144 Bethel St.: Fri 2/23, 8pm. \$12.50. 545-2468

Vermeer String Quartet (See Hot Picks.) *Orvis Auditorium*, \$8-\$12: Sat 2/24, 7:30pm. \$35 general, \$20 students/Honolulu Symphony musicians. 944-2697

The Most Romantic Songs Ever Written Still wish it was Valentine's Day? Join the Matt Catingub Orchestra of Hawai'i with part 1 of this presentation, featuring 20 songs of romance, hosted by Nick and Nina Clooney. *Hawai'i Theatre*, 1130 Bethel St.: Tue 3/6-Thu 3/8, 7:30pm. \$45-\$75. www.hawaii theatre.com, 528-0506

Thomas Mapfumo and the Blacks Unlimited (See Hot Picks.) *Leeward Community College*, 96-045 Ala Ike: Fri 2/23, 8pm. \$23 general; \$19 students/seniors/military 455-0011

Tiempo Libre Trained in the conservatories of Havana, and up for a Latin Grammy this year, it's obvious why they're first-call players. Not to be missed. *Leeward Community College Theatre*. Sat 3/3, 8pm. \$27 adults, \$23 students/seniors/military http://LCCtheater.hawaii.edu, 455-0385

Vince Neil Not bringing the Crue with him, but he'll play some of your favorites with his own backup band. And who knows? He might just do the Chicken Dance. *Pipeline Cafe*, 805 Pohukaina St.: Wed 4/4, 6pm. \$25 general; \$55 VIP. 589-1999

Wynonna Judd The sultry songstress builds a bridge with the Honolulu Symphony Pops. Matt Catingub conducts. Tickets at the Blaisdell box office and online at ticketmaster.com and honolulusymphony.com *Blaisdell Concert Hall*, 777 Ward Ave.: Fri 3/30 & Sat 3/31, 8pm. \$12-\$75. 591-2211

On Sale

Asian Kings of Comedy Paul Ogata, Edwin San Juan, Shecky Wong and Kevin Shea rule in this ensemble of laughs. *Hawai'i Theatre Center*, 1130 Bethel St.: Fri 3/23, 8pm. \$38. www.hawaii theatre.com, 528-0506

Dropkick Murphys Rally 'round the blood and whiskey, tickets are ure to go fast. *Pipeline Cafe*, 805 Pohukaina St.: Mon 4/2 \$26; VIP tickets \$55. 589-1999

Foreigner Urgent! The Juke Box Heroes are Waiting For A Girl Like You who might possibly be either Cold As Ice or Hot Blooded for Dirty White Boys so that they might give you Double Vision. *Blaisdell Arena*, 777 Ward Ave.: Thu 3/15, 7pm. \$41-\$51 591-2211

Hatebreed The Connecticut "Moshcore" band fronted by *Headbanger's Ball* host gets brutally in your face. *Pipeline Cafe*, 805 Pohukaina St.: Sun 3/11, 7:30pm. \$22 general; \$40 VIP. www.ticketmaster.com, 589-1999

Hawaii Opera Theatre Puccini's *Madama Butterfly* (3/2, 3/4 & 3/6) closes HOT's 2007 Grand Opera Season. *Blaisdell Concert Hall*, 777 Ward Ave.: \$29-\$120. www.hawaii opera.org, 596-7858

Kōkua Festival Help support environmental education programs in Hawai'i at this annual event with Jack Johnson, Eddie Vedder, Matt Costa, Ernie Cruz Jr and the Girls. *Waikiki Shell, Kapi'olani Park*: Sat 4/21 & Sun 4/22. \$20-\$125. www.ticketmaster.com, (877) 750-4400

Kolohe Festival Two stages, two nights and far too many bands to list here, but some of the highlights include Steel Pulse, Bunny Wailer (of Bob Marley and the Wailers fame), Native Elements and Ooklah the Moc. Limited 2-day VIP passes for \$45 available through www.kolohe-festival.com. *Hawaiian Waters Adventure Park*, 400 Farrington Hwy., Kapolei: 3/2 through 3/3. \$25 advance; \$30 door. 945-3928

Le Bizarro (See Hot Picks.) *Hawaiian Hut*, Ala Moana Hotel, 410 Atkinson Dr.: Sat 2/24, 9:30pm & midnight. \$25 advance; \$30 door. 941-5205

Leon Russell Rock and roll's living legend tours with his hottest band in 30 years. A portion of the proceeds go to Arts Education in the Schools. Tickets available at Hungry Ear, Jelly's, Good Guys Music, Sweet Nothing, and Rainbow Books. *Hawaiian Hut*, Ala Moana Hotel, 410 Atkinson Dr.: Fri 3/2, 9pm. www.hawaiisbesttickets.com, 545-2980, 941-5205

Theater & Dance

Aspon Sante Fe Ballet (See Hot Picks.) *Palikū Theatre*, Windward Community College: Sat 2/24, 7:30pm. \$45. 235-7433

Femme Capulet Just extended! Romeo and Juliet hang with pimp and ho friends at the strip club in this restructure (but not rewording) of Shakespeare's classic love story. *The ARTS at Marks Garage*, 1159 Nu'uuanu Ave.: Thu 2/22-Sun 2/25, 8pm. \$14 general; \$10 students. www.honoluluboxoffice.com, 550-TIKS

Jitney August Wilson's poignant story of a father-son struggle in 1970's Pittsburgh Hill District. *Yellow Brick Studio*, 625 Keawe St.: Thu 2/22-Sat 2/24, 7:30pm; Sun 2/25, 4pm. Show runs through 3/4. \$15 general/\$13 seniors/\$12 students and groups of 10 or more. 722-6941

Joseph and the Amazing Technicolor Dreamcoat Army Community Theatre's Andrew Lloyd Webber/Tim Rice musical Biblical story of Joseph and his walking working of art. *Richardson Theatre*, Ft. Shafter: \$15-\$28. www.squareone.org/act, 438-4480

The King and I Whistle a happy tune! Students getting to know you. with their special presentation of the Rodgers and Hammerstein classic. *Ronald E. Bright Theatre*, Castle High School, 45-386 Kāne'ōhe Bay Dr.: Fri 2/23 & Sat 2/24, 7:30pm; Sun 2/25, 2pm. \$12 general; \$8 seniors, students and military.

Kyōgen: On the Go! Literally translated as "Mad Words" this one-play performance follows with a workshop led by cast members. *Kane'ōhe Public Library*, 45-829 Kamehameha Hwy.: Mon 2/26, 6:30pm. Free. 233-5676

She Loves Me Romance abounds in the charming musical that was the basis of the "other" Tom Hanks/Meg Ryan film *You've Got Mail*. *Mānoa Valley Theatre*, 2833 East Mānoa Rd.: Wed & Thu 7:30pm; Fri & Sat 8pm; Sun 4pm. Show runs through 3/11 \$15-\$30. www.manoavalleytheatre.com, 988-6131

The Wiz Ease on down to the retelling of the classic Wizard of Oz story. *Kaimuki High School*, 2705 Kaimuki Ave.: Fri 2/23 & Sat 2/24, 7:30pm. Show runs through 3/4. \$10 general; \$5 children through high school students with ID/seniors.

Auditions

Grease Sure it's the word, but do you have groove and meaning? Time to find out. *Army Community Theatre*, Fort Shafter: Mon 3/5-Wed 3/7, 7pm.

Hawaii Opera Theatre Studio Limited openings are available for the fully-funded HOT training program for young artists. Prepare three memorized arias with a clean copy of your music in a three-ring binder. Bring your resume and headshot. Call to reserve an audition time. *Blaisdell Concert Hall*, 777 Ward Ave.: Mon 3/5 591-2211

Island Fever Brigade Teens needed in all areas. Meet at the rec center-no experience necessary! Info at www.myspace.com/islandfeverbrigade or at 393-9311. *Mānoa Valley District Park*, 2721 Kaaipu Ave.: Wed 2/21, 4-6pm.

Continued on Page 22



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Music

The politics of one group that thinks the world can still be saved

Keiko Bonk on fire mountain

DESIREE MOANA CRUZ

Political provocateur Keiko Bonk is set to make headlines once more. But this time, Bonk is spreading her message of global peace through musical means. The former Hawai'i County councilmember (1992-1996)—and the country's first Green Party elected official—Bonk has traded the electoral pulpit for cabaret-style venues replete with audiences of free thinkers. Keiko Bonk & KAZAN just released their first full CD recording, aptly titled *Save the World*.

"Politics (like music) is just the art of working together with others to get things done," she says.

And that's exactly what Bonk has achieved with this new project. Backed by KAZAN, her alternative-indie-punk band, she delivers her message with effusive ideology, soft rock and blues rifts and driving rhythms. Bonk has a lot to say, and with the help of her very capable band mates, she will undoubtedly capture a new generation of loyal followers.

Kazan is Japanese for "volcano" (literally, "fire mountain") and refer-

ences the Big Island native's Japanese-haole ethnicity.

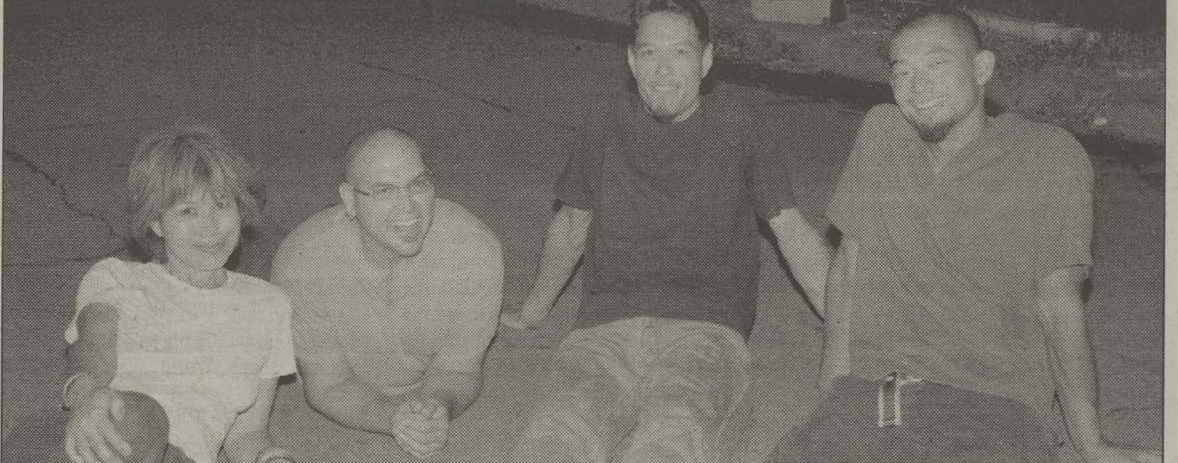
"Kazan comes from the deep connection I have to Hawai'i and the natural environment," she says. "For me, the volcano's grandeur has been the backbone and backdrop to my entire life. The mythology and primal emotional connection that surrounds the birth of the land, the lush diversity of life in Hawai'i and, for that matter, the world, is at the core of the lyrical and visual imagery of my songs and paintings."

Co-produced with her husband/business partner, Michael Christopher, under their own Fragile Flower label, *Save the World* was recorded and engineered at Sea West Studios Hawai'i in Puna. She also did the cover art.

A study in the sweeping power of imperfection, Bonk's somewhat off-kilter vocals testify to the unembellished truth that her lyrics speak. This is not just a groovy beat but rather a potent dosage of reality intended to push and provoke.

"I'm not very interested in idealized versions of reality," she says. "I prefer to take reality as it really is, full of contradictions, caring and brutal, growing and dying, beautiful but violent. And of course I can't

Ease on down the road: Keiko Bonk and KAZAN



help but focus on the interconnection of the human manipulation of power and how it alters the primal nature of our existence. Politics pierces poetry, but poetry forgives and guides to a better way."

All twelve songs on the CD are originals, with Bonk getting solo credit for "Down with the Empire," "Brave and Bold," "Little Whole" and "Is God American?" She wrote "Kazan" while living in New York City with her then-husband, Hawai'i-born Mark Abramson.

Tokyo native and Kazan bassist Michito "Gun-so" Kawai co-wrote "House of Fire," "Wild" and "Van

Gogh's Ear" (the latter reverberates with Japanese anime undercurrents). Songwriting credit for three tracks go to former band mates from her old band—Puna's Monkey Wrench Gang.

In the studio, Bonk (on lead vocals) was joined by Kawai on bass and vocals, Morey "Mojo" Kooistra on guitar and vocals and Dave Fernholz on drums, percussions and vocals. On stage, Blaine Rodgers (a young environmental lawyer) jumps in on guitar.

For those who knew her as a tireless proponent of the people of Puna and Ka'u, and a former City Coun-

cil chair and mayoral candidate, she remains true to her voice, "as a spiritual person, someone who is engaged in connecting things. I don't believe that it is possible to separate art, work and politics.... Music, painting, writing, politics, you name it, it's all the same thing—a way to celebrate life, have a good time and make a difference." ■

Catch Keiko Bonk and KAZAN every first Friday at Amy's Place, 49 N. Hotel St., 8PM-12AM; for more information or to order the CD, call 734-4234 or send an email to cbonk@earthlink.net.

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THE SCENE

From Page 20

Sounds of Aloha Chorus The award-winning Sounds of Aloha Chorus needs members for its 100-man chorus singing 4 part a cappella harmony. No experience necessary, but staying in tune is a must. Call 262-SONG for details. *Ala Wai Golf Course Clubhouse*, 404 Kapaehulu Ave.: Every Thu in February, 7-9:30pm.

Museums

Bishop Museum 1525 Bernice St. Open daily 9am-5pm. \$14.95 adults; \$11.95 youth age 4-12; under 4 free. www.bishopmuseum.org, 847-3511

Hawaiian Crafting Residents and visitors can experience Native Hawaiian culture with hands-on workshops in Hawaiian crafts including lei making, stone carving, Hawaiian quilting and lauhala weaving—different classes each day taught by highly skilled Native Hawaiian artisans. The cost is free and admission to the museum is not required.

Pa'a Ka La'a Animism And Totemism: Contemporary Expressions from an Indigenous Mind Celebrates work from more than two dozen native artists from across North America, focusing on animism and totemism on artistic expression among first Nation people. Runs through 4/22.

Pauahi: A Legacy for Hawai'i Without Princess Bernice Pauahi Pāki Bishop, the museum may have never been. This ongoing exhibition of objects will undergo several rotations until the completion of the Hawaiian Hall Complex renovation finishes in 2008. Letters, clothing, jewelry and weapons are just some of the history to find.

Planetarium Shows "The Sky Tonight," daily 11:30am; "Explorers of Mauna Kea," daily, 1pm; "Explorers of Polynesia," daily, 3:30pm.

Science on a Sphere The museum's new permanent exhibit presents wall graphics, interactive stations and the suspended 40-pound sphere, which offer insights into our ever-changing climate.

Children's Discovery Center Kids can present a puppet show, dress up like a doctor, play virtual volleyball, explore the inside of a mouth, visit different cultures, test their wheelchair skills, put on a play, make crafts and much more at this interactive museum. 110 'Ohe St.: Tue-Fri, 9am-1pm; Sat and Sun, 10am-3pm. \$8 adults, \$6.75 kids 2-17. 524-5437

The Contemporary Museum 2411 Makiki Heights Dr. Open Tue-Sat, 10am-4pm; Sun, noon-4pm. \$5 adults; \$3 students/seniors (free every third Thursday of the month). www.tcmhi.org, 526-1322

Boys in the Band On view is the first solo exhibition of New York artist Geoffrey Chadsey—exotic images from art history textbooks, magazines, the Internet, family and friends in constructions that seem real but are cleverly designed fictions. Runs through 3/18.

Redaction by Jenny Holzer Redaction paintings by the internationally known artist use diverse surfaces as posters, T-shirts, plaques, stone benches and her signature LED electronic display boards. Marcia Morse presents a talk on the use of words in contemporary art in conjunction with the exhibit on Sat 1/6, 10:30am. Runs through 3/18.

Art 2: Michael Lin-Tennis Dessus The Taiwanese artist created a site-specific painting in the formerly non-functional tennis court, incorporating a floral motif designed especially for Hawai'i.

Art 3: Paul Morrison, Gamodeme The British artist, known for his films and bold, black and white landscape paintings, created a temporary wall outside the TCM for this artist project series. Morrison's work draws on imagery of the natural world from sources in popular culture, fine art, film and science.

The Contemporary Cafe 2411 Makiki Heights Dr. Tue-Sat, 11:30am-2:30pm; Sun, noon-2:30pm. Free. 526-1322

The Contemporary Museum at First Hawaiian Center 999 Bishop St. Open Mon-Thu, 8:30am-4pm; Fri, 8:30am-6pm. Validated parking available; enter on Merchant St. 526-1322

Drawn to Remember Selecting five people, Dana Forsberg had them describe six acquaintances to Honolulu police sketch artist Joe Aragon, and used those composites to create her own portraits in this multi-personed reconstruction of memory. Runs through 5/29

Pattern and Form w/ Sharon Doughtie and William Inchinose Two artists both similar and unique with their use of surface texture, color and carving techniques in wood work. Runs through 5/29.

Perspectives w/ Mark Kadota Multi-media performance by the artist in this one time only event. Fri 3/2, 7:30pm

Doris Duke's Shangri La Advance reservations are required for guided tours of the 5-acre waterfront estate—packed with Islamic art—of the late heiress and philanthropist. All tours depart from the Honolulu Academy of Arts, 900 S. Beretania St. Wed-Sat, 8:30am, 11am & 1:30pm. \$25, \$20 to Hawai'i residents (13 & older) with proof of residency. www.honoluluacademy.org, (866) DUKE-TIX

Hawai'i Plantation Village Thirty structures preserved in their original condition offer a glimpse of plantation life from the mid-19th century through World War II. 94-695 Waipahu St. Guided tours Mon-Sat, 10am-2pm. \$3-\$13. Children 3 & under free. www.hawaiiplantationvillage.org, 677-0110

Hawai'i State Art Museum No. 1 Capitol District Building, 250 S. Hotel St., 2nd Fl. Open Tue-Sat, 10am-4pm. Free. 586-0900

Enriched by Diversity: The Art of Hawai'i The semi-permanent installation reflects the diversity of the Art in Public Places Collection. Work, by nearly 150 artists, celebrates the artistic history of Hawai'i from the '60s to the present.

Precious Resources: The Land & The Sea Explore our environmental connection in this exhibition, which pays tribute to Hawai'i's water, botanical environment, forests and trees as abundant resources that define our communities.

Stargazing Look! Up in the sky! Live star shows on constellation identification and mythology. Includes current celestial happenings. Wed 2/21, 7pm.

Stars of the Pharaohs Multi-media show reenacting the mythological creation of the Egyptian universe. Fri 3/9, 7pm.

