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*Home &
Garden*
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Restoring Hulē'ia Watershed

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IN FOCUS

Agriculture and Environmental Awareness Day

by Léo Azambuja

Fifth graders from several schools throughout the island had a good look at what it means to work in the conservation field and food production April 25.

The Annual Agriculture and Environmental Awareness Day, an event running for more than two decades, gives the children a chance to interact with several local agencies working with agriculture and the environment. The children participate in a series of lectures from the different agencies, and are encouraged to ask questions.

The event held on the grounds of the University of Hawai'i College of Tropical Agriculture and Human Resources in Wailua, was organized by Joni Ito, and sponsored by CTAHR and the Kaua'i Farm Bureau.



Ed Kawamura



Left to right, Siente Auwae, Kim Rogers and Alohilani Teixeira-Medeiros



Brian Yamamoto



Left to right, Kaiulani Rivera, Loea Keanaaina, Kaleilehua Victor, Kahiau Martinez and Kamalani Gandeza



Molly Bacher



Stephen Rossiter



Left to right, Carrie Hendrickson, Charles Beard and Emilie Kirk



David Macatombas, left, and Erick Lux



Left to right, Hiilei Hamberg, event organizer Joni Ito, and Kealaulua Perry

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features

On the Cover: Mālama Hulē'ia members, left to right, Board President Mason Chock, Executive Director Sara Bowen and Operations Manager Peleke Flores



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Throw Away? Where?

By Léo Azambuja

Have you ever thought about what you throw away is never actually thrown away? There is no such place as “away” on Planet Earth. We are literally littering our own home.

I’m not advocating for trash to be sent into the outer space. I’m pretty sure it would be cost-prohibitive and probably not the right thing to do. Plus who knows if we might anger some little green men in flying saucers, and the whole thing spins into a full scale Star Wars?

Jokes and silly ideas aside, there are a lot of things we can do right now to reduce the size of our trash. The first one is recycling. Just by recycling we can divert a large amount of trash that ends up in our landfill. And let me remind you, we should have retired Kekaha Landfill many years ago, but new permits allowed it to keep expanding vertically while we don’t have a new landfill in operation. I remember former County Councilman Mel Rapozo calling it “Mount Trashmore” during a public meeting.

This is not to point a finger at former or current administrations. The problem is too complex to simplify it in a rant. And besides, it’s not like they have been sitting idle on the problem; a lot of money and planning has been spent on trying to find solutions that will best suit our island community.

I am, however, pointing a finger at us. We can and should be the change we want to see on our island – and in the planet, for that matter. If we really want to reduce trash, we can do more than recycling.

Avoid plastic bottles like you would avoid a vampire. Ok, no need for garlic or crosses; just buy a reusable metal bottle. Bring your own grocery bags to the store. Favor buying fresh produce over processed food, and never put produce in the plastic bags available in the produce section. Seek clothing made with recyclable materials; there are plenty options from popular brands these days. Say “no”

to soda; nothing good comes out of it anyway.

And finally, consider starting a composting bin in your backyard. Yes, composting. It’s quite easy, provided you have a backyard.

If you do all these things, you will notice that your trash will be very small, almost non-existent.

My college roommate at the University of Hawai’i was an exchange student from Zurich, Switzerland. When she first saw me throwing a bag of trash into the trash bin in our apartment building in Honolulu, she reacted as if I was throwing money away. She told me that people in Switzerland are really mindful about reducing trash, because it is actually quite expensive to throw bags in the trash. And this was a long time ago.

I admit that when I first heard the idea of a “pay as you throw” program a few years ago in the hallways of the Historic County Council building, my first reaction was disbelief. By request from the administration, the council had just approved a fee to be added to our property taxes to increase funding for trash collection. A few years later, the county actually did implement some kind of “pay as you throw,” by offering two sizes of trash cans at two different fees. But county officials were considerate enough to offer an exemption to qualifying low-income property owners.

Today, I have a different opinion. I would even support a more aggressive “pay as you throw” program from the county. Yes, we’ve been hit with all kinds of fee increases in the last decade, for the sake of progress and providing better services to a growing population. But if we are charged more for what we put into our landfill, we will think twice before putting things in the trash can, or even taking home things that have a 15-minute lifespan, such as supermarket bags.

You can’t control what any of the 72,000 residents and some 30,000 daily visitors on Kaua’i will do to reduce trash (someone please let tourists know it’s OK to drink tap water!). Or what the other 7.5 billion people on Earth will do. But you can control what you can do.