Honolulu Academy of Arts 900 S. Beretania St. Docent-guided tours are available, included in the admission price and self-guided digital audio tours are available for an additional \$5. Open Tue-Sat, 10am-4:30pm; Sun, 1-5pm. \$7 general, \$4 seniors/military/students; free for kids 12 & under and museum members. www.honoluluacademy.org, 532-8700

The Arts of the Islamic World Gallery Islamic artwork from the private collection of the late American heiress Doris Duke is housed here along with items from the Academy's permanent collection.

Hawai'i and Its People: Original Drawings by Jacques Arago and Louis Choris Two artists, one Ukrainian, the other French, illustrated observations of Hawai'i just before and after the passing of Kamehameha I, providing a rich and valuable insight of Hawai'i in the early 1800s. Runs through 5/6.

Wearing Propaganda: Textiles on the Home Front in Japan, Britain and the United States Over 100 works from three regions offering WWII politics that you could wear on your sleeve. Runs through 4/29.

Ukiyo-E Japanese wood block prints from the academy's collection. Runs through 3/18.

Academy Art Center at Linekona 1111 Victoria St. Open Tue-Sat, 10am-4:30pm; Sun, 1-5pm. Free admission. www.honoluluacademy.org, 532-8741

Honolulu Police Department Law Enforcement Museum Inside the Police Department is this gem about Honolulu's finest. Besides badges and weapons, you'll find interesting stories, like that of detective Chang Apana who inspired the fictional character Charlie Chan. 801 S. Beretania St.: Mon-Fri, 7:45am-4:30pm. Free. 529-3351

Iolani Palace Built by King Kalākaua in 1882, the palace was the center of social and political activity in the Kingdom of Hawai'i during the monarchy period. *Corner of King and Richards*

Sts.: Guided tours: Tue-Sat, 9-11:15am, \$20 adults, \$15 kama'aina, \$5 children (under 5 years not admitted) Audio tours: available 11:45am-3pm, \$12 adults; \$5 children. Galleries open: Tue-Sat, 9am-4:30pm. \$6 adults; \$3 kids. www.iolaniplace.org, 522-0832

John Young Museum of Art The museum displays works selected from art collector Young's private stash. *Krauss Hall, UH-Mānoa*: Mon-Fri, 11am-2pm; Sun 1-4pm; closed on state holidays. Free. www.outreach.hawaii.edu/jymuseum, 956-8866

Maritime Museum Explore the maritime history of Hawai'i, starting with the early Polynesians and working through modern times. *The Falls of Clyde* is part of the exhibit. *Pier 7-Honolulu Harbor*: Open daily, 8:30am-5pm. \$7.50 adults, \$4.50 children ages 4-12. 523-6151

The Canoe: An Alaskan and Hawaiian Tradition Presents a comparison and contrast of the two cultures, the exhibit is also celebrating the voyage of Hōkūle'ia, Ku Holo Mau (Sail On, Sail Always, Sail Forever) to the Western Pacific.

Mission Houses Museum Step into 19th-century Hawai'i on a guided tour. Japanese tours available. Visitors can also browse the unique gift shop. 533 S. King St. Open Tue-Sat, 10am-4pm; closed Sun. Tours available at 11, 1, 2:45pm. Fees range from \$10 to free. www.missionhouses.org, 531-0481

From Pieces to Masterpieces: 28th Annual Quilt Show Patchwork quilts of the early missionary era in Hawai'i will be highlighted along with African-American pieced quilts and contemporary pieces by Hawai'i's quilt makers. Runs through 3/3.

North Shore Surf and Cultural Museum View the vintage surfboard collection, photos, memorabilia, bottles, posters and other cultural items on display and shop for jewelry from the bottom of the sea. *North Shore Marketplace*: Wed-Mon, 11am-6pm. Free. 637-8888

Pacific Aviation Museum Historical artifacts and aircraft—including a Japanese Zero fighter and Navy Wildcat—tell heroic stories of military aviation during WWII. *Pearl Harbor, 90 Nakolo Place*: \$14 general (\$10 kama'aina); \$7 children (\$5 kama'aina). www.pacificaviationmuseum.org, 690-0169

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THE SCENE

Queen Emma Summer Palace Revel in Hawaiian history and American architecture from the Victorian period at the summer retreat, which was built in Boston, then shipped in pre-cut frames and sections around South America before arriving in Hawai'i. 2913 Pali Hwy.: Daily, 9am-4pm. \$1-\$6. www.daughtersofhawaii.org, 595-6291

Tennent Art Foundation Gallery View a large collection of the paintings by Hawai'i's beloved artist Madge Tennent. Lectures and tours available. 203 Prospect St.: Tue-Sat, 10am-12pm; Sun, 2-4pm. Free. 531-1987

U.S. Army Museum An extensive collection of artifacts pertaining to America's military past is housed here, including old artillery and vehicles. Guided tours available. Fort DeRussy (next to the Hale Koa Hotel) at the corner of Kālia and Saratoga Rds.: Open Tue-Sun, 10am-4:15pm. Free. www.hiarmymuseum.org, 955-9552

U.S.S. Bowfin Submarine Museum and Park The World War II submarine will astonish you with its enormity, its outdoor exhibits and the intimidating WWII Japanese Suicide Missile. Some material dates as far back as the Revolutionary War. 11 Arizona Memorial Dr. Open daily, 8am-5pm. \$8 adults, \$3 children 4-12; children 3 and under, free. www.bowfin.org, 423-1341

Galleries

Opening

Brad Lewis Opening 3/1 through 3/14. Hale'iwa Art Gallery. www.haleiwaartgallery.com, 637-3368

Celebrating Nature Through Art w/ Rowena Liu, Muk Lan Rice, Jeanne Snell Artists' Reception 3/3, 3:30-6pm. Runs 3/1 through 3/30. Ho'omaluhia Botanical Gardens Gallery, 45-680 Luluku Rd.: 233-7323

Cindy Conklin, Squaresville Runs 2/24 through 3/22. The Gallery at Ward Centre, 1200 Ala Moana Blvd.: 597-8034

Claude Horan, Ceramics Runs 2/24 through 3/22. The Gallery at Ward Centre, 1200 Ala Moana Blvd.: 597-8034

Darkroom Divas w/ La Pietra Students Opening Reception 3/1, 6-8pm. Runs 3/1 through 3/29. Canon Gallery. 522-5930

Escape w/ Alan Leitner, Timothy P. Ojile Opening Reception 2/22, 5:30-8pm. Runs 2/22 through 3/31. Pegge Hopper Gallery, 1164 Nu'uauu Ave.: 524-1160

Holly Kitaura Opening 3/1 through 3/14. Hale'iwa Art Gallery. www.haleiwaartgallery.com, 637-3368

Honolulu Printmakers 79th Annual Exhibition Opening 3/1 through 3/16. Academy Art Center 1111 Victoria St.: 536-5507

Just the Two of Us w/ Jerry Mayfield, Paula Rath Louis Pohl Gallery, 1111 Nu'uauu Ave.: Runs 3/1 through 3/30. 521-1812

Lost Maritime Cultures: China and the Pacific Opening Reception 2/23, 5:30-7pm. Runs 2/24 through 4/15. Bishop Museum, 1525 Bernice St.: Runs 3/1 through 3/30. 847-3511

Nan Holmes, In Honor of Compassion Opening Reception 2/28, 5:30-7:30pm. Runs 2/28 through 3/16. Academy Art Center, Community Room 1111 Victoria St.: 536-5507

Navigating Cultural Connections: Hōkūle'a's Voyage to Japan Opening Reception 3/3, 11:30am. Runs 3/3 through 6/1. Japanese Cultural Center of Hawai'i, Community Gallery, first floor, 945-7633

Peter Antrim Kowalke, Celebrations in Tuscan Artist Reception 2/25, 3:30pm-6:30pm. (Call to reserve space.) Runs through 3/23. Koa Gallery. 734-9374

Sumako Cohn, Hina Matsuri Runs 3/1 through 3/31. Ko'olaau Gallery, Manoa Market Place: 988-4147

Uncommon Perspectives x3 w/ Debbie Pacheco, Ariene Woo, Frances Hill Opening Reception 2/22, 4:30-6:30pm. Runs 2/19 through 3/16. Pauahi Tower, 1001 Bishop St.: 263-4732

What Sound Does a Color Make? Opening Reception 3/4, 2-4pm. Runs 3/3 through 4/13. UH Art Gallery, 2535 McCarthy Mall

Continuing

A. La Moyné Garside Through 2/26. Hale'iwa Art Gallery. www.haleiwaartgallery.com, 637-3368

All Things Hawaiian Through 3/24. Honolulu Country Club. 1690 Ala Puumalu St. 689-3164

Andy Kay Through 2/29. Louis Pohl Gallery. 1111 Nu'uauu Ave.: 521-1812

Canon Employee Photo Contest Through 2/28. Canon Gallery. 522-5930

Claudia Clement Through 2/28. Accents Gallery, 3520 Waialae Ave.: 737-8018

Derek Arata, Items of History Through 3/9. HPU Art Gallery. 544-0287

Dog Gone Days Through 2/22. The Gallery at Ward Centre. 597-8034

Flourette and Elaine Cheung, Windows to the Mind Through 2/25. Ho'omaluhia Botanical Gardens Gallery, 45-680 Luluku Rd.: 233-7323

Francine Yamate Through 2/28. Rehabilitation Hospital of the Pacific. 531-3511

George Eguchi Through 2/25. Hale'iwa Art Gallery. www.haleiwaartgallery.com, 637-3368

Isis Godfrey-Byrne Through 3/3. Town, 3435 Waialae Ave.: 735-5900

Joan Allen, Secrets of the Forest Through 2/28. Ko'olau Gallery, Manoa Market Place: 988-4147

Kim Taylor Reece, The Eternal Dance Through 4/30. Tea at 1024, 1024 Nu'uauu Ave.: 521-9596

Kirk Kurokawa, Viewpoints Through 5/29. The Contemporary Museum at First Hawaiian Center, 2411 Makiki Hights Dr.: 526-0232

Lee Martin, As I See It Through 2/22. The Gallery at Ward Centre. 597-8034

Leo Azambuja, Naked Through 4/17. Mercury Bar. 1154 Fort St.: 537-3080

Martiza, Celebration of Life Through 3/2. Gallery on the Pali, 2500 Pali Hwy.: 595-4047

New Work by Edward Aotani, Simone Berlin, Mary Flynn and Jahn-Peter Preis Through 2/24. Duc's Bistro 531-6325

Origins Through 3/7. The Balcony Gallery, 442-A Uluniu St., Kailua. 263-4434

The Rainbow Collection, w/ Russell M. Davidson, Mark Kadota, Andy Kay, Maika'i Tubbs, Alan Carroll, Bradley Capello, Jonah Punzai Through 2/24. Louis Pohl Gallery, 1111 Nu'uauu Ave. 521-1812

Rose Ellen Chin Through 2/28. Rehabilitation Hospital of the Pacific. 531-3511

Sanit Khewhok, Being There Through 3/24. Nu'uauu Gallery at Marks Garage, 1161 Nu'uauu Ave.: 536-9828

Tom & Yoko Haar Through 3/3. Koa Gallery. 734-9374

5:30-7:30pm. No cost for HMSA members; \$35 non-members. 948-6398

Experts at the Palace 2007 The Historic Preservation Program sponsors this lecture series. This week: "Understanding Hawai'i's Humpback Whales and the Sanctuary That Protects Them" with Christine Brammer. Old Archives Building, Iolani Palace: Every Thu through 3/8, noon-1pm. Free. www.iolani-palace.org, 522-0832

Hanauma Bay Education Program The ocean preserve's program features Dr. John Smith, acting science program director at the Hawai'i Undersea Research Laboratory. Hanauma Bay Nature Preserve, 100 Hanauma Bay Rd.: Thu 2/22, 6:30pm. Free. 397-5840

Hawai'i Potters' Guild Cooperative studio offering 10-week course with extra workshops and events and lots of hands-on work. 2480 Bingham St., Mo'ili'ili: Wed 2/21 - Sun 3/18 \$150 plus materials. www.hawaiipotteryguild.org, 841-8282

Introduction to Dreamweaver Learn to use one of the most popular and powerful web-design programs around. Registration required. Windward Community College. Begins Mon 2/26. Mon & Wed classes, 4:30-7:30pm. \$135. 235-7433

Self-publishing Workshop Author-publisher Rich Budnick (*Stolen Kingdom*) explains the advantages and disadvantages of self-publishing. Sun 2/25, Kaimuki Public Library, 2-3pm; Wed 2/28, Waimānalo Public Library, 6:30-7:30pm. Free.

Shippoyaki Workshop Learn the art of Japanese enameling from award-winning artist Kazuko Inomata. Japanese Cultural Center of Hawai'i. Sat 2/24, 9am-noon. \$20 JCCH members; \$25 nonmembers. jcch.com, 945-7633, ext. 33

Waikiki: A History of Forgetting and Remembering Art department chair Gaye Chan hosts this free public talk detailing historical text and images to tell the story of the area's transformation from a self-sustaining community to one of the world's most popular and overdeveloped vacation destinations. Yuki Yoshi Room, Krauss Hall, UH-Mānoa campus: Thu 2/22, 7pm. Free. www.outreach.hawaii.edu/pnm

Words

First Thursdays: Monthly Poetry Slam hosted by Kealoha. Featuring HBO Def Poet Shihan. Hawaiian Hut, Ala Moana Hotel, 410 Atkinson Dr.: Thu 3/1, 7:45pm. \$3 before 8:30pm \$5 after. www.hawaiislam.com, 387-9664

Ko'olau Writing Workshop Novice and seasoned writers are welcome to attend the annual workshop featuring Co-founder and Co-editor of Bamboo Ridge Press. Facilitators offer workshops in non-fiction, poetry, fiction and scriptwriting. Breakfast provided; bring a lunch. HPU Hawai'i Loa, 45-045 Kamehameha Hwy.: Sat 3/3, 8:45am-3:30pm. \$10 donation; \$5 for students. pwilson@hpu.edu, 544-9340

reVerses Join Travis T and Brenda Kwon at the monthly poetry series held every last Tue with jazz music by DJ Mr. Nick. BYOB. The ARTS at Marks Garage, 1159 Nu'uauu Ave.: Tue 2/27, 7pm. \$5. 521-2903

The Society of Children's Book Writers and Illustrators-Hawaii The annual conference features Putnam vice president Jane O'Connor and author Cheryl Zach who will provide feedback on first pages from attendees. Register by 2/23 for conference alone or with portfolio. YWCA, 1040 Richards St.: Sat 3/3, 9am-3:30pm. \$85 SCBWI members; \$95 nonmembers. www.geocities.com/scbwi-hawaii/events.html, 728-8109

Shakespeare on Sunday The group reads *King John*. Read along or aloud, for courage mounteth with occasion. Academy of Film & Television, 1174 Waimanu St., Suite A: Sun 2/25, 7pm. Free. 394-5317

Writing Retreat Meet and write with Lillian Cunningham and others. Bring writing materials, a lunch and a coffee mug. Anyone over 16 is welcome to attend. Windward Community College. Sat 2/24, 9:30am-2pm. \$5. 235-7433

Upcoming Classes

Advanced Screenwriting: Structure, Composition, Characters and Conflict Learn how to add substance to your evolving screenplay, hone your dialogue, and find the relationship between your second and third act with screenwriter (and Honolulu Weekly Film Critic) Bob Green. Registration Required. Krauss Hall, Rm. 011, UH-Mānoa Campus: Begins 3/3, 9am-noon. \$200. www.outreach.hawaii.edu/pnm, 956-3422

From Surf to Turf: The Photography of Zak and Ric Noyle Free public talk featuring the brothers' unique and original Hawai'i photographers. Yuki Yoshi Room, Krauss Hall, UH-Mānoa campus: Thu 3/8, 7pm. Free. www.outreach.hawaii.edu/pnm

Water Media Collage Discover a fresh approach utilizing a mix of media. Some experience is helpful but having an open mind works best of all. Minimal supplies needed. Registration required. UH-Mānoa. Begins 3/3. Classes meet Sat, 1-4pm. \$150 plus materials. www.outreach.hawaii.edu, 942-3982

Windows Movie Maker Create home movies from your digital pictures transferred to your PC program. Learn to storyboard, edit and add music. Windward Community College. Begins Sat 3/10, 9-11am. \$43. 235-7433

Workshops for Seniors Variety of Tai Chi exercises designed for seniors 55 and above. Learn skills like memory enhancement flexibility and vision training. Take one course for \$9 or the entire series of four for \$30. Registration required. Windward Community College. Begins Fri 3/2, 9:30-11:30am. 235-7433

Keiki & 'Ohana

Creative Drama for Keiki Interactive beginner course applying creative uses of drama and the arts. Registration required, but previous study of the arts is not! Windward Community College. Begins 3/3. Classes held Saturdays, 8:30-9:30am. \$100. 235-7433

Keiki Tuesday Kid-friendly entertainers with clowns, magicians, storytelling and crafts. Pearlridge Center, uptown: Every Tue, 10:30am-noon. Free.

*actual view from Hula's

Anna Nicole Smith Memorial Sat. Mar 3

Brian Evans Fri Mar. 9 8pm

"O'Hulahands" Hula's St. Patty's Party Sat Mar. 17

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All HI-5 redemption centers now accept crushed cans and plastic bottles. (The reverse vending machines don't.)
For more tips and a complete list of redemption centers, visit HI5deposit.com.

HI5 TRASH-TO-CASH FLASH

Hot tips for making recycling a breeze

PARC-Pacific Addiction Research Center

Program of the University of Hawaii's Medical School

BATU-ICE-CLEAR-CRYSTAL-SHABU

Are you done yet?

PARC offers experimental medication at no cost in research treatment studies for
METHAMPHETAMINE OR ICE Users
For more information call (808) 537-7272
This research project is funded by the National Institute on Drug Abuse
Principal Investigators: William Haning, M. D., Barry Carlton, M.D.

THE SCENE

Keiki Signs Learn American Sign Language for families. Still a few spots left. *Pigtails & Crewcuts*, Moanalua Shopping Center: Every Tues in February, 6-6:45pm. Free. 381-0273
Magic: A Little of This 'n That Uncle Wayne and Magic Mark bring their humor, puppets, and of course, magic to teach children health and safety. *Kapolei Public Library*, 1020 Manawai St.: Tue 2/27, 3:15pm. 693-7050
Musical Theater for Older Children New course teaching keiki ages 8-12 use of voice, facial expression and choreography. Previous study of drama and music/voice preferred but not required, but registration is. *Windward Community College*. Begins 3/3. Classes held Saturdays, 10-11am. \$100. 235-7433
Tree-mendous Trees Visit the living giants of the forest with a short hike that includes tall tales. A craft session follows using materials collected from the forest friends. Suitable for ages 3-6. Sun 2/25, 1:30-3:30pm. \$14 nonmembers for parent/child team. 955-0100

Botanical

Garden Tours View rare and beautiful plants from tropical regions of the world. Reservations recommended. Guided tours available Mon-Sat, 1pm. *Foster Botanical Gardens*, 50 N. Vineyard Blvd.: 9am-4pm. \$5; \$3 kama'aina; \$1 kids. 522-7066
Hälawa Xeriscape Garden This three-acre botanical garden showcases more than 300 varieties of plants that promote water conservation. *Hälawa Xeriscape Garden*, 99-1268 Iwaena St., Hälawa Industrial Park: Every Sat, 10am-2pm. Free. 527-6113
Koko Crater Botanical Garden Take a leisurely 2-mile loop trail through the 60-acre basin inside Koko Crater with dryland plant collections from Hawai'i and various others from around the world. *Kealahou St.*, near Sandy Beach: Daily, 9am-4pm. Free. 522-7060

Kunua Orchid Show The first major O'ahu orchid show of the year is sadly the last at Kunua Gymnasium due to the closure of the Del Monte plant. Come celebrate the end of an era with breathtaking floral displays, lectures, food and prizes. *Kunua Camp Gymnasium*, 92-1770 Kunua Rd.: Fri 3/17 & Sat 3/18, 9am-5pm; Sun 3/19, 9am-4pm. \$2. 623-8585
Orchids Gone Wild Orchids Ahoy! Have a problem orchid? Ask expert Doug DeMoss, recipient of over 20 American Orchid Society flower quality awards how to raise and nurture your delicate flower. *Waimea Valley Audubon Center*. Sat 2/24, 10am-noon. \$3 plus admission. 638-9199
Waimea Valley Audubon Center Take a walk through a world of rare and endangered Hawaiian flora and fauna, strolling paths, hiking trails and history. *Waimea Valley Audubon Center*. Guided Wildlife Walk: Mon, 1pm; Historical Walk: Tue, Wed & Sat, 1pm; Native Hawaiian Plant Walk: Thu & Sun, 2pm. 638-9199

Hikes & Excursions

Beautiful and Historic Nu'uauu Valley Take a 2-mile walk along the quiet avenues, homes and gardens in the Dowsett District with the Clean Air Team. Meet at *Damien statue*, State Capitol: Every last Fri of the month; 2/23, 1-4pm. \$10 and two city bus fares (or use a pass). 948-3299
Colorful Ala Moana Waterfront Walk Walk and learn surprising facts about this popular area. Meet at the main entrance arch, Ala Moana Beach Park at Atkinson: Last Wed of every month; 2/28, 1-3:30pm. \$10 plus 2 city bus fares (or use a pass). 948-3299
Jungle Hike to Jackass Ginger Waterfall Walk along the Old Pali Road, hike up the Judd Trail and descend to the waterfall with the Clean Air Team & the Program to Pre-

serve Hawaiian Place Names. Meet at *Damien statue*, State Capitol: Every last Sat; 2/24, 9am-noon. \$10 plus two city bus fares (or use a pass). 948-3299
Läie 10 mile advanced hike on a long contour trail, but the views are worth it. There's also a detour to the falls, if you still have the strength. Check website for details. *Iolani Palace Grounds*. Sun 2/25, 8am. www.htmclub.org
Landmarks Along the Legendary Waikiki Beach Meet at the Gandhi statue for this 2-mile shoreline tour of the state's most expensive strip of surfside land. Ends at the 'Ilikai Hotel. *Honolulu Zoo Entrance*, 151 Kapahulu Ave.: Last Wed of every month; 2/28, 9am-noon. \$10. 948-3299
The Royal Mausoleum & Two Asian Temples The walk is less than a mile but all participants need to pay for two city bus fares (or use a bus pass) for this educational tour. Meet at *Damien statue*, State Capitol: Every last Fri; 2/23, 9am-noon. \$10 plus two city bus fares (or use a pass). 948-3299
Rural Ramble Through Scenic Splendors Bring a folding umbrella, a waterproof bag for your shoes and a raincoat; wear cotton clothing. You'll wade in the ocean as part of this informative and fun journey around the island. Meet at *Damien statue*, State Capitol: Last Sun of every Month; 2/24, 9am-5pm. \$10 plus five city bus fares (or use a pass). 948-3299
University of Hawai'i & East-West Center Wander this easy loop around the Mänoa Campus, visiting unique features of these twin institutions, presented by the Program to Preserve Hawaiian Place Names. Meet at the flagpole at *University and Dole*. Every first Wed, 1-3:30pm. Free. 948-3299

Food & Drink

2007 Gourmet Affair The 14th annual benefit for Big Brothers Big Sisters of Honolulu features Chefs Sam Choy and Jeffery Mora for the Brazilian-themed "Night in Rio." Live entertainment and silent auctions included in the evening. www.bigshonolulu.org, 521-3811 ext. 229 *Kapi'olani Community College*. Sat 3/3
Culinary Arts Program Designed for those interested in learning proper cooking or baking techniques. Wear comfortable, non-slip shoes and slacks. Upcoming classes include: "Sassy Southern Flavors" (\$60), Sat 4/21, 8am-noon. *Kapi'olani Community College*. 734-9211
The Perfect Glass—Fine Wine Group Socialize and taste the best wines from the Old World at this monthly event. Seating limited to 28 guests; reservations required. *Indigo Restaurant*, 1121 Nu'uauu Ave.: Every last Thu, 8pm. \$46 plus tax & gratuity. 521-2900
Sierra Club Beer Night Make new friends, make a difference and enjoy happy hour prices on beer and selected pūpū. *Spada Restaurant*, 999 Bishop St.: Fri 2/23, 5-8pm.
Wine Tasting Sample wines and live music from Noel Okimoto the last Tue of each month. *Parc Cafe*, *Waikiki Parc Hotel*, 2233 Helumoa Rd.: Every last Tue, 6-7pm. \$18. 931-6643

Whatevahs

Competition Hula Training Looking for serious dancers of any level for upcoming competitions in California and Hawai'i. Call 292-2738 or check out their website at www.kawaihoa.org. *Haha'ione Elementary School*, 595 Pepe'ekeo St.: Wednesdays, 7-9pm.
Hawaii Audubon Society Meeting Wildlife biologist Brenda Becker discusses her work with Hawaiian Monk Seals. *St. John Hall*, UH-Mänoa campus, 3190 Maile Way: Mon 2/26, 6:30pm. Free.
Honolulu Printmakers 79th Annual Exhibition Tanja Softic gives a free lecture on how she incorporates images of war, history and identity into her layered composite prints. *Academy Art Center*, 1111 Victoria St.: Sun 2/25, 2pm. Free. 532-8741
How To Get Your Book Published Local author and book consultant Rich Budnick offers advice on your masterpiece. Sun 2/25, *Kaimuki Public Library*, 2pm; Wed 2/28, *Waimanalo Public and School Library*, 6:30pm. Free.
Is Free Trade Good for Us? Alan Tonelson from the U.S. Business & Industry Council and Peter Petri founding Dean of the International Business School at Brandeis University will share their views. RSVP by 2/16. *Ala Moana Hotel*, 410 Atkinson Dr.: Fri 2/23, 7:30am. \$35; \$30 members.

Continued on Page 26



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Jenny Holzer's recent works crave and doubt the truth

Text clues

MARCIA MORSE

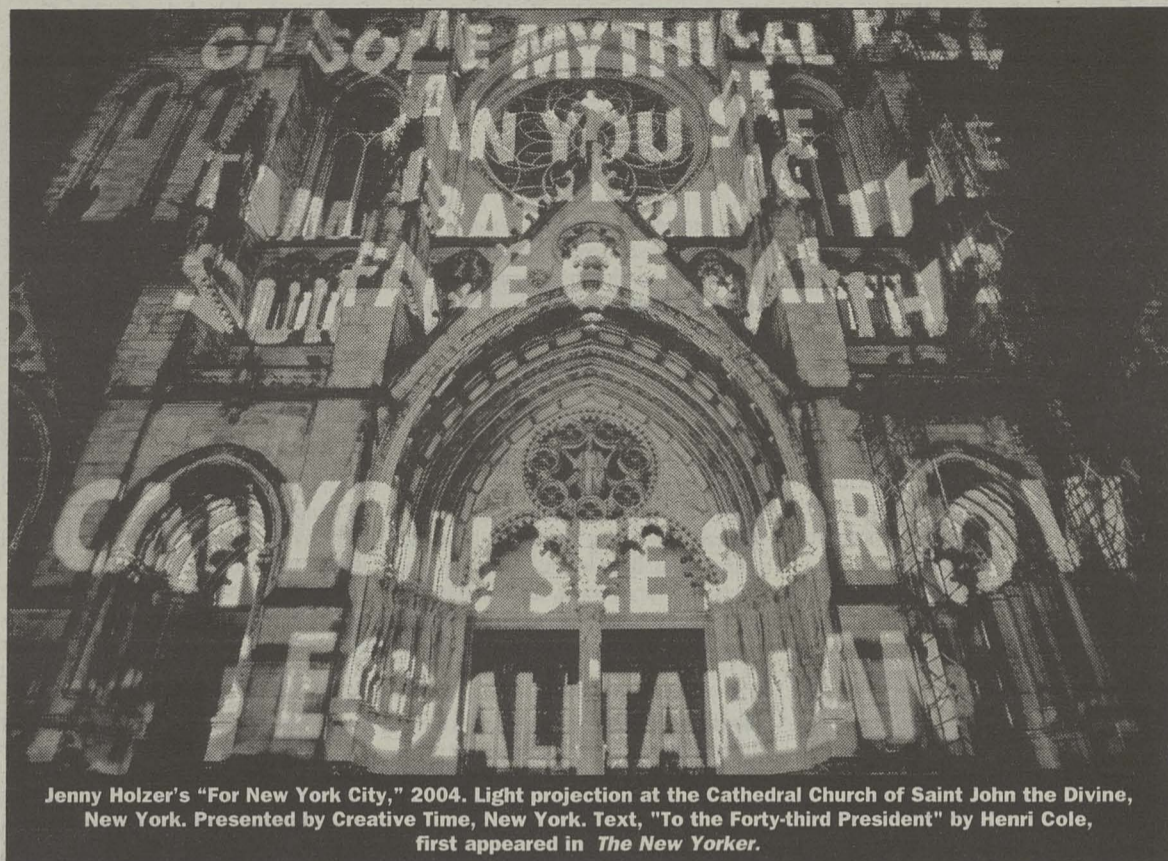
Abuse of power comes as no surprise. "Murder has its sexual side." "The beginning of the war will be secret."

Fashioning a litany of aphorisms that, like those quoted above, speak to the darker side of contemporary life and engaging a variety of venues for display, from T-shirts to projections on large buildings, from benches to billboards, conceptual artist Jenny Holzer has for 30 years been a kind of hip and sardonic philosopher of the postmodern. In series like "Truisms" (1977-79) or "Lustmord" (1993-95), Holzer generated a series of wry snippets of text that in their brevity approach the immediacy of an image, visual sound bites if you will, in calculated provocation of the reader/viewer.

In the exhibition of Holzer's recent works now current at The Contemporary Museum, several earlier series are integrated in a large wall installation, a grid composed of 48 small LED signs in which a series of phrases scrolls within each module, presenting a dizzying and somewhat disorienting array of language. Try

to track one, and you inevitably know you've missed so much else. Try to capture a sense of the whole and it becomes a meaningless abstraction. It is a perfect metaphor for the futility of trying to function in a surfeit of information—fleeting, in flux. Holzer's work—in which, so often, the text is the image—seems particularly well calibrated for a millennial sensibility, at once craving and doubting the truth—whatever that is. Three white marble footstools, engraved with statements from Holzer's 1983-85 "Survival Series" ("What urge will save us now that sex won't?") suggest another way in which Holzer orchestrates the impact of text, using a material more aligned with monuments and memorials, and invoking a kind of permanence and precious singularity that endows the banal with significance.

Most recently, Holzer has set aside the creation of her own texts in favor of materials obtained from the National Security Archive under the 1966 Freedom of Information Act. She has also, for the first time, used the media of painting and screenprinting, producing works not simply based on but actually of those documents, finding yet another way in which text can infiltrate



Jenny Holzer's "For New York City," 2004. Light projection at the Cathedral Church of Saint John the Divine, New York. Presented by Creative Time, New York. Text, "To the Forty-third President" by Henri Cole, first appeared in *The New Yorker*.

the domain of the visual. Since the documents begin in a standard 8-by-11-inch format—the currency of bureaucracy—the expansion of scale (about 2-by-3 feet up to 9-by-7 feet per panel) has both a psychological impact and an aesthetic one. The narratives of subversion, torture and death, though couched in the muted language of the intelligence community or forensic diag-

nosis, fill the field of vision, confronting the viewer and leaving no place to hide. In some cases (most notably the "Phoenix" panels that deal with the pre-9/11 FBI reports of young Muslim men attending aviation schools, and the large images of hand and fingerprints from the Department of Defense) the text is also heavily redacted (edited by blacking out), heightening our

awareness not only of what the text says (or doesn't say) but of the way the text looks—text as texture, text as abstract pattern—as if somehow we could be safely distanced from the implications of a culture of war that threatens us all.

Jenny Holzer: Recent Works, at *The Contemporary Museum* through Sun. 3/18.

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THE BLACKS UNLIMITED

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Jazz with
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Thomas Mapfumo's *chimurenga*—music of struggle, has been banned by the governments of his country for nearly 30 years and has led to him now living in exile. Mapfumo employs his distinctive baritone in a performance of music bearing the influences of classic R&B, rock, reggae and a variety of local Zimbabwean genres.

Friday, February 23, 8 pm
\$23 adults/\$19 seniors, students, military

Box Office: 455-0385 | <http://LCCTheatre.hawaii.edu>

Sponsored in part by the Hawaii State Foundation on Culture and the Arts through appropriations from the Legislature of the State of Hawaii and by the National Endowment for the Arts. This performance is produced in cooperation with The Performing Arts Presenters of Hawaii (PAPH).

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Consumer Columnist with A conscience

Do you know how to find the best deals for travel, clothing and food? Are you an expert at defending your wallet against Hawaii's high cost of living? Do you try to spend your dollars with local farmers, producers and manufacturers rather than faceless big box stores? *Honolulu Weekly* is looking for a consumer shopper who has a way with words and knows how to find the best deals and local sources. Only experienced writers who can meet deadlines should apply. Send a resume and three writing samples to:

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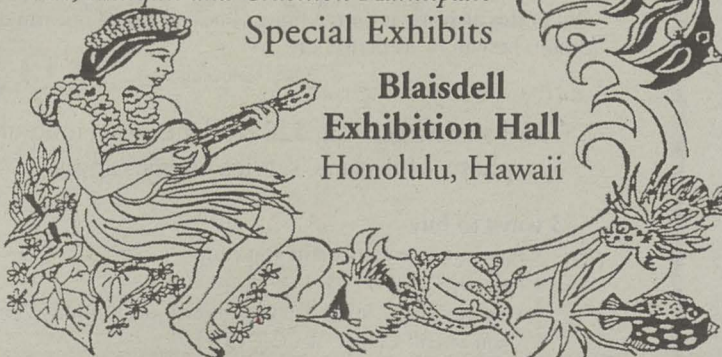


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THE SCENE

From Page 24

Keep Your Heart Beating Sounds like good advice. Learn about the risk of heart disease and women and what you can do to prevent Cardiovascular Disease. HWBC, 1041 Nu'uuanu Ave Ste. A: Thu 2/22, 6-7:30pm. Free for HWBC members; \$10 nonmembers.

Let's Talk Story The Hawai'i Women's Business Center allows others to share their business models, plans, and questions relating to all. First visit free for nonmembers. HWBC, 1041 Nu'uuanu Ave Ste. A: Fri 2/23, 11:30am-1pm.

Life Painting Studio Sessions. Bring your own art materials but the live model is provided. Limited number of easels available, reserve in advance. Soullenz, 186 N. King St.: Fri 3/9-Sun 3/11, 11am-3pm. \$100 for two days or \$120 for three. 291-2650

Lion's Club Fundraiser Charles Memminger, author of *Hey Waiter, There's an Umbrella In My Drink!* is the featured speaker at this no-host mixer raising funds for the Hawai'i Bone Marrow Donor Registry. *St. Louis Alumni Association*, 916 Coolidge St.: Tue 2/27, 5:30pm. \$35 donation.

New Boundries for the World Dr. Gerhard Weinberg lectures on the vision of eight World War II leaders and how they reflect on modern times. Part of HPU's Evening with the Humanities Lecture Series. *Hawai'i Pacific University*, Hawai'i Loa Campus, Kane'ohe: Thu 2/22, 7pm. Free. 544-9359

PRSA luncheon The Public Relations Society of America hosts this luncheon and optional afternoon workshop to help you maximize your campaigns with Katie Delahaye Paine. *Waikiki Beach Marriott Resort*, 2552 Kalākaua Ave.: Wed 2/21, 11:30am-3:45pm. \$30-\$65. www.prsahawaii.com, 539-3493

Scion Evolution Car Show Over 20 Scion rides on display with interactive games, prize giveaways and a chance to win your very own car. *Aloha Tower Marketplace*. Sun 2/25, 10am.

Teach in Open forum talk regarding President Bush's administration and their policies on torture and detention. Sponsored by World Can't Wait Hawai'i. *UH Art Auditorium*, UH-Mānoa: Wed 2/28, 11:30am-1:15pm. Free.

Volunteer

Humpback Whale Sanctuary Ocean Count Help monitor the number of whales around the islands by volunteering as a site leader or general volunteer. Sat 2/24, 8am-12:15pm. www.hawaiihumpbackwhale.noaa.gov, 397-2651, ext. 253

Kailhi Stream Clean Up Help pick up trash, rake out rough areas, plant native plants while weeding invasive species. Tools and gloves provided. *Kūhiō Park Terrace*, 1454 Linapuni St.: Every second and fourth Saturday, 9am-noon. alohafrancesca@gmail.com

Kawai Nui Marsh The Windward Ahupua'a Alliance invites all who care about the environment to help landscape, clean up and clean out at the marsh and at Kawai Nui Wayside Park. *Kawai Nui Marsh*, Kapa'a Quarry Rd.: Sat 3/11, 7:30am check-in; 8:30-11:45am workday; lunch at noon. 247-6366, 223-4481

Makiki Watershed Awareness Initiative Help restore a small portion of the Makiki Watershed by caring for native plants and pulling weeds. Bring long-sleeve shirt, pants, gloves, bug spray, water, lunch and sturdy shoes. The event happens every fourth Saturday. *Meet at the Makiki Forestry baseyard*, by the Hawaii Nature Center: Every fourth Sat, 2/24, 9am-2pm. 973-9782

Separated Siblings Help separated foster children spend quality time together. Volunteers take approximately six to eight hours a month, must have no criminal convictions and a clean drivers' abstract at be at least 18 years of age. Call 528-7050 or e-mail projectvisitation@vlsh.org for details. *'Ewa Beach Community Park*. Sat 2/24, 8:30-10am. Free.