You and I can be the change you would like to see on our island and in the rest of the world. Nothing is stopping us.



Kaua’i Community College student Rebekah Magers, right, is seen here helping student Marli Genegabuas during a waste audit she organized on campus in April.

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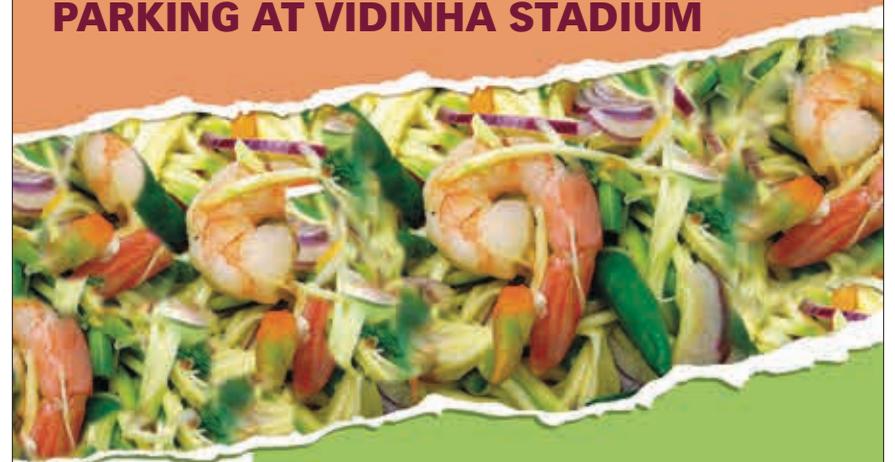
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Restoring the Hulē'ia Watershed

By Léo Azambuja

The delicate and complex Hulē'ia Watershed is home to the Alakoko Fishpond, one of the most culturally significant and largest archaeological sites on Kaua'i. For more than half a century, however, a single plant species has been threatening to choke to death this once vital and fertile region for ancient Hawaiians.

"The main problem is the mangrove introduced during the plantation period. It really likes the calm, brackish water," said Peleke Flores, operations manager at the nonprofit organization Mālama Hulē'ia.

But Mālama Hulē'ia has shown the damage caused by the red mangrove can be reversed and kept in check. The nonprofit is currently getting rid of the mangrove in the 26 acres surrounding the Alakoko Fishpond, also known as Menehune Fishpond.

And this is just the beginning; their mission is to lead community efforts to eradicate all the mangrove covering roughly 70 acres along Hulē'ia Stream, reestablish the native wetland ecosystem in the watershed, and create an environmental stewardship program honoring Hawaiian values.

"A project like this touches everyone in the community," said Mason Chock, board president of Mālama Hulē'ia. In a lot of different ways, he said, it is building capital for the community. It gives the community a sense of place, from cultural, recreational, educational

and environmental aspects.

During the height of the sugar plantation days a century ago, red mangrove was intentionally introduced to some areas of Hawai'i to control coastal erosion. But in Hulē'ia, the mangrove introduction was unintentional. Flores said he was told mangrove was first noticed in the area in the 1950s, and 20 years later it was already widespread.

Today, mangrove chokes both stream banks for roughly two miles, with some areas being as wide as 450 feet. Mature trees reach up to 40 feet in height, and their tall aerial roots invade the open water and hold up silt, creating a swamp-like environment and narrowing the stream. In the Alakoko Fishpond, the mangrove took over the entire kuapā, or rockwall, and caused mud to fill a large section of the pond.

Chock said that in 2012, Kaiola



Top: Mangrove roots. Above: Notice the mud to the left of Alakoko Fishpond, which was covered by mangrove only a few months ago.

An advertisement for Kauai Beach Resort. The background is a photograph of two people jumping from a rocky cliff into the turquoise ocean. On the left, there is a white text box with a green leaf pattern on its left side. The text in the box reads: "KAUAI BEACH RESORT" with a palm tree icon above "BEACH". Below that, it says "A HAWAIIAN RESORT WHERE NOT ONLY THE KIDS GET TO RUN WILD". At the bottom of the text box is the website "kauaibeachresortandspa.com".

Canoe Club members reached to the community to understand the issues with the mangrove expansion in the area. During the next couple years, they were awarded grants from the Hawai'i Community Foundation and the National Oceanic and Atmospheric Administration to clear a two-and-a-half-acre demonstration site at Niumalu Beach Park, next to the canoe club.