Sports

Girls Who Surf: Move Over Boys! Registration now being taken for the 2nd annual All Wahine Amateur Surfing Contest to be held in August. See website for details. *Kewalo Basin Park*. 8/18 through 8/19. www.girlswhosurf.com/contest2007

Swamp Romp The few, the proud, the muddy....Get your daring team together for the 13th annual romp through mud, sand, ocean and obstacles. Awards and medals given to first, second and third-place finishers. Showers provided! *Marin Tower Courtyard*, 60 N. Nimitz Hwy.: Sat 2/24, 7am. \$120 per six-member team. www.mccshawaii.com, 254-7590, 254-7679

Neighbors

Asian Kings of Comedy Paul Ogata, Edwin San Juan, Shecky Wong and Kevin Shea rule in this ensemble of laughs. *Maui Arts & Cultural Center*, Central Maui: Sat 3/24, 7:30pm. \$35. www.mauiarts.org, (808) 242-7469

Face of America: Hawai'i Follow the epic myths of Pele, portrayed in the language of hula by Hālau O Kekuhi, accompanied by the music of Keali'i Reichel and Ledward Ka'apana. *Maui Arts & Cultural Center*, Central Maui: Sat 3/3, 7:30pm. \$10-\$40 www.mauiarts.org, (808) 242-SHOW

Foreigner Urgent! The Juke Box Heroes are Waiting For A Girl Like You who might possibly be either Cold As Ice or Hot Blooded for Dirty White Boys so that they might give you Double Vision. The mega-rock band hits the neighbor islands, with an additional show Sat 3/17 at the Hilton Palace in Kona. *Maui Arts & Cultural Center*, Central Maui: Fri 3/16, 7pm. \$36-\$50.

His Holiness The Dalai Lama The 14th Dalai Lama gives two public teachings, the first free, titled "The Human Approach to World Peace." Wednesday's discourse focuses on "Eight Verses for Training the Mind." Tickets for the second event are \$20, plus applicable fees. Tickets available at the MACC or through www.mauidharmacenter.org, or (808) 579-8076. *Maui Arts & Cultural Center*, Central Maui: Tue 4/24 & Wed 4/25, 2pm.

Kolohe Festival Steel Pulse, Bunny Wailer (of Bob Marley and the Wailers fame), Midnight, Native Elements and more. *Maui Arts & Cultural Center*, Central Maui: Sun 3/4, 1pm. \$35 advance; \$42 door. 945-3928

Kona Chocolate Festival Indulge. Beginning with spa treatments, tours, seminars and programs about Hawaiian chocolate. The evening gala includes dancing at the water's edge to live music and a silent auction. *Outrigger Keauhou Beach Resort*, Kailua-Kona: Sat 3/22-24, 6:30-10pm evening gala. \$45 advance; \$55 day of event. www.konachocolatefestival.com, (808) 937-7596

MauiFEST Drive-In Movie Relive the good old days of the drive-in movie. *Over The Hedge*, *Polynesian Power* and *Sunday Wind* are shown on one big screen with live music from George Kahumoku. *Maui Community College*. Sat 2/24, 6pm gates. \$20 one car; \$40 VIP premier parking; \$5 walk-ins; keiki under 10 free. www.mauifest.net, (808) 573-5530

Natalie Cole Have an unforgettable evening with the sultry multiple grammy award winning legacy. *Castle Theater*, Maui Arts & Cultural Center: Fri 3/9, 7:30pm. \$55-\$85. (808) 242-7469

Service Trip: Pu'u Wa'awa'a Work with the Sierra Club and the State DLNR Division of Forestry and Wildlife to help with invasive species control and fence repair. Participants need to be current members of the Sierra Club, in reasonable physical condition and willing to work hard in the outdoors. Transportation, food and lodging is provided, but space is limited to 12 people. *Hualalai*, Big Island: Tentative dates: 3/24-3/31 \$150; \$100 students. (808) 988-3899

Wynonna The Grammy award-winner (and still a Judd, just no longer flaunting it) brings her story to the Big Island. *Hilton Waikoloa Village*, 425 Waikoloa Beach Dr., Waikoloa, Big Island: Sun 4/1, 6:30pm. \$55 advance; \$60 door. www.hiltonwaikoloavillage.com, (808) 886-1234

Gay

Drag King Contest Call Call for women to participate in the Drag King/Cabaret benefit for the Life Foundation at the O Lounge on March 1. Cut loose and show your butch side for a good cause. www.myspace.com/ladyfeshawaii2007

LGBT Labor Discussion Join members of Pride At Work and representatives from the Hawai'i Civil Rights Commission and the Center for Labor Education and Research for a series of discussions of the issues affecting our lives and our work including *Out At Work* a 60-minute film documenting the lives of three gay workers. *Center for Labor Education and Research*, UH-West O'ahu: Thu 2/22, 6-8pm. Free. http://homepages.uhwo.hawaii.edu/~clear/direct @TrannyShack (See Hot Picks.) *Hula's Bar and Lei Stand*, Waikiki Grand Hotel, 2nd floor, 134 Kapahulu Ave.: Fri 2/23 & Sat 2/24, 8pm. www.hulas.com, 923-0669

Mixed Media

2007 HMSA Teen Video Awards Students encouraged to film 27-second Public Service Announcements focusing on anti-drug, smoking and underage drinking or fitness and nutrition. Cash awards available for schools, and the winning videos will be broadcast on local television. info available at www.hmsa.com and www.sassymag.com. Deadline to enter 3/1.

Best of Monday Night Live Hear the bands that don't get the airplay they deserve. This week: Tempo Valley. *KTUH*, 90.3 FM Honolulu, 91.3 FM North Shore, 89.9 Windward: Mon 2/26, 10pm. www.ktuh.org, 956-7261

Independent Spirit Annual Film Awards The Independent Film Channel showcases and honors films in a laugh-oriented ceremony held in a Santa Monica beach tent. Sarah Silverman hosts. Check IFC listings for times. Sat 2/24

Submissions

Deadline for "The Scene" submissions is two weeks before the listing should appear. Send all submissions to Honolulu Weekly Calendar Editor, 1200 College Walk, #214, Honolulu, HI 96817, fax to 528-3144 or e-mail calendar@honoluluweekly.com. Submissions are not accepted over the phone. Please note: We welcome photographs with submissions, but cannot guarantee returns — please do not send original art.



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Ballet Hawaii and University of Hawai'i at Mānoa Outreach College Present

Saturday, February 24, 2007, 7:30pm

Palikū Theatre on the Windward Community College campus

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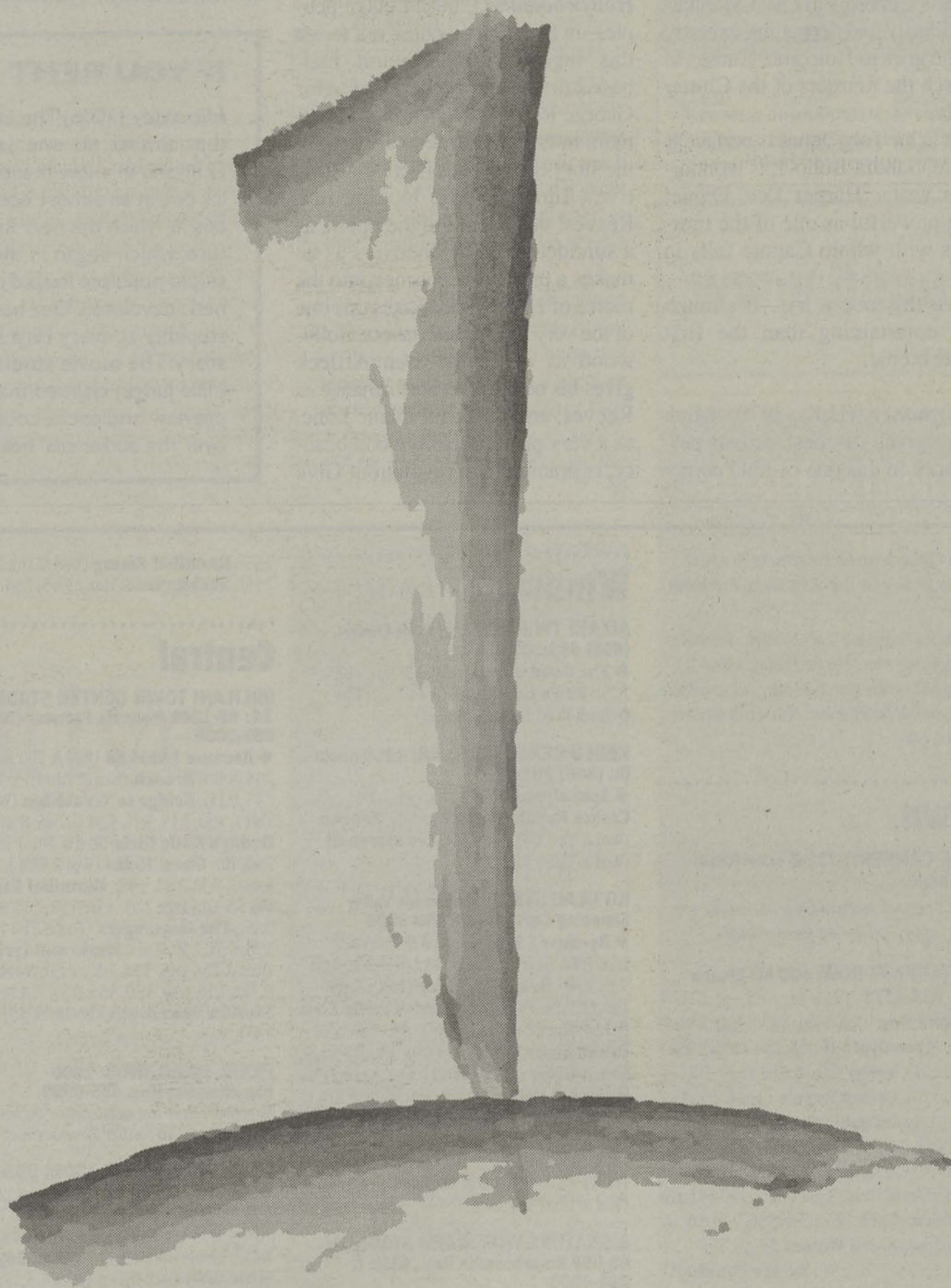
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Through the cracks

BOB GREEN

The *Butcher Boy* (Ireland, 1997) Director Neil Jordan (*The Crying Game*), who makes tough movies indeed, came up with his version of the Patrick McCabe novel about an Irish kid who goes mad and goes on a killing spree, which moviegoers avoided in droves. It's well worth seeing, however, as anti-Hollywood as possible, and finds a cause-and-effect relationship between poverty/sexual abuse and criminal behavior. Jordan lets out all the stops here, detailing every step of the boy's disintegration. The cast includes Jordan fave Stephen Rea, Eamonn Owens, and, as a hallucinated Virgin Mary, Sinead O'Connor. This movie is not for the squeamish or the Pollyannaish.

The Infernal Affairs Trilogy (Hong Kong, 2002-2003) The first of this slam-bang, inventive moles-in-the-police-department triad was the source of Scorsese's *The Departed* (but 50 minutes shorter); the other two center on Hong Kong gang

warfare. All three are classics of their kind. In fact, some people prefer the first *Infernal Affairs* over *The Departed* by a long shot. It's certainly less self-indulgent.

Infamous (2006) Playwright Douglas McGrath wrote the excellent screenplay for the life of Truman Capote during the *In Cold Blood* years, which came out a year later than the first film dealing with the same subject matter. *Infamous* is the better film, jaunty and comic when it details Capote's life as a Manhattan celebrity and deepening expertly after he goes to Holcomb, Kansas to research the murders of the Clutter Family.

Brit actor Toby Jones is perfect as Capote, Sandra Bullock is wonderful as writer Harper Lee, Daniel Craig powerful as one of the murderers with whom Capote falls in love.

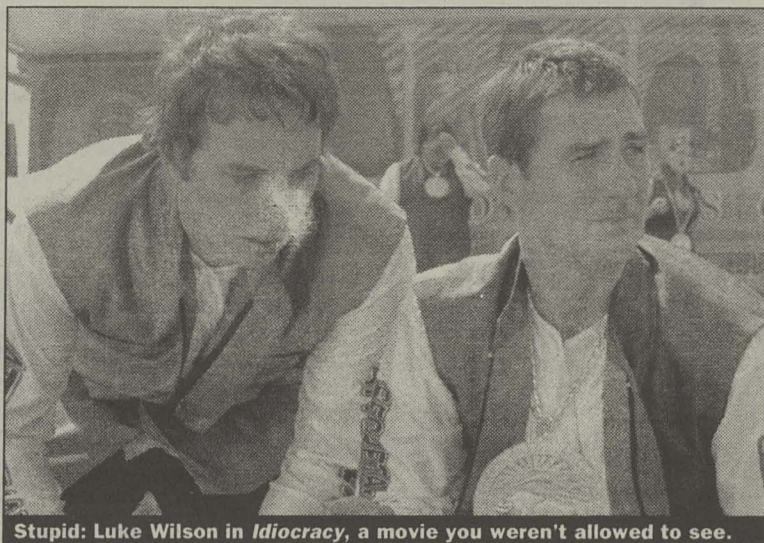
Give this one a try—it's much more entertaining than the first Capote biopic.

Performance (U.K., 1970) Mick Jagger gives his best screen performance in this one-of-kind come-

dy-drama finally making it to DVD. The story, bizarre and surreal, has the usual Brit gift for gangster movies, courtesy of directors Nicolas Roeg and the late Donald Cammell. The story centers on an East London gangster (James Fox) who, in hiding, retreats to the lair of a reclusive rock-star (Jagger), and finds a world his usual methods of operation can't control. This film came at the tail end of the '60s, but it still has that decade's interest in "alternate life-styles."

Some good little-seen movies are now abloom as DVDs

Hollywoodland (2006) Lots of people—in fact, most—chose not to see this ingenious who-dunnit fact-based drama on the death of actor George Reeves, television's Superman, in 1959. Part fact, part fiction, the story centers on a (fictive) detective (Adrien Brody) looking into Reeves' death, sold to the public as a suicide. What he uncovers as he makes a picaresque journey into the mores of Hollywood makes this one of the very best movies about Hollywood as a culture. Ben Affleck gives his best screen performance as Reeves, and beautiful Diane Lane, as a very peculiar Hollywood beauty, is practically a revelation. Give



Stupid: Luke Wilson in *Idiocracy*, a movie you weren't allowed to see.

this one a chance.

Quinceañera (2006) A cunning, funny and moving indie about a young L.A. Mexican girl's year-long birthday celebration ending in her 16th birthday. The AmeriMexi-

can kids, with conservative families, have to pretend they are more ingenious than they are. Filled with deeply-human moments, authentic characters, laughs and tears, it's a coming-of-age and generation-gap tale that gets both parts right. ■

IF YOU RENT ONLY ONE...

Idiocracy (2006) The little Mike Judge (*Beavis and Butthead*) movie that almost no one saw, and thereby hangs a fascinating tale. Dumped in a few theaters and then withdrawn from distribution, it's out in an almost equally phantom DVD release. It's a dystopian tale in which the near future—the dumbing-down of American culture, which began in the late '70s—has accelerated, resulting in a stupid populace fixated on celebrity worship, self-indulgence and genetic devolution. Our hero (Luke Wilson) encounters ignorance and stupidity at every turn in his search for meaning. Here's the backstory: The movie studio (Fox) that dumped the movie (enraging Mike Judge) claimed that the movie didn't work because the 2006 preview audiences couldn't understand the jokes, that they were over the audiences' heads. Hmmm. Don't miss this one.

Moviedock

Film locations and times are subject to change. Please call venues for latest information

Legend:
Showing ♦
Closing ●
Opening ○

Regal Cinemas no longer releases its movie listings in time for Honolulu Weekly to publish them.

Due to the Presidents' Day holiday, showtimes and opening film titles for Friday, March 23 through Tuesday, March 27 were not available at the time of publication. Please call theaters for showtimes.

Town

DOLE CANNERY: 735-B Iwilei Road 526-3456

Showtimes were not available at the time of publication. Call theater for showtimes.

RESTAURANT ROW: 500 Ala Moana Blvd. 526-4171

♦ **Alpha Dog** (Wed & Thu 12:30, 3:30, 7:30, 10:10); **Apocalypto** (Wed & Thu 12:05, 3:05, 7:05, 10:05); **Bobby** (Wed & Thu 12:20, 3:20, 7:20, 10:20); **Casino Royale** (Wed & Thu 12, 3, 7, 10); **Code Name: the Cleaner** (Wed & Thu 12:45, 2:45, 4:55, 7:45, 9:45); **Eragon** (Wed & Thu 12:35, 2:55, 5:10, 7:35, 9:55); **Flushed Away** (Wed & Thu 1, 3, 5:15, 7:25, 9:30); **Little Children** (Wed & Thu 12:30, 3:30, 7:10, 10:10); **Unaccompanied Minors** (Wed & Thu 12:50, 2:50, 5, 7:50, 9:50); **We Are Marshall** (Wed & Thu 12:15, 3:15, 7:15, 10:15);

WAPLETON JIM: 1044 Auahi St. 593-3000

♦ **Because I Said So** (Wed & Thu 1:30, 4:15, 7, 9:35); **Breach** (Wed & Thu 1:45, 4:30, 7:30, 10); **Bridge to Terabithia** (Wed & Thu 1:15, 2, 3:40, 4:30, 6:45, 7:45, 9:15, 10); **Daddy's Little Girls** (Wed & Thu 1:30, 3:55, 7:20, 9:40); **Epic Movie** (Wed & Thu 1, 9:25); **Ghost Rider** (Wed & Thu 1, 1:45, 3:40, 5:30, 7:30, 8:45, 10); **Hannibal Rising** (Wed & Thu 1, 3:45, 7, 9:40); **Letters from Iwo Jima** (Wed & Thu 1, 3:55, 6:45, 9:45); **The Messengers** (Wed & Thu 2:30, 5, 7:15, 9:30); **Music and Lyrics** (Wed & Thu 1:15, 3:45, 7, 9:20); **Norbit** (Wed & Thu 1:25, 2:05, 3:50, 4:50, 7:15, 8:15, 9:35); **Pan's Labyrinth** (Wed & Thu 1:15, 3:40, 7:20, 9:50); **Smokin' Aces** (Wed & Thu 1:40, 4:50, 7:30, 10); **Stomp the Yard** (Wed & Thu 3:15, 7);

Windward

AIKAHI TWINS: 'Aikahi Park Center. (808) 593-3000

♦ **The Good German** (Wed & Thu 5:10, 7:25); **Pan's Labyrinth** (Wed & Thu 7:45); **The Queen** (Wed & Thu 5:25, 7:45);

KEOLU CENTER CINEMA: 1090 Keolu Dr. (808) 263-4171

♦ **Apocalypto** (Wed & Thu 4:15, 7:15); **Casino Royale** (Wed & Thu 4, 7); **Eragon** (Wed & Thu 4:45, 7:45); **We Are Marshall** (Wed & Thu 4:30, 7:30);

KO'OLAU STADIUM: Temple Valley Shopping Center (808) 593-3000

♦ **Because I Said So** (Wed & Thu 12:20, 2:45, 5:10, 7:40); **Breach** (Wed & Thu 12:30, 3, 5:30, 7:50); **Bridge to Terabithia** (Wed & Thu 12, 2:15, 4:45, 7:30); **Daddy's Little Girls** (Wed & Thu 12:40, 2:50, 5:20, 7:25); **Dreamgirls** (Wed & Thu 12:50, 3:40, 7:15); **Ghost Rider** (Wed & Thu 11:30, 1:50, 4:15, 7); **Hannibal Rising** (Wed & Thu 12:10, 2:40, 5:15, 7:45); **The Messengers** (Wed & Thu 1, 3:15, 5:20, 7:10); **Music and Lyrics** (Wed & Thu 12:15, 2:30, 4:50, 7:10); **Norbit** (Wed & Thu 11:45, 2, 4:30, 7:20); **Stomp the Yard** (Wed & Thu 2:25, 5, 7:35);

SIGNATURE WINDWARD STADIUM: 46-056 Kamehameha Hwy., Bldg. G 234-4000

Showtimes were not available at the time of publication. Call theater for showtimes.

East

KAHALA 8-PLEX: Kahala Mall, 4211 Wai'aleae Ave. (808) 296-1818

♦ **Bridge to Terabithia** (Wed & Thu 1, 3:55, 7:10); **Ghost Rider** (Wed & Thu 2, 5, 8); **The Last King of Scotland** (Wed & Thu 1:15, 4:30, 7:30); **Music and Lyrics** (Wed & Thu 1:45, 4:20, 7:45); **Volver** (Wed & Thu 1:30, 4:40, 7:20);

KOKO MARINA STADIUM 8: 593-3000

♦ **Because I Said So** (Wed & Thu 2:35, 5:05, 7:40); **Breach** (Wed & Thu 2:20, 4:50, 7:30); **Bridge to Terabithia** (Wed & Thu 2:15, 4:30, 7:15); **Daddy's Little Girls** (Wed & Thu 3, 5:10, 8); **Dreamgirls** (Wed & Thu 2:05, 4:50, 7:50); **Ghost Rider** (Wed & Thu 2:45, 5:15,

7:45); **Hannibal Rising** (Wed & Thu 2, 4:55, 7:55); **Norbit** (Wed & Thu 2:30, 5, 7:30);

Central

MILILANI TOWN CENTER STADIUM 14: 95-1249 Meheula Parkway (808) 593-3000

♦ **Because I Said So** (Wed & Thu 1:10, 3:25, 7:15, 9:40); **Breach** (Wed & Thu 1:15, 3:45, 7:05, 9:35); **Bridge to Terabithia** (Wed & Thu 1, 1:30, 3:15, 3:45, 5:30, 6, 7:45, 8:30, 10); **Daddy's Little Girls** (Wed & Thu 1:15, 3:40, 7:40, 10); **Ghost Rider** (Wed & Thu 1, 2, 3:30, 4:45, 7, 7:30, 9:25, 9:55); **Hannibal Rising** (Wed & Thu 1:05, 2:05, 3:50, 4:50, 7:10, 8:15, 9:45); **The Messengers** (Wed & Thu 1:20, 3:25, 5:35, 7:40, 9:45); **Music and Lyrics** (Wed & Thu 1:05, 2:05, 3:55, 7:10, 9:25); **Norbit** (Wed & Thu 1:10, 1:40, 3:30, 3:55, 5:50, 7, 8:10, 9:20); **Smokin' Aces** (Wed & Thu 11:05, 3:35, 7:05, 9:35);

PEARL HIGHLANDS: 1000 Kamehameha Hwy. 455-6999

Showtimes were not available at the time of publication. Call theater for showtimes.

PEARLRIDGE WEST: (808) 593-3000

♦ **Because I Said So** (Wed & Thu 12:45, 3:30, 7:05, 9:10); **Breach** (Wed & Thu 12:30, 3:15, 5:45, 8:15); **Bridge to Terabithia** (Wed & Thu 12:30, 3, 5:15, 7:30, 9:45); **Daddy's Little Girls** (Wed & Thu 12:30, 3, 5:15, 7:30, 9:45); **Epic Movie** (Wed & Thu 12:15, 3, 5:15, 7:25, 9:30); **Ghost Rider** (Wed & Thu 12, 2:25, 4:50, 7:15, 9:45); **Hannibal Rising** (Wed & Thu 12:15, 3:55, 7, 9:35); **The Messengers** (Wed & Thu 12:45, 3:30, 7:05, 9:10); **Music and Lyrics** (Wed & Thu 12, 2:15, 4:30, 7:10, 9:25); **Night at the Museum** (Wed & Thu 12:05, 2:30, 4:55, 7:20, 9:55); **Norbit** (Wed & Thu 12:15, 2:45, 5, 7:15, 9:30); **Stomp the Yard** (Wed & Thu 12:45, 3:55, 7:05, 9:35);

North Shore

IMAX POLYNESIAN CULTURAL CENTER: 55-370 Kamehameha Hwy; (Closed on Sundays.) 293-3280

♦ **Coral Reef Adventure** (Daily 1:30, 3, 4, 6 p.m., Japanese-language version 5 p.m.);

LA'IE CINEMAS: 55-510 Kamehameha Hwy. (Closed on Sundays) 293-7516

♦ **Ghost Rider** (Wed & Thu 4, 6:45, 9:15); **Music and Lyrics** (Wed & Thu 4:30, 7, 9:30);

Leeward

KAPOLEI MEGAPLEX: 890 Kamokila Blvd. (808) 593-3000

♦ **Because I Said So** (Wed & Thu 1:10, 3:30, 7:15, 9:35); **Breach** (Wed & Thu 1:25, 3:55, 7:20, 9:50); **Bridge to Terabithia** (Wed & Thu 1, 1:30, 3:15, 3:45, 7:05, 7:35, 9:20, 9:50); **Daddy's Little Girls** (Wed & Thu 1:40, 4:20, 7:40, 9:55); **Ghost Rider** (Wed & Thu 1:05, 1:40, 3:35, 4:15, 7, 7:40, 9:30, 10:05); **Hannibal Rising** (Wed & Thu 1:15, 1:45, 3:55, 4:25, 7, 7:30, 9:35, 10:05); **Letters from Iwo Jima** (Wed & Thu 1, 4:30, 8); **The Messengers** (Wed & Thu 2, 4:40, 7:55, 10); **Music and Lyrics** (Wed & Thu 1:35, 3:50, 7:30, 9:45); **Night at the Museum** (Wed & Thu 2:05, 4:35, 7:20, 9:40); **Norbit** (Wed & Thu 11:20, 1:50, 3:40, 4:10, 7:10, 7:50, 9:30, 10:05); **Stomp the Yard** (Wed & Thu 12:55, 3:40, 7:25, 9:55);

Art House

DORIS DUKE THEATRE: Honolulu Academy of Arts, 900 S. Beretania St. \$7 general, \$5 members. 532-8768

♦ **79th Academy Award Nominated Short Films: Animation** (Tue 7:30, Wed 1, Fri 7:30); **79th Academy Award Nominated Short Films: Live Action** (Tue 1, Wed 7:30, Thu & Fri 1); **An Unreasonable Man** (Thu 7:30, Fri 4, Sat 7:30, Sun 4); **Ten Canoes** (Sat 1, Sun 1, 7:30, Mon 7:30, Tue & Wed 1, 7:30);

MOVIE MUSEUM: 3566 Harding Ave. \$5 general, \$4 members. 735-8771

♦ **The Cave of the Yellow Dog** (Fri 2/23 2, 4, 6, 8); **Half Nelson** (Sun 2/25 12:30, 2:30); **Kekeleli: Mountain Patrol** (Mon 2/26 2, 4, 6, 8); **The Prestige** (Thu 2/22 & sat 2/24 12:30, 3, 5:30, 8);

SPALDING AUDITORIUM: UH-Mānoa campus, \$5-\$7 223-0130

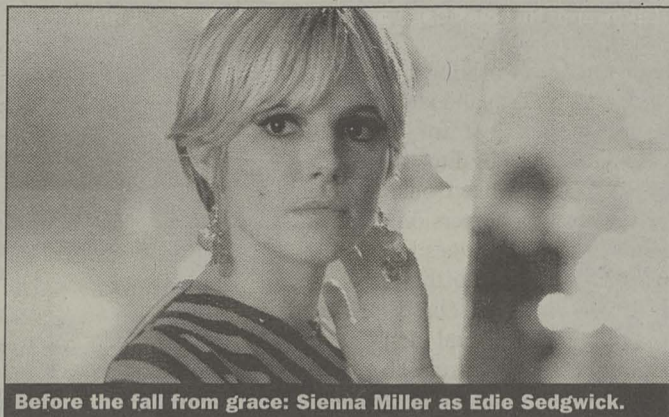
♦ **Lost Jewel of the Atlantic** (Thu 7, Sun 5);

VARSITY: 1106 University Ave. (808) 296-1818

♦ **Factory Girl** (Wed & Thu 5:45, 8); **The Painted Veil** (Wed & Thu 4:45, 7:30);

Film

Fifteen minutes of fame



Before the fall from grace: Sienna Miller as Edie Sedgwick.

BOB GREEN

The first 30 minutes of *Factory Girl*, a study of the real-life 1960s relationship between Andy Warhol and trust baby Edie Sedgwick, seems authentic in depicting the frenzied, drug-fueled pop-art world—that is, Warhol's studio called The Factory. There damaged-goods people, faux artists with twisted pasts, invented their own identities and lived a studio lifestyle in which people did what they ordinarily do in private, turning intimacy social—or sociopathic. Sedgwick, a true beauty, left college to find the underground New York City scene, and found it in spades, becoming Warhol's most famous "movie-star" (*Vinyl*, *Poor Little Rich Girl*), keeping up with the chaos-in-search-of-frenzy lifestyle only by the habitual use of injected drugs, mostly speed. Thus, the young beauty, from a troubled family (Daddy wanted in her bed and

mommy didn't care much), cast her fate.

Actress Sienna Miller, once the betrothed of Jude Law, has been receiving rave reviews for her performance, and it is good, essaying Sedgwick's downward spiral into poverty, near-madness, and obscurity. For my money, though, the best performance is that of Guy Pearce as Warhol. As someone who met

Factory Girl sizzles and then fizzles

and talked with Warhol at the factory, your reviewer thinks that of all the various actors who've portrayed Warhol in movies, Pearce captures Warhol's dissociation, vagueness and idiot-genius persona. Warhol's genius was, in fact, centered in marketing himself—and for years was successful, the king of collage-art and deliberately pointless movies. Then Warhol, too, fell from grace. It was Gore Vidal who said, "Andy no

longer understands that being untalented is no longer enough."

Also in this true tale is a miscast Hayden Christensen as Bob Dylan, an ambiguous presence in Sedgwick's life, befriending her and then proceeding to tell her she was as empty as one of Warhol's pop-art soup cans. The Dylan-Sedgwick plot is the weakest part of the film, based on conjecture not on fact. (In fact, Dylan has threatened to sue, hoping to derail the film's release.)

Having a great set-up (rich girl is corrupted by faux-artists), the movie then collapses into much conjecture, as Sedgwick fell out of favor with Warhol, and entered a private hell, about which no one, film writer or director, could possibly have access to.

Then the corruption clichés swell into something you've seen many times before, and the film becomes a cautionary tale. Too bad. There's a great subject here, but *Factory Girl* turns into just another movie, terrific at first and cliché-ridden at the last. ■

The conservative leak

RYAN SENAGA

Earlier in 2001, just months before 9/11, the FBI captured Robert Hanssen, the analyst responsible for the worst intelligence leak in U.S. history. *Breach* tells the story of his capture and while nowhere near as ambitious in scope or significance as last winter's covert intelligence epic *The Good Shepherd*, it is focused, absorbing and contains a tightly wound sour-puss performance by Chris Cooper as Hanssen.

Ryan Phillippe plays Eric O'Neill, an ambitious intelligence gatherer who wants to be promoted to agent status. He is recruited by the appealing Laura Linney to monitor Hanssen, a reported sexual deviant who deals in kiddie porn. Chris Cooper (*American Beauty*, *Adaptation*) plays Hanssen as a prim, Bible thumping, ultra-conservative computer security expert with a curled lip of disdain for everyone below his intelligence level. He learns to trust O'Neill and encourages family church values on his

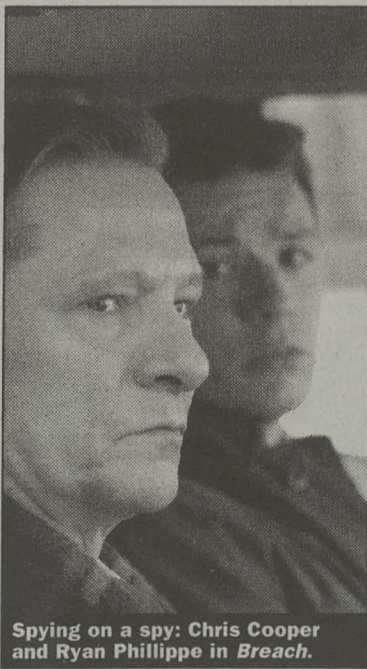
young apprentice (suggesting he and his wife join Opus Dei) and sprouts his opinions on the Democratic party—Hillary can't be trusted because she wears pants in public.

Suspicious when no porn is found, O'Neill learns the real reason for the complex surveillance: He is selling classified information to the Russians, data that even included the location of the president during an emergency. What follows is a se-

Breach is a tense and captivating pop thriller

ries of cat-and-mouse close calls, like when O'Neill must download PDA files from under Hanssen's nose or keep the man busy while agents take his vehicle apart and put it back together, all to nab the suspect in the act of treason, making him eligible for the death penalty.

Regardless of whether we know the outcome of this true story, *Breach* is exciting and tense. What



Spying on a spy: Chris Cooper and Ryan Phillippe in *Breach*.

helps is the riveting Cooper. He plays it all with bureaucratic disdain and jealousy, with the barest hints of anger and perversion waiting to explode under his guises of professional ego and religious piety.

2001 was a tragic year for the United States. The MySpace generation lost its innocence with 9/11 and Reese Witherspoon's ex Phillippe, as the audience's point of identification, is a canny choice when thinking about the aforementioned demographic. Thus, one wishes the script chose to delve more into Hanssen's psyche—why exactly did such a devout Catholic and anal-retentive information analyst betray his country? (Director Billy Ray mined the same themes in the superior *Shattered Glass*.) By the conclusion, we don't get an answer, but *Breach* is still the best pop-thriller currently in theaters. ■

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Pete Hammond - MAXIM

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Queasy rider

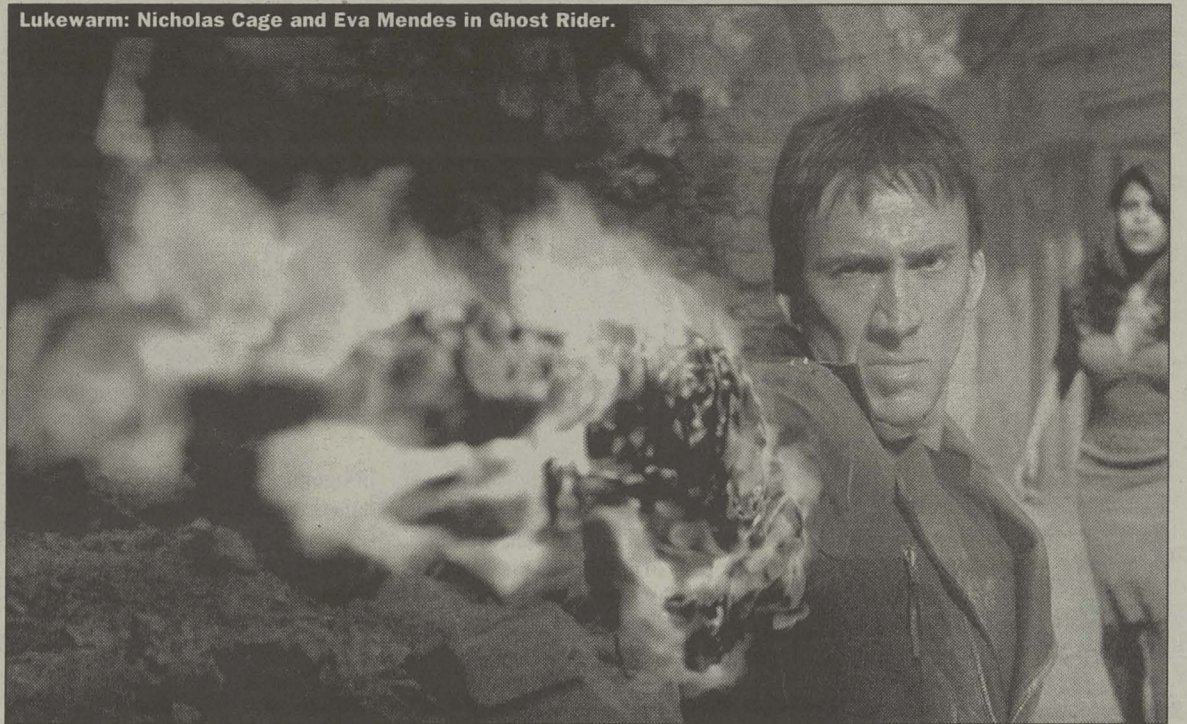
EVAN SMITH

Comic book fans rejoice. Marvel has done it again, bringing yet another superhero to a theater near you. *Ghost Rider* stars Nicholas Cage and Eva Mendes, along with a supporting cast of clichés and horrible one-liners. Cage plays Johnny Blaze, a stunt rider who makes a deal with the devil, transforming him into the Ghost Rider. He is schooled by Sam Elliot and his trademark mustache, basically playing himself, 5 o'clock shadow, cowboy hat and all. The excellent Wes Bentley of *American Beauty* finally gets some well deserved mainstream work. Even Peter Fonda, king of movie motorcycles and star of the seminal *Easy*

Rider gets in on the action. But to no avail. This film is bad, and not in the Michael Jackson or George Thoroughgood kind of way.