By 2015, all mangrove was removed from Niumalu Beach Park. Some native plants were reintroduced to the area, while others came back on their own. Also, native birds species started returning to the beach park. That same year, Mālama Hulē'ia – created by members of the Kaiola Canoe Club and the Nawiwili Bay Watershed Council – was incorporated as a nonprofit, and Sara Bowen was hired for the executive direction position.

"We were able to gain a lot of credibility from the work that was done there to show it is possible for us to remove mangrove and maintain the restoration project," Bowen said of the mangrove eradication at Niumalu Beach Park. "So we were able to apply for a U.S. Fish and Wildlife Service coastal wetland restoration grant, and we were successfully awarded that grant for nearly a million dollars."

While the USFWS grant made it possible for Mālama Hulē'ia to address the mangrove at Alakoko Fishpond, it also put the nonprofit "on the hook for a huge amount of match contribution," both in kind and cash, according to Bowen.

"We are looking at meeting about 8,000 to 9,000 volunteer-hours for this project (at the fishpond)," she said, adding they are using two methods: hand-removal and heavy machinery.

In archaeologically sensitive areas, such as alongside the fishpond's kuapā, mangrove removal has to be done my hand. Elsewhere, crews manning heavy machinery went to work. In



Menehune and DLNR crews working together at Alakoko Fishpond in April, removing mangrove with hand tools. Left to right, Frank Whichman, Skylen Pacheco-Riveras, Wayne Nakamura, Mark Hubbard, Clayton Egan, Gary Hofacker, Peleke Flores, Brett Kanahele and AJ Mariani.

January, the fishpond was completely surrounded by mangrove, making it impossible to see it from the ground level. By mid-March, however, all the work that could be done by heavy machinery was already completed, and the fishpond was entirely visible from the ground.

Meanwhile, crews continue to work with hand tools to remove the mangrove growing close to the kuapā.

The USFWS grant gives them two years to finish the fishpond restoration, according to Bowen.



Cleanup crews and Mālama Hulē'ia members and staff during an appreciation party on site in March. Left to right; standing, Pepe Trask, John Soden, Sara Bowen, Bill Evslin, Alana Bowen, Samantha Valett, Bryan Valett, Mark Hubbard, Ruby Pap, Brock Struther, Laverne Bishop, Zoey Soden, Sophia Soncarty, Chuch Hayes, Megan Whiteside, Peleke Flores, Dave Minor, Kyle Thomas, Frank Whichman and Sabra Kauka; front row, Keana Chock, Mason Chock, Buba Flores, Heanu Flores, Kawowo, Nu'alani, Kaiwahi, Skylar Smith, George Parks and Chris Kauwe.

"We are aiming to do our best to get it done in that timeline," she said.

As the project progresses and all the kinks get fixed, Bowen said she'll start planning for the next phases, reaching out to other landowners and finding other funding sources.

continued on page 13

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Health, Wellness & Fitness

Aromatherapy – Holistic, Plant-Based Medicine

By Kristi Seibold

Aromatherapy is the holistic approach of using plant extracts – called essential oils – to harmonize, balance, and promote health. Holistically, plants have been proven to have healing benefits as we support our health with the food we eat, teas we drink, and herbs we use. Using essential oils is just another form of introducing the healing benefits of plants into our bodies.

Some of these proven health benefits include increased circulation, improved digestion, strengthening of the immune system, quicker healing, balanced hormones, relieving muscle soreness, healing skin ailments, easing depression, stress management, and many others. All of these are benefits that are available without negative side effects.

Aromatherapy is both an art and a science. The art of aromatherapy is using the proper combination of essential oils to induce a specific benefit or outcome you are seeking. The science of aromatherapy is the process of extracting the aromatic oils from flower blooms and petals, plant leaves or stems, bark or roots. These oils contain volatile aromatic molecules that have

an effect on our brain, our nervous system and on other systems in the body.

Aromatherapy works in several ways. One way is through our sense of smell, or through the olfactory receptors. Every smell produces a feeling, a thought or a memory before we are even conscious of it, and often without us even being aware of it. The chemical components of an essential oil activate messengers – as I like to refer to them – that travel through the nasal cavity to the brain and register a response. As an example, let's say you had a grandmother whose house was often filled with the scent of fresh roses she had grown. You have memories of that. If you walk into a room and smell a bouquet of roses, your memories may immediately be triggered to think of your grandmother and her house. That is your sense of smell at work.

There are several ways of using essential oils. One way is by topical application of the essential oils to the skin.