Ghost Rider falls apart when Nicholas Cage channels the jarhead from *Con Air*

Mark Steven Johnson directs his second Marvel film, the first was the horrendous *Daredevil*; starring Ben "I can't believe I got nominated for another Oscar" Affleck. Unfortunately for the fans, Johnson's screenplay is not only quite far off



Lukewarm: Nicholas Cage and Eva Mendes in *Ghost Rider*.

from the original story of the Ghost Rider, it's also rubbish. Yes, a dude with a flaming skull, riding a b-b-b-b-bad Harley brandishing a chain seems like pretty good movie material. It is, but it falls apart when Cage channels that jarhead he played in *Con Air* for almost two hours. We're not buying the accent Nick. Oh, and George Clooney called, he wants his *ER* Caesar haircut back.

To be fair, Cage has done some excellent work in the past: *Leaving Las Vegas*, *Raising Arizona*, *Moonstruck*, and *Adaptation* to name a few—all well acted, quality films. Please, spend your time and money on one of those DVDs rather than

heading to the theater. In *Ghost Rider's* case, Cage's weak performance is made even worse by his co-star Mendes. There's a reason her big break came in *Training Day*, when she was completely naked...and said very little. The 1967 Shelby GT500 that Cage lusted after in *Gone in 60 Seconds* was a better actor, and for car fans is arguably better looking.

Aside from the hardcore purists, fans of the Marvel Universe will go see this movie and be fairly happy. The Harley is cool, Peter Fonda is cool and flaming skulls are cool. They had all the right ingredients and they still blew it. It's a pretty bad movie, but when a film is about

a comic book character, it doesn't have to be good. They know they'll fill the seats. The horse is dead folks, and they are beating it. *Elektra*. *The Hulk*. *Fantastic Four*. *X-Men*. The Marvel people have figured it all out, and they are minting money by making bad movies—*X-Men* excluded—about beloved characters. When you combine a legendary entertainment medium like comic books and bring it to the silver screen, you are sure to make a lot of people happy. *Ghost Rider* is going to make money, and a lot of it. It's just too bad that Marvel spent the entire film's budget paying Nicholas Cage instead of buying a decent screenplay.

"TWO THUMBS UP."

—Richard Roeper and Lisa Schwarzbaum, Guest Critic, EBERT & ROEPER

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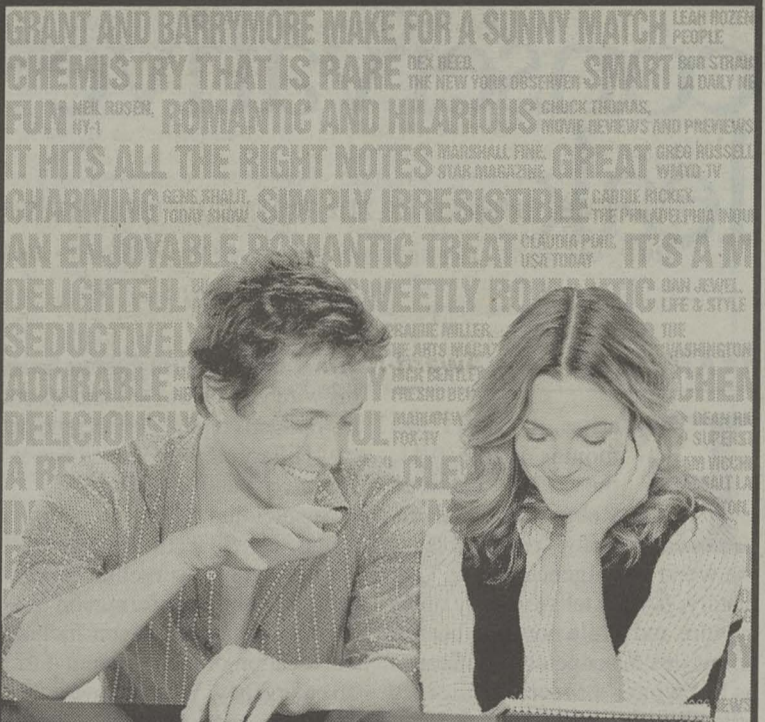
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NOW SHOWING - CHECK DIRECTORIES FOR LISTINGS.

O'ahu Films

Unattributed film synopses indicate movies not yet reviewed by HW staff
 * Indicates films of unusual interest

Opening

The Abandoned A young lady returns to Russia to try to solve the murder of a mother she never knew. It's a horror film. Vodka-toting nurses in attendance.

Amazing Grace The great Michael Apted directed this character-driven historical epic.

The Astronaut Farmer A movie by the Polish brothers (*Twin Falls, Idaho*) starring Billy Bob Thornton (as the title character) and the charismatic Virginia Madsen (*Sideways*). It's about...well, an astronaut farmer who builds his own rocketship.

The Number 23 Jim Carrey tries a serious (non-comic) role as a man obsessed by the mystical properties of the title number. Co-starring is Virginia Madsen (*A Prairie Home Companion*).

Reno 911! Miami The TV series comes to da big screen. Big dumb laughs-and why not?.

Continuing

Because I Said So Diane Keaton comedy about a woman turning 60—and wanting to protect her nubile daughter. Then romance for the older woman intervenes.

Breach See review on page 29.

Bridge to Terabithia This week's "charming" fantasy trying hard for franchise status.

Dreamgirls Bill Condon's *Dreamgirls*, for all its dazzle and occasional spurts of genius, is about 10 minutes too long. If it had been trimmed, it would have taken its place as one of a handful of great movie musicals: gorgeous, terrifically well-cast and bursting with cinematic energy. As a movie experience, it's probably

the best musical since *Cabaret* (1972), with only *Chicago* its rival as a recent big-studio extravaganza. And it's about something: what crossover costs a marginalized culture as it shoulders its way center stage—in this case, black pop music (ca. 1963-1975), slicked up and sequined within an inch of its life. (Reviewed 1/3)—B.G.

Epic Movie Broad comedy spoofing a handful of recent Big Movies.

Factory Girl See review on page 29.

Ghost Rider See review on page 30.

The Good German Steven Soderbergh directs his Section 28 production partner George Clooney in a black and white WWII espionage thriller haunted by the ghost of *Casablanca*.

Hannibal Rising Hopefully, *Hannibal Rising* is the final nail in the coffin of the Hannibal Lecter franchise. Look, *Silence of the Lambs* is easily one of the best films of the 1990s. The film's critical and financial success bred a desire for more. We got *Hannibal* and then *Red Dragon*. A little Julianne Moore here, a little Ed Norton there. No problem. Regardless of who else is around him, Anthony Hopkins is Hannibal Lecter. Any movie made without him as the fava bean-eating, Chianti-drinking cannibal is doomed from the start. All things considered, fans of the Hannibal saga were a pretty happy bunch of people. And then they made this movie. (Reviewed 2/14)—Evan Smith

The Last King of Scotland If you're going to see an Africa movie this year, see *The Last King of Scotland*, a bloody diamond of a film from Scottish director Kevin Macdonald. This biopic turned thriller will tense every muscle in your body as you witness the rise and fall of Idi Amin's regime from the perspective of his personal physician. Get thee to a movie theater. (Reviewed 1/24)—E. S.

Letters from Iwo Jima The visual pow-

er of the realities of war is not what sets this film, the second in director Clint Eastwood's WWII diptych, apart from other recent World War II films like *Saving Private Ryan*. It is the care that is taken to portray the Japanese not as faceless, bloodthirsty animals, but regular men with families who fight not only for the emperor, but for the trip home. Ken Watanabe should get an Oscar nomination for his portrayal of General Tadamichi Kuribayashi. (Reviewed 1/10)—E. S.

The Messengers The only thing truly impressive about *The Messengers* is the creepy skull logo for producer Sam Raimi's Ghost House Pictures. Horror-wise, the element most unsettling about this film is how unoriginally derivative it is. (Reviewed 2/7)—R.S.

Music and Lyrics Drew Barrymore and Hugh Grant together again for the first time. **Norbit** Eddie Murphy returns in another heavy-make-up movie.

Pan's Labyrinth In a year rich with "product" by Mexican filmmakers (*Babel, Children of Men*), *Pan's Labyrinth*, an original story by Guillermo del Toro (*The Devil's Backbone, Hellboy*), combines, in the way of magic realism, history, fairy tale, horror, and coming-of-age genres. Purists may reject this hybrid approach to storytelling, which usually doesn't work very well, but in del Toro's hands, this blend works in almost every way, almost all the time. It's visually splendid but its substance, ending in a dramatic climax, has its own unshakable integrity. If you generally shy away from fantasy, maybe you should reconsider here. Like *Children of Men*, this film transcends genre. It's a fantasy like no other. (Reviewed 1/17)—B.G.

Tyler Perry's Daddy's Little Girls The hot filmmaker does a "serious" comedy.

Volver *Volver* is the type of film that is bet-

ter if one knows as few details as possible; the story travels a path unexpected and there is a plot twist that puts M. Night Shyamalan to shame. Though in the end, it doesn't amount to a lot outside of some funny, touching bits and Spanish hothouse drama, the film is light years more entertaining than any other supernatural film out now. (Reviewed 2/7)—R.S.

Art House & Short Runs

79th Academy Award Nominated Short Films: Animation (2006) TK. *Doris Duke Theatre*, 900 S Beretania St, Wed 2/21, 1PM, Fri 2/23, 7:30PM, \$7, \$6 seniors, students, military, \$5 members, 532-8768

79th Academy Award Nominated Short Films: Live Action (2006) TK. *Doris Duke Theatre*, 900 S Beretania St, Wed 2/21, 7:30PM, Thu 2/22, 1PM, Fri 2/23, 1PM, \$7, \$6 seniors, students, military, \$5 members, 532-8768

An Unreasonable Man (2006) See Hot Pick on page 16. *Doris Duke Theatre*, 900 S Beretania St, Thu 2/22, 7:30PM, Fri 2/23, 4PM, Sat 2/24, 7:30PM, Sun 2/25, 4PM, \$7, \$6 seniors, students, military, \$5 members, 532-8768

The Cave of the Yellow Dog (Mongolia/Germany, 2005) Another terrific movie from the makers of *The Weeping Camel*. A nomadic family quarrelling over the young daughter's acquisition of a puppy. Winner of many international awards, and justly so. *Movie Museum*, 3566 Harding Ave. #4, Fri 2/23, 2, 4, 6 & 8PM, \$4 members, \$5 general, 735-8771

Half Nelson (2006) Ryan Gosling (Oscar-nominated as best actor) gives a superb performance as a high-school teacher with a drug habit. Nominated for six indie awards. *Movie Museum*, 3566 Harding Ave. #4, Sun 2/25,

12:30 & 2:30PM, \$4 members, \$5 general, 735-8771

The Prestige (U.S./U.K., 2006) Underrated drama (with a bad title) about two competing magicians. Hugh Jackman, Christian Bale, Scarlett Johansson and Michael Caine star. Meticulous and well-acted, with a muffed ending. *Movie Museum*, 3566 Harding Ave. #4, Thu 2/22 & Sat 2/24, 12:30, 3, 5:30 & 8PM, \$4 members, \$5 general, 735-8771


Ten Canoes (Australia, 2006) The great Rolf de Heer (*The Tracker*) directs this ingenious movie set before the arrival of the white man to Australia. This story within a story is told in an indigenous Aboriginal language. Much praised in Oz. *Doris Duke Theatre*, 900 S Beretania St, Sat 2/24, 1PM, Sun 2/25, 1 & 7:30PM, Mon 2/26, 7:30PM, Tue 2/27 & Wed 2/28, 1 & 7:30PM, \$7, \$6 seniors, students, military, \$5 members, 532-8768

Kekexili: Mountain Patrol (China/Hong Kong, 2005) A patrol tries to protect the endangered Tibetan Antelope. *Movie Museum*, 3566 Harding Ave. #4, Mon 2/26, 2, 4, 6 & 8PM, \$4 members, \$5 general, 735-8771

Lost Jewel of the Atlantic (2006) A surfing film in all respects; great surfing footage—and an investigation of people trying to save the surf (from developers and government) on the island of Madeira. *University of Hawai'i-Mānoa*, Spalding Auditorium, Thu 2/22, 7PM, Sun 2/25, 5PM, \$3 students, \$5 general, 223-0130

Coming Soon

Hairspray (John Travolta in drag); **The Pathfinder** (long-delayed action film about Vikings in America); **Perfume: the Story of a Murderer** (adaptation of the best-seller); **Shrek IV**; **Venus** (Peter O'Toole, Oscar-nommed)



Website: www.honoluluacademy.org/theatre
 Theatre info line: 532-8768 / General info line: 532-8700

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79th Academy Award-Nominated Short Films: Animation
 2006, NR
 February 21 at 1:00 p.m. February 23 at 7:30 p.m.


79th Academy Award-Nominated Short Films: Live Action
 2006, NR
 February 21 at 7:30 p.m. February 22 and 23 at 1:00 p.m.

The Oscars are awarded on February 25, 2007.

An Unreasonable Man
 Dir: Henriette Mantel, Stephen Skrovan, USA, 2006, 121m, NR
 "A probing and informative documentary"
 - NYTIMES
 February 22 and 24 at 7:30 p.m.
 February 23 and 25 at 4:00 p.m.



Ten Canoes
 Dir: Rolf de Heer, Australia, 2006, 90m, NR
 "An enchanting fable rich in authenticity and shot through with unexpected humor"
 - HOLLYWOOD REPORTER
 February 24, 25, 27 and 28 at 1:00 p.m.
 February 25, 26, 27 and 28 at 7:30 p.m.



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Regional Director of Operations



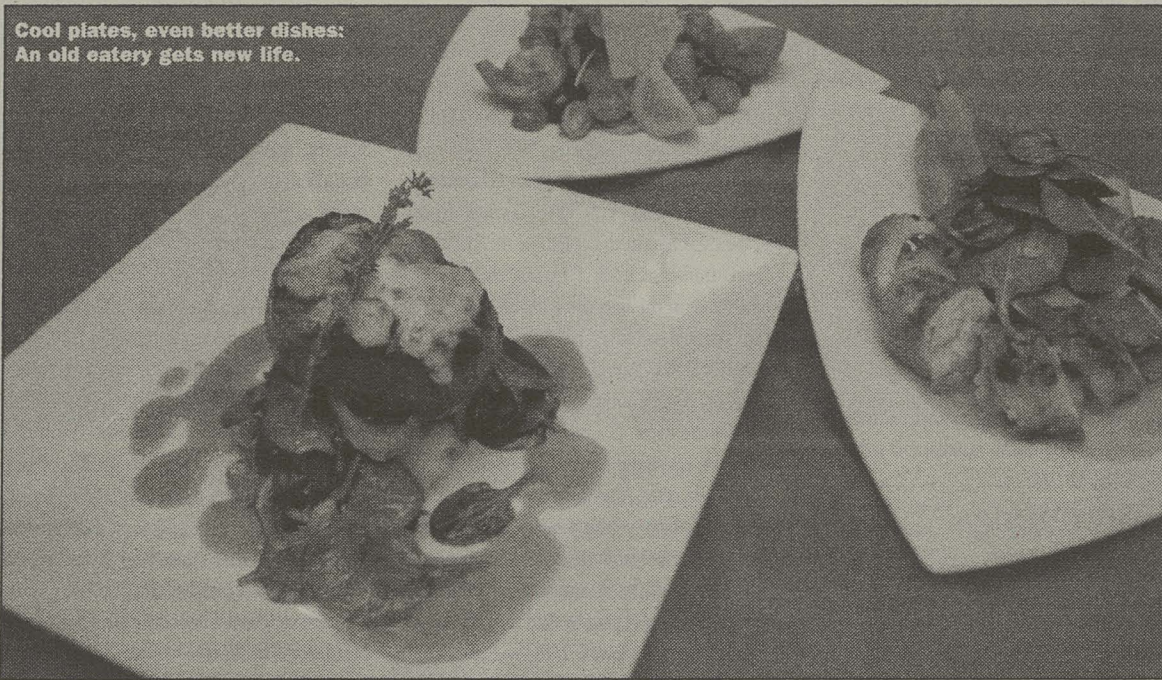
RESTAURANTS

MALIA LEINAU

The former C&C pasta company creates new dishes but keeps some old ones

Pasta part deux

Cool plates, even better dishes:
An old eatery gets new life.



NAPUA LEONG

There are many appropriate—sweet, even—endings in the gastronomic world to the main meal: the dessert, the alcoholic digestif, the after-dinner coffee. But how does the gastronomic world deal with the ending of a restaurant itself? When C&C Pasta Company shuttered its doors, its disappointed regulars were soothed by the promise of reincarnation. Newly opened, the restaurant has been renamed Buon Amici, Italian for “good friends,” as it attempts to strike the same cozy, neighborhood status that C&C achieved. The familiar saffron-colored walls are now accented with sun-dried tomato red, and there’s a whiff of fresh paint and the air of recent industry. The spare, narrow interior is still a work in progress; during the day the staff has moved the tables out to finish decorative improvements, replacing the tables in time for dinner service.

Chef Alfredo Lee of Spada on Bishop Street has created the menu for Buon Amici, which features a few facsimiles of dishes served at his restaurant downtown at higher prices. The antipasti selection includes the usual suspects, a few with slight ingredient tweaks: the classic pairing of prosciutto e melone (\$10.50) gets the addition of strawberries, and the insalata cesare includes radicchio (\$9). The insalata di pere (\$10.50), straight from Spada’s menu, garners its simple success from the foolproof trio of candied walnuts, gorgonzola cheese (high-quality) and pears (grilled). On the antipasti menu, calamaretti fritti with spicy, garlicky marinara sauce, frutti di mare and bruschetta have all survived the migration from Spada’s menu. The frutti di mare (\$14.50) is a pile of calamari, halved shrimp and thinly sliced octopus in light lemon vinaigrette dotted with capers and green and black olives. A

few bites of the calamari tentacles were among the silkiest and least-rubbery I’ve had, but the acidity of the lemon dressing was one-dimensional; a fruitier, more prominent olive oil and fresh herbs (rather than dried oregano) would have rounded it out.

C&C began, in name and concept, as a haven for pasta lovers, and luckily, Buon Amici has retained the tradition of making fresh pasta. On the pasta menu, the pappardelle col salsiccie (\$18.50) was the favorite of the evening. The wide sashes of pasta danced between firmness and the slightest tenderness, a feat that only the freshest pasta cooked al dente can achieve. When tossed with herbed Italian sausage, salty bits of pancetta and sweet strips of caramelized onions then bathed in a tomato sauce further richened by both wine and cream, it’s a bowl worth guarding from the intrusive forks of your amici, no matter how buon they are.

Spaghetti Bolognese, made with meat ragu, is rich satisfying, and deceptively simple (\$19.50), while the spaghetti alla potenza (\$19.50) is a more ambitious assemblage of Manila clams, wild broccoli, roasted bell peppers and fresh tomatoes seasoned with garlic, white wine and chili flakes. The servers enthusiastically recommended the gnocchi, whose creamy comfort is amplified by gorgonzola cream sauce and contrasted by Italian sausage and caramelized onions (\$19.50).

The risotto (\$22.50) I sampled was made with a green pea puree that greeted the taste buds with a shock of vegetal freshness on the first bite that ebbed into blandness before reappearing again with another bite minutes later. Sweet and tender rock shrimp enhanced the delicacy of the peas, but a balsamic reduction drizzled on the plate (of which the kitchen seems awfully fond, since it was also drizzled on the appetizer plates), did nothing for the dish, a fate the sprinkling of

diced tomatoes also shared. Except for two broad shavings of parmesan cheese crowning the mound, the risotto wasn’t very cheesy and could have benefited from the nutty saltiness of more parmesan.

Entrees lifted straight from Spada’s menu include costoletta d’agnello (\$25), grilled Australian lamb chops so tender that they’re worth smuggling across town to Wai’alae Avenue and salmone al aneto, Atlantic salmon cooked in anise flowers, bay leaves, shallots and cream (\$20.50). Relics of C&C’s menu include the featured risotto of the day and the famed insalata cesare. The kitchen is slowly expanding into its full menu, which includes meat and seafood entrees in addition to entrees like the Tomaselle di Pollo, a pounded chicken breast filled with Italian ham and fontina cheese with a white wine mustard sauce (\$22.50).

Dessert for now, while the kitchen is training its staff and adjusting to its new menu, is an array of gelati (\$8.50 and no, that’s not a typo), including chocolate-hazelnut, mango, vanilla and pistachio, served in an oversized cappuccino mug. The wonderful zabaglione with mango sorbet and wild berries has made the trip over from Spada, too, but is marked up to \$9.95.

For now, of course, it’s BYOB, with a \$2.50 per glass charge, and the restaurant will begin serving lunch next month, although it is already open seven days a week. ■

Buon Amici Ristorante

3605 Wai’alae Ave. (732-5999)

Hours: Daily 5:30–9PM

Recommended dishes: Insalata di pere, pappardelle col salsiccie, gnocchi col salsiccie e gorgonzola

Price Range: Pastas \$18.50–\$22.50, Entrées from \$20.50

Payment: AmEx, MC, V

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RESTAURANTS

New & Noteworthy

Bombay Indian Restaurant

Discovery Bay Center, 1778 Ala Moana Blvd. (942-3990). Daily 5-10PM; Main dishes \$9.95-\$21.95. JCB, MC, V.

Curry house classics are served in a pleasant, Pier 1-esque dining room. The tandoor is the basis for grilled meats, baked breads and the chef's special chicken tikka masala, a beguiling combo of salty-sweet tomato sauce, smoky charred chicken and numbing chili heat. The awesome rendition of gulab jamun, deceptively light spherical fried dumplings made from powdered milk and steeped in cardamom-infused honey syrup, will make you re-think Indian desserts.

Du Vin

1115 Bethel St. (545-1115). Daily 11AM-closing. Food: \$4-\$16. AmEx, DC, Disc, JCB, MC, V.

This downtown brasserie's menu reads "served daily from 11AM until..." and the telling ellipsis captures the languid, nuanced dining missing from Honolulu. Sample vin, vino or wine from the expansive wine list to go with a cloud-like, supple brie baked in puff pastry, oysters Rockefeller or the chalkboard's daily specials, and make it an open-ended evening.

Gazen

2840 Kapi'olani Blvd. across from Market City (737-0230). Daily 5-11:45PM. \$2.75-\$15.95. Disc, JCB, MC, V.

Innovative izakaya and teppan dishes in a refined setting will satisfy all your omnivorous whims. Notables from the two-page menu include tofu in soy milk broth and tofu mochi "agedashi style." Even humble standards are elevated: Try the Kilaua, a dashi-drenched mound of fried rice in a hot stone pot, and the indecently lush version of tsukune. The innovative cocktail and dessert selections stretch the borders (and your stomach) beyond sake and ice cream to include concoctions like feather-light sweet potato mochi with Earl Grey Sauce.

Jane's Fountain

1719 Liliha St. (533-1238). Mon-Fri 6AM-10PM, Sat 7AM-2:30PM, \$2.50-\$8. Cash only.

The cheeseburger deluxe is the thing to order at this retro throwback neighborhood joint. Deceptively simple and capable of generating cravings that you'll drive crosstown to satisfy, these are like Mom should have made. Freshly formed patties achieve a crusted char while remaining tender and so juicy that they leave a puddle on the plate.

Kapahulu Kafe

766 Kapahulu Ave. (732-7486). Wed-Sun 6PM-midnight, Tues 8PM-midnight 'awa only. Appetizers: \$2.50-\$7.50, salads \$6, sandwiches \$5. AmEx, DC, Disc, JCB, MC, V.

Café fare with local flair: Share kama'āina-friendly selections like seared ahi lettuce wraps and pastrami pipikaula sandwiches. The signature kalua quesadilla, accompanied by a cool guacamole-sour cream dip, or the crisp-bottomed, juicy chicken and veggie potstickers are a good start. Drink the 'awa, listen to the music and set your stresses free.

Mariposa

1450 Ala Moana Blvd. (951-3420). Sun-Wed 11AM-9PM, Thu-Sat 11AM-10PM. Entrees: lunch \$16-\$25, dinner \$24-\$45. AmEx, Bergdorf Goodman, JCB, Neiman Marcus, V.

Famished shoppers pour in for refined island-inspired cuisine with a focus on seafood and an array of salads. The popular warm liliko'i pudding cake, delicate and whimsically topped with a butterfly cookie, is a dessert highlight. While the prices are high, the finest things here are complimentary: warm double manapua-sized popovers and a panoramic vista best enjoyed from the shaded outside lanai.

Matsugen

255 Beach Walk (926-0255). Daily 11:30AM-2PM; 5:30-10PM. \$3.50-\$35.50, soba \$7.80-\$18. AmEx, DC, JCB, MC, V.

At this shrine dedicated to the craft of Japanese buckwheat soba, noodles are hand-made fresh in the dining room's exhibition area six to eight times a day by Shingo Chibana, soba master. The superior noodles are firm without being burdened by firmness, and you can get them chilled or hot, from barely adorned mori and kake to fully-accessorized natto-bukkake and ebi tempura variations. The stellar traditional "edo" style poke is both restrained and whimsical in seasoning.

Opal Thai Food

Kamehameha Hwy. across from McDonald's in Hale'iwa. Wed-Sun 10AM-6PM. Entrees: \$6.50-\$7.95. Cash only.

The Hale'iwa dining scene scores with this Thai lunchwagon that's big on value without taking shortcuts on taste. Green papaya salad is tossed with an pounded tincture of lime juice, fresh garlic and tomato, pad thai is made not

with ketchup but with authentic tamarind paste and the impossibly fresh and supple tofu summer rolls with peanut sauce may be the perfect millennial ambassadors for the portable meal.

Spada

First Hawaiian Bank Center, street level, 999 Bishop St. (538-3332). Mon 11AM-2:30PM; Tue-Fri 11AM-4PM, 5PM-9PM. Tapas: \$3-\$9.95. Entrées: \$5.95-\$26.95. AmEx, Disc, MC, V.

While popular for lunch, this downtown Italian spot is just what you didn't know you wanted for mellow after-work reverie. Kick off your merriment with a happy hour caipirinha or martini and an order of Thiago's special dip with housemade bread. Tapas are just \$6 from 5-7PM. Save room for zabaglione with mango sorbetto, an exclamation point of fruit and cream.

Taiyo Ramen

451 Pi'ikoi St (589-2123). Mon-Sat 10-3AM, Sun 10AM-9PM. Entrées: \$6.25-\$7.95. Cash only.

The real reason to come to Taiyo Ramen is the chicken katsu curry rice. Thick, yellowish brown and slightly tangy with a spicy bite, the curry sauce was born to cling in globs to the generous plateful of rice and copulate with the fried chicken katsu. Just as notable are the moist, garlicky gyoza and the pleasingly spicy diced kim chee. The noodles aren't bad, either. Watch Korean soap operas on the flatscreen monitor as you dine.

Young's Fish Market

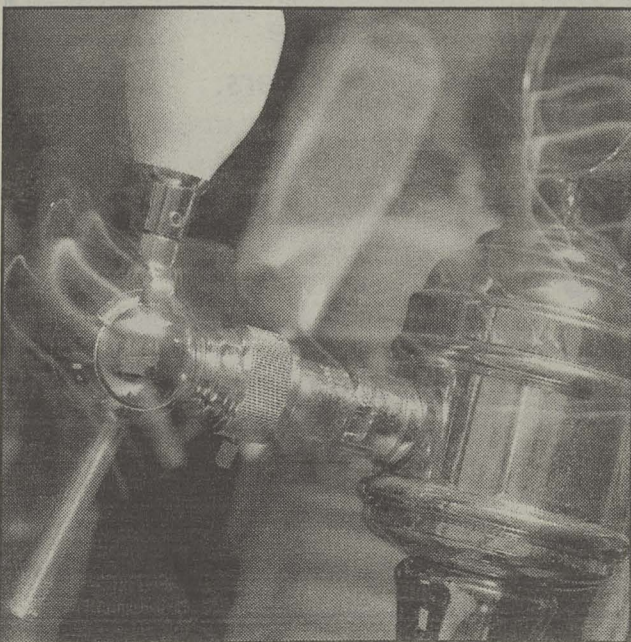
1286 Kalani St. (841-4885). Mon-Fri 8AM-5:30PM, Sat 8AM-4PM; Plates \$6.25-\$12.40. MC, V.

There's just one vibe at this local favorite: Let's eat, lū'au style. The kalua pig, one of the best versions in town, retains traces of imu smoke and pairs perfectly with generous servings of fresh poi. There's a lineup of poi supper favorites, including chicken long rice and squid luau. Be warned: An array of poke may deflect your sweet tooth from the requisite block of haupia to a second helping of limu kohu 'ahi or raw white crab, lightly coated with salt and chili flakes.

News you can eat

Dine out, fight AIDS: Wednesday, Feb. 28, is the designated date for the annual O'ahu Dines fundraiser in support of Life Foundation, O'ahu's oldest and largest AIDS organization. Island eateries including **Chai's Island Bistro** (1 Aloha Tower Dr.), **Big City Diner** (1060 Auahi St.), **Diamond Head Market and Grill** (3158 Monsarrat Ave.), **Boots & Kimo's Homestyle Kitchen** (131 Hekili St., Kailua), and **Tiki's Grill and Bar** (2570 Kalakaua Ave.) will donate a portion of their proceeds earned on this day to help promote HIV/AIDS awareness in Hawai'i. See the complete list of participating restaurants at oahudines.org or call 521-2437. ■ Foamy, not shaken: **Morton's, The Steakhouse** (1450 Ala Moana Blvd.) hosts an "In-foam-ational" reception from 6-7:30PM on Friday, Feb. 23 that will feature their signature hors d'oeuvres paired with their new Mortinis—Heavenly Palm Beacher, Pomegranate Mortini, Heavenly Cosmopolitan and Heavenly Margarita—each topped with a frappe-style foam that promises to take you to cloud nine and beyond. The cost is \$35 per person including tax and gratuity. For reservations, call 949-1300. ■ **What's new on your plate?** Email editorial@honoluluweekly.com.

STOCK PHOTO



Beer by the yard

The 16th U.S. location of the California-based restaurant chain Yard House has debuted this month in the new Beach Walk development, bringing with it the tenets of "great food, classic rock and the world's largest selection of draft beer." Known in California primarily for its stand-and-drink-'em yard-tall beer glasses, here it serves a vast selection of draft beers in half-yard glasses. The company's flagship location in Long Beach, Calif., boasts an impressive 250 beers on tap, while other locations have anywhere from 130 to 200 choices. Non-beer drinkers can choose from a selection of martinis and wines. If you don't intend on making a meal of brew, there's also a full menu of beer-friendly pūpū like a signature deconstructed California roll and a Hawaiian poke stack, plus salads, sandwiches, grilled burgers, pizzas, steaks and seafood, including dishes regionalized with island flair.

—Napua Leong

Yard House, Waikiki Beach Walk, 923-9273

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Lost Jewel of the Atlantic
 a story of big wave surfing... and paradise lost

\$5/\$3 UH Weekly Info: 223-0130

EARTH TALK

Questions & Answers About Our Environment

Dear EarthTalk: Are the recent cyclones and droughts in Australia and elsewhere more evidence of global warming?

—Billy Hulkower, Los Angeles, Calif.

Scientists can't blame individual storms or droughts on climate change, but many believe that human-induced global warming is increasing the severity and frequency of such weather "anomalies." Indeed, on February 2, 2007 scientists with the Intergovernmental Panel on Climate Change (IPCC) released a long-awaited 21-page report confirming "with 90 percent certainty" that increases in man-made greenhouse gases since the mid-20th century are raising the planet's temperature and destabilizing the climate.

Besides hurricanes like Katrina that have affected the northern hemisphere, a number of high-impact tropical cyclones and typhoons have occurred around the world in just the last few years, with Australia's mammoth Cyclone Larry topping the list in terms of intensity. That March 2006 storm battered the northern Queensland coast with 180 mile-per-hour winds, causing hundreds of millions of dollars in property damage and virtually wiping out Australia's banana

crop. Thanks to Australia's top-notch weather forecasting and emergency preparedness, however, unlike Katrina, Larry claimed no human lives.

Meanwhile, higher global temperatures have at least worsened if not outright caused drought conditions around the world, and Australia has been no exception. A 2003 report by the Australia chapter of the World Wildlife Fund found global warming to be a key factor in the severity of the country's 2002 drought, one of four especially harsh droughts in just the last 50 years. The 2002 drought, which many scientists consider to be still in effect, was particularly memorable as Australians endured higher daytime temperatures than had ever been recorded during any March-November winter season. Besides causing countless bush fires in the Australian Outback, the drought has led to a significant drop in agricultural production, causing hundreds of millions of dollars in economic losses, according to government data.

An original 1997 signatory to the landmark Kyoto Protocol calling for reduced greenhouse gas emissions, Australia's government nevertheless has refused to ratify and adhere to the terms of the treaty. Prime Minister

John Howard has taken a position similar to that of U.S. President George W. Bush, who considers the terms of Kyoto bad for industry.

But just because Australia hasn't ratified Kyoto doesn't mean it has refused to acknowledge the potential environmental impacts of global warming. The country has pledged \$300 million over three years to implement various strategies to reduce greenhouse gas emissions. It has also signed onto the Asia-Pacific Partnership on Clean Development and Climate, an agreement with India, Japan, China, South Korea and the U.S. to develop technology that helps reduce greenhouse gas emissions. Whether such an agreement has enough teeth to take a bite out of global warming is anybody's guess, but it and other endeavors to fight global warming will undoubtedly pick up momentum with the release of the landmark IPCC report.

Hawaii's state action plan to identify and evaluate feasible and effective policies to reduce greenhouse gas emissions, lower energy costs and protect air quality and public health is viewable at www.epa.gov/climate-change/wycc/stateandlocalgov/state_action.html.

CONTACTS: Intergovernmental Panel on Climate Change, www.ipcc.ch; **World Wildlife Fund Australia drought report,** www.wwf.org.au/publications/drought_report; **Asia-Pacific Partnership on Clean Development and Climate,** www.asiapacificpartnership.org.

GOT AN ENVIRONMENTAL QUESTION? Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek/, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.

ARTafterDARK
BOMBSHELL
FRI. FEB. 23, 2007 6-9 P.M.

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 LIVE MUSIC BY UH JAZZ ENSEMBLE
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ARTafterDARK is a dynamic group of young volunteers dedicated to exploring the arts. Events are held on the final Friday of every month, February through October (and in 2007, through November!) Free entry for Academy members, \$7 for non-Academy members (credited toward your Academy membership if you sign up that night). Must be 21 or older to purchase alcohol. Please be prepared to show proper identification. Free parking available at the Academy Art Center, located at Beretania/Victoria/Young Streets. All features are subject to change without notice. For more information call 532-6091.

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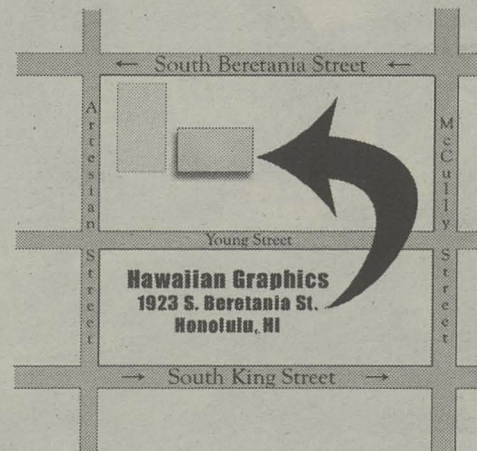
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Classified

Career Source

Announcements

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It's A Beautiful Day Cafe in Manoa Looking for part-time barista for 2 days a week. Hours are Thursdays from 12n-6:30pm and either Wednesdays or Fridays, same hours. For more information or to apply, visit the cafe at 2740 E. Manoa Road across from Manoa Shopping Center.

Restaurant / Bar

WAIT HELP and Dancers wanted make \$\$\$ Daily. Hourly+ Commissions and benefits. Call Mike at 847-2266

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A TESTIMONIAL
Honolulu Weekly's employment section helped to attract many qualified candidates to California Pizza Kitchen. This publication played an integral role in preparing us for our new store opening in Waikiki.

Aloha,
Carlos Delgado,
Regional Director of Operations



TESTIMONIAL

This past July I held a professional seminar and advertised it in Honolulu Weekly.



I had a very successful turnout - over one hundred! It seemed every time the ad came out I received calls or emails. I had a number of compliments on the attractiveness of the ad which the Weekly production department put together for me. I truly appreciate the work you all did on my ad and I was very, very satisfied. I was surprised by the range of people and professions and industries that contacted me about the seminar. Most of them said they saw the ad in Honolulu Weekly.

Thanks!
Gwen Fujie,
Gwen Fujie
Keynotes & Seminars



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Classified Index

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The Straight Dope

By Cecil Adams



ILLUSTRATION: SLUG SIGNORINO

Everyone is familiar with the song that goes, "There's a place in France where the naked ladies dance." What's the origin of this mysterious song and its seemingly Egyptian melody? — Martin C. Arno, via e-mail

Egyptian, you say? Not a chance. Middle Eastern at least? We can't rule it out, but the evidence is thin. Try Midwestern—specifically, Chicago circa 1893. We're not sure who the composer was, but we do know the pivotal figure in drawing attention to this unforgettable tune (which, admit it, is running through your head right now). It wasn't some eunuch in a caliph's court, but rather a California impresario (and later New York congressman) named Sol Bloom.