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The active chemicals in the essential oils are absorbed into the skin. They enter the bloodstream and make their way to register various parts of the brain, which then affects an emotional state or physical response. A common and enjoyable method of topical application is through a professional massage with a therapist trained in the uses and properties of each essential oil.

Another approach in using aromatherapy and essential oils through your sense of smell is through a diffuser. A diffuser disperses the oils into the air so the smell fills the room. You can choose oils to create the effect you are seeking such as promoting a good night of sleep, for congestion if you are suffering from a cold, or to create a calm and pleasant atmosphere in an office space.

Essential oils can also be ingested through a hydrosol. Hydrosols are simply the condensed water vapors of the distillation process, a byproduct created when making the essential oil. The hydrosol contains the complete molecular structure and properties of the plant. It is a wonderful way to use the healing benefits of plants if you need to maintain a scent free environment. You can add some of the hydrosol to your drinking water and be creating additional health benefits for yourself as you hydrate throughout the day.

Aromatherapy is not new. It has been used for thousands of years as a source of medicine in China, Europe and Egypt. Its

history is extensive, yet since the advance of modern medicine in the early 20th century, it began to take a back seat. However, in the past 50 years, as people have wanted to adopt a more natural lifestyle, with less of the side effects of medications, interest for aromatherapy has increased. In fact, in European countries such as the UK and France, essential oils are highly regarded in hospitals as antibacterial agents, and are used to facilitate healing among patients.

We are surrounded by many toxins and pesticides in our environment, in the foods we eat, and in the cleaning products, detergents and body products we use. These toxins deplete the immune system and often cause havoc to our health. You can replace many everyday products with essential oils as a chemically free and healthy substitute. This can be a big step towards physical and emotional well-being for many of us, and a step towards improving our environment.

Here are some helpful links for more information on this subject. The National Association of Holistic Aromatherapy naha.org/explore-aromatherapy/about-aromatherapy – www.medicalnewstoday.com/articles/10884.php – www.encyclopedia.com/medicine/divisions-diagnostics-and-procedures/medicine/aromatherapy-roberttisserand.com



• Kristi Seibold is an aromatherapist, the owner of SERES essential oil and CBD products for the past 15 years. She has been a massage therapist for 30 years, and massage and aromatherapy instructor for 20 years. She lives and works in Kalaheo. Visit www.seresproducts.com or call (505) 204-0320 for more information.

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This is one's livelihood. Certain fish in a pond were reserved for the owner, but shrimps, crabs, and such could be taken by the caretaker.

Source: 'Ōlelo No'eau, by Mary Kawena Pukui



The Alakoko Fishpond, along with at least five other smaller fishponds at Hulē'ia Stream served as a source of food for ancient Hawaiians. The fishpond was in operation at least until the 1950s. Peleke Flores, operations manager at the nonprofit Mālama Hulē'ia, said Hawaiians always kept a caretaker at the fishpond to protect it from "two-legged predators."

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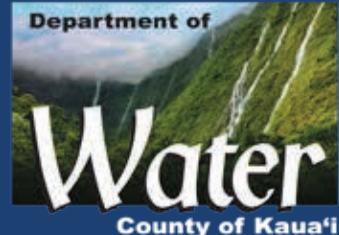
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Hulē'ia Watershed

from page 7

There are several landowners in the area targeted for watershed restoration, including nine small landowners just past Niumalu Beach Park, five large landowners and some kuleana landowners. Bowen said the next landowner they may work with is the U.S. Fish and Wildlife Service at the Hulē'ia Wildlife Refuge.

"They have a substantial amount of mangrove on their property. They also have the ability to do the work on their own property," said Bowen, adding if Mālama Hulē'ia can help by bringing additional resources, it would be an incentive for them to take care of the mangrove.

When Capt. James Cook first landed on Kaua'i in 1778, the Alakoko Fishpond was already several hundred years old. Anthropologist David Burney estimated its age to be about 600 years old, based on 12-foot-deep sampler cores he drove into the pond's sediment in 2002, according to journalist Jan TenBruggencate. Some stories, however, suggest the fishpond may be 800 to 1,000 years old, Flores said.

The fishpond continued to be used at least until the 1950s, and many "old timers," Flores said, still remember the importance of the fishpond to the community.

"We have a lot of written documents that show this was the icebox for this area," said Flores, adding there are six, and possibly seven, fishponds along Hulē'ia Stream, with Alakoko being the largest.

Although the fishpond is widely known as Menehune Fishpond, most historians agree its real name is likely Alakoko, as it is called in the oldest