Bloom was in charge of entertaining the rustics at the 1893 World's Columbian Exposition. His assignment: Set up an amusement park outside the main fairgrounds as a counterpoint to the more highbrow offerings inside. Located on a tree-lined venue known as Midway Plaisance, what became known as the Midway was a huge success—the

sideshow portion of state fairs and such has been called a midway ever since. Bloom contributed one of the biggest attractions himself, namely a traveling Algerian village he'd acquired the rights to that had been first shown at the Paris Exposition of 1889. The village was a hit mainly because it featured belly dancers, previously unknown in the U.S.

Wishing to see the novel art form at close hand, the Press Club of Chicago invited Bloom to bring some belly dancers over for a private showing. The young entrepreneur gladly accepted but on arriving at the club was dismayed to find the piano player at a loss for suitable music. Bloom later claimed he hummed the tune you're asking about, then picked it out on the piano. The melody caught on and since Bloom didn't copyright it, was soon appropriated by Tin Pan Alley tunesmiths for their own compositions.

Eventually it became the standard musical accompaniment for cartoon portrayals of snake charming and other exotica. (When sung with bawdy lyrics—there are several variants of uncertain provenance—it's often known as the "Hootchy-Kootchy Dance.")

Not buying Bloom's story? Here's a more plausible scenario: He swiped (or at least riffed on) a traditional melody played by the Algerians, and songwriters who later saw the show at the Midway did likewise. In his *Book of World-Famous Music*, James J. Fuld says the tune's opening five notes are identical to those of "Colin Prend Sa Hotte," which appears in a French songbook from 1719. According to Fuld, a 19th-century compendium of old tunes called *Echos du Temps Passé* lists "Colin Prend Sa Hotte" as a dancing song and says "the first phrase of the melody resembles almost note for note an Algerian or Arabic melody known as *Kradoutja* [that] has been popular in France since 1600." That can't be confirmed as no printed version of "Kradoutja" is known to exist. Whatever the facts, let's give an old BSer his due: Bloom introduced the tune to America, if only by paying the fare.

Ever since I was a kid I've heard that it's okay to use a bay leaf as seasoning in cooking, but if you eat the leaf itself, it's poisonous. That never made sense to me. Why would moms put deadly poisons in their cooking that might be accidentally eaten? —Chuck Devlin, Toronto, Ohio

Shrewd thinking, Chuck. You're right—bay leaves aren't poisonous. Cooks remove them before serving because they don't get soft unless you cook the bejesus out of them, and no one wants a bay leaf shard stuck between their teeth. But there are still circumstances in which you should fret.

Once woven into wreaths signifying various honors, the fragrant leaves of the bay laurel tree, *Laurus nobilis*, have been used in cooking and medicine for thousands of years with few ill effects. Some people

can get dermatitis from picking the leaves, and I heard about some Mexican specimens being infected with bacteria that could cause intestinal distress, but overall they're about as safe as any other common kitchen herb.

What could get you into trouble is that bay leaves look much like the leaves of their less edible relatives, such as the California bay laurel (*Umbellularia californica*), as well as unrelated and definitely inedible shrubs and trees such as the cherry laurel (*Prunus laurocerasus*). The aromatic leaves of the California bay laurel have been known to cause skin rashes and probably shouldn't be cooked with, though they sometimes are. The cherry laurel is downright poisonous—its leaves contain a deadly compound of glucose and prussic acid. In 1783 an English alchemist, James Price, deliberately drank a fatal mixture prepared from cherry laurel leaves after he'd been challenged by the Royal Society to prove he had transmuted mercury into silver and gold. You want to tempt fate with fresh herbs plucked from the forest, be my guest. Otherwise, stick with the version that comes in a tin.

Comments, questions? Take it up with Cecil on the Straight Dope Message Board, www.straight-dope.com, or write him at the Chicago Reader, 11 E. Illinois, Chicago 60611. Cecil's most recent compendium of knowledge, *Triumph of the Straight Dope*, is available at bookstores everywhere.

Adult

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Tsk, Tsk

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No problem, big fella. Need some tobacco? A pipe? Accessories?

Uh, I haven't carried any items like those since the late '70's.

Very well, then. It appears that I must gather the inter-dimensional plasma to me and step back through the great cosmic portal so that I may pay you a visit in the past.

Ha! Save yourself a trip and just get 'em over at the swap meet...it's always 1978 there.

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A loyal life-partner to create a warm/loving/happy home? Do you believe in treating her as a queen so you'd be king?! shilwedance, 59, #101078</p> <p>HAPPY WAHINE Happy wahine content with her situation in life looking for friends who enjoy hiking, bodysurfing and cooking. Enjoy comedy and the ability to laugh at daily situations. Evelyn, 48, #101044</p> <p>LIVE NUDE GIRL! I'm an easy going, laid back woman in search of a NSA relationship. Looking for someone who is interested in getting together with an intelligent, funny, attractive woman... on occasion. Queenle, 38, #101020</p> <p>LOOKIN' TO PLEASE I'm a sweetie pie, a domestic woman who happens to be heavily into BDSM. I'm looking for a kind, loving DOM who knows how to respect AND control a woman. built2serve, 29, #101018</p> <p>LOCAL GUYS? Smart local guys...where are you all? Single local professional ISO similar. Open minded, honest, humorous. Describing me or you? Wanna find out? mama, 35, #101013</p>	<h3>men seeking women</h3> <p>SUGAR MAMA WANTED Hi Angel? Looking for financially stable woman for love and friendship. Do u dream about love and friendship? Wake Up! I'm for u. Looking to go to school, w/help. luvU. Ivelments, 32, #101165</p> <p>KANESOFINE I'm cute like one monkey...i have sexy beer belly and hottt luv handles...i have a flat butt...i scream like a girl on scary movies cuz i'm kool like that!. kanesofine, 26, #101157</p> <p>ARTICULATE SPIRITED INDIVIDUAL Short and sweet. I'm looking for a friend for laughs, socializing and conversation. Oscar02, 32, #101155</p> <p>LOCAL COUNTRY BOY Open-minded filled with honesty and loyalty. One who dreams with attainable goals in life to make life better for themselves and leave this planet better for others. Selfless,passionate for life. RicoHawaii, 40, #101151</p> <p>IN CHARGE Outside easy going and kind. A voyeur to the BDSM scene looking to move beyond shows and books. Seek serious sub to play in ropes & things. konkr, 41, #101124</p> <p>QUIET FIRM CONSIDERATE I'm new to Hawaii and kind of shy. I would like to take a girl to shows, entertainment and that kind of thing. Sky, 18, #101121</p> <p>PAMPERER FOR YOU! Want to be spoiled and pampered? Please call me.. I give the most awesome killer back rubs, shoulder rubs, and foot massages...using mango papaya lotion and cooling tingling gel! funprince, 48, #101119</p> <p>CATCHING A WAVE When I'm not working, you'll find me in the water or hanging with friends. I don't do the drama thing and you gotta love the ocean too. You surf? kekal, 32, #101114</p> <p>INTRIGUING, LOYAL, MOTIVATED I'm looking for a confident and attractive woman, someone who know's what she wants and what will make her happy. If we've got chemistry maybe we can have lunch. Fitch, 37, #101106</p> <p>PASSIONATELY FUN ARTIST I'm an artist practicing the "Fine Art of Living" I play for a living. Life is funny so I laugh a lot. I am on a happiness adventure! Join me? ArtZoner, 52, #101104</p> <p>CHARITABLE, AMIABLE, INTUITIVE looking for the right person to have fun with. like to golf, read, do handyman work, go to church and cook vegetarian. some tennis, movies and play with dogs. mahulani, 46, #101099</p> <p>COOL,CALM,HONEST,SMART , FIT I am a hnoset ,man who is very fit ,honest,caring, and kind,and I am looking for the same trates in a honest woman. 101097, 50, #101097</p>	<p>PROFESSIONAL-HANDSOME-FUNNY-BUFFED I believe that love is the most powerful thing in the world and peace and honesty to be second. I'm wrapped tight and i need you to be also. appallo. appallo_d, 41, #101096</p> <p>OCEAN-LOVING-HEDONIST ISO SAME I'm loads of fun to be around. I make a point of trying to treat people how I'de like to be treated. groovemerchant, 45, #101092</p> <p>CUTE GUY SEEKING I am tall, slender, haole, cute, nice, fun, single, seeking fun hot girl. hotoahuguy, 28, #101091</p> <p>DO LIFE TOGETHER? (more later). warriorfox, 61, #101088</p> <p>SOFT GENTLE RUBS. Passionate freespirit but straight forward, Interested in wonderful felling and pleasurable escapades. I'm attractive, Athletic, Adventurous and spontaneous. Please entice your wildest fantasy and let's indulge are appetites. bonnclyd, 38, #101066</p> <p>SEEKING SEXY FEMALES I'm a single local male looking for single sexy, local females for a long-term relationship and having fun. Well, if you're interested you can leave me a message. Hawke30, 31, #101063</p> <p>I'M FOR REAL Compassionate.I love sexy cars and sweet girls. I've gone thru some hard times.Before I give up, save me before I travel to a far off place to find my Princess. cool_guy, 18, #101046</p> <p>CHECK THIS OUT Down to earth, Educated, well traveled guy in search of healthy, attractive, girl for dating. I am looking for someone to share my free time with. Contact me for more. surf142248, 39, #101039</p> <p>SUBVERSIVE YET ARISTOCRATIC A painfully honest, averagely intelligent, sarcastically hilarious, unusually hard-working, paradoxically fun, occasionally adventurous, acutely active, and humbly cute 31 year old male prince searching for a princess of my tribe. Z, 31, #101031</p>
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FREE WILL ASTROLOGY

by Rob Breznsky

ARIES

(March 21-April 19)

Have no fear of the damp and the dark and the cramped. In a place fitting that description, you can track down clues to a mystery that will inflame your curiosity and educate your soul; you can tap into a fresh surge of courage that'll render at least some of your suffering irrelevant. Expect a miracle to appear in the shadows, Aries. It could resemble a cornucopia spilling over with diamonds and potatoes or maybe a charred fireman's helmet bedecked with sexual roses and fresh \$20 bills.

TAURUS

(April 20-May 20)

Don't you dare get superstitious on me, Taurus. Just because you've had more than your fair share of luck lately doesn't mean that you're now going to get less than your share. It is possible that you'll have to work harder to continue benefiting from what has been coming pretty easily. And it may be the case that you'll be pushed to take on responsibilities that you assumed were covered by other people. But that doesn't mean you should lower your expectations. If anything, you should ask for even more fun, fascination and freedom.

GEMINI

(May 21-June 20)

Calling all you big fish languishing in small ponds, all you flashy amateurs who've been avoiding tougher audiences, all you closet geniuses who have used shyness as an excuse to keep your idiosyncratic brilliance under wraps: This is your wake-up call. Sneak or saunter or leap up to the next level of excellence—or else! Or else what? Or else your pretty fantasies will start to decay. Sorry to be so pushy, but I'm aching to see you seize the starring role in the un-lived chapters of your life story.

CANCER

(June 21-July 22)

Question: Which part of you is too tame, over-civilized and super-domesticated, and what are you going to do about it? Answer, from Jason R., a Cancerian reader: "I was like a mole in a suburban backyard. I had just one little path I trod each day: to the compost pile and back. I chewed on orange rinds and leftover cabbage. I was tamed by the comfort of my familiar environment, content to have a narrow vision. But then I was eaten by a hawk and became part of a wild, free body. Now I perch on the tops of trees and the peaks of roofs. I survey giddy-wide horizons, from the river to the mesa and far beyond. I have a wealth of choices. Where to fly? What to hunt? Who are my allies? My thoughts breathe deep, like the slow explosion of sun on the morning lake."

LEO

(July 23-Aug. 22)

You're strong medicine these days, Leo. You're 100-proof mojo. You might want to consider pinning a warning label to your shirt or jacket. It could say something like "Caution: Contents are hot, slippery and under pressure. Use at your own risk." It's not that you're evil or neurotic. It's just that as you revisit and revision your deepest psychosexual questions, you have so much cathartic potency that you're likely to transform everything you touch into a more authentic version of itself. People with weak egos will be afraid of that, while those with strong constitutions will love it.

VIRGO

(Aug. 23-Sept. 22)

Here are tips on how to get the most out of your time with the other signs of the zodiac during the next three weeks. With Sagittarius: Think bigger and go further than you normally do. With Libra: Enjoy beautiful things together. With Cancer: Make yourself easy to give to. With Taurus: Let him or her help you get less theoretical, more practical. With Aquarius: Collaborate in making the flow of ideas crackle and splash. With Capricorn: To deepen your bond, laugh at hypocrisy together. With Pisces: Join together in feeling rich emotions about a

person or situation you both care about. With Gemini: Dare to express three of your different sub-personalities. With Aries: Remember that spontaneity leads to truth. With Leo: Playfully brag to each other. With Scorpio: Dive down together, going deeper than you could have by yourself.

LIBRA

(Sept. 23-Oct. 22)

"Dear Rob Breznsky: Two months ago I met the first person with whom I am completely psychic. We fell deeply in love, of course. But it turned out that neither of us was ready or able to fulfill the potential of our connection because we are nowhere near as profoundly in love with ourselves as we are with each other. The good news is that through my love for him, I have intensified my desire to learn to love myself. The bad news is that we can't really be together as fate intended until we upgrade our self-love. -Lucky Yet Unlucky Libra." Dear Libra: I hope your testimony will inspire other Libras to boost their luck in love by deepening their love for themselves. Astrologically speaking, it's a perfect time to attend to this worthy project.

SCORPIO

(Oct. 23-Nov. 21)

In the coming weeks, you'll attract cosmic assistance whenever you add to your repertoire, branch out artistically or socially or start gathering seed money for a project that may take years to ripen. Mythically speaking, the coming weeks will also be a good time to have intimate relations with a fertility god or goddess, and to plant magic beans that will grow into a beanstalk that reaches the sky. "Is that it?" you may be asking. "Nothing but good news?" My only caveat, which is pretty minor, is that you might add a few pounds to your frame. If you're a hetero woman, that could be caused by a pregnancy unless you're careful.

SAGITTARIUS

(Nov. 22-Dec. 21)

In a couple of weeks it will make sense to aggressively insert your vivid presence into the thick of the action. There will be dizzying opportunities to chase down and intoxicating connections to forge. But it's premature to get riled up about all that yet. For the foreseeable future, Sagittarius, take your inspiration from Franz Kafka, who gave the following advice in his book *The Great Wall of China*: "You need not do anything. Remain sitting at your table and listen. You need not even listen, just wait. You need not even wait, just learn to be quiet, still and solitary. And the world will freely offer itself to you unmasked. It has no choice; it will roll in ecstasy at your feet."

CAPRICORN

(Dec. 22-Jan. 19)

There are two basic approaches to manipulating people. In one, you manipulate people solely for your own good. In the other, you do it equally for your good and their good. In the second type, moreover, you deeply empathize with and even become more like the people you want to influence. You allow them to work their magic on you at least as much as you work your magic on them. Guess which kind I'm urging you to express right now, Capricorn.

AQUARIUS

(Jan. 20-Feb. 18)

Human beings have employed steel to make tools, weapons and buildings for many centuries. But it wasn't until 1913 that they discovered stainless steel, a stronger and purer version of the metal that's virtually rust-free. I predict a comparable development for you in the coming weeks, Aquarius. Some essential resource that you've been enjoying for a long time could become even better and more useful. It won't happen all by itself, though. You'll have to want it and seek it and agitate for it.

PISCES

(Feb. 19-March 20)

"Think dangerously!" read the headline on today's bright yellow piece of junk mail. That sounded inviting. I'm always eager for help in overthrowing my certainties. But the product being promoted inside the envelope was just a piece of propaganda: a magazine touting Libertarian dogma. I threw it in my recycling bin along with all the other doctrinaire crap I constantly get from fundamentalists of every stripe, including rightwing religious nuts and leftwing cynics, science-haters and science skills. Now here's the climax of this horoscope, Pisces: Really think dangerously. Question every belief, your own as much as everyone else's. French author André Gide said it best: "Trust those who are seeking the truth; doubt those who find it."

You can call Rob Breznsky, day or night, for your "Expanded Weekly Horoscope" at (900) 950-7700.

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What's the fuss about fat?

What's the fuss about fat? Fats are building blocks for every cell membrane in the body and are essential to maintain the musculoskeletal, endocrine, cardiovascular, and immune systems. They slow the process of digestion for longer periods of energy, and are required for the absorption of the vitamins A,D,E, and K. Also when 'dieting' your body still requires a source of good quality fat to assist in the safe removal of toxins from the body.

There are eight essential fatty acids, of which two must be supplied by the diet because the body cannot make them: Linoleic (Omega 6) and Alpha Linoleic (Omega3). Linoleic acid is common and the latter best found in flax, walnuts, hemp, fish and grass fed animals. If supplementing it's important to find a mixed EFA with a proper ratio of omega 6 to omega 3 at about 3:1.

Please do not put canola, corn or soybean oils in your body; they are toxic, perhaps better for your car. What makes them a desirable crop is that they are cheap to grow and process, however, this agriculture does not

support the environment as much of our precious rainforests are cleared for this rising market as a 'health food' and are now GMO (genetically modified).

It's not fat that is making people sick and fat, it's the overall quality of food and the proper types of fats, carbohydrates and proteins available. Even foods from the health food store touting 'organic' labels are not safe. All boxed, bottled, and canned foods lack nutritional value due to high heat processing and the endless lists of additives and stabilizers to keep it 'fresh'.

Our ancestors survived us this far. Enjoyment of nature is not enough, but learning how to work in harmony with her is imperative. add fresh vegetables and organic grains and legumes, any meat or fish unbreaded and unfried, organic eggs, butter, flax seed oil, and exercise. Create your own menu from this basic outline and you'll be just fine. Blessed We Are Hawaii; with perfect weather and growing conditions its easy to realize a sustainable Hawaii.

- Kristine Brown
writer

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Self-declared queen

On Valentine's Day, Next Door offered clubgoers a chance to relive their high school years by throwing a 1980s-style prom party. There were balloons and streamers, overly teased hair and big-bowed dresses, and of course, a king and queen. Props go to Candace Lazarou, who declared herself the belle of the ball. She ultimately failed to win the hearts and minds of her "classmates," but her chutzpah makes her a winner in our book.—Malia Leinau



MALIA LEINAU

A scenic slice of Hawaiian heaven...

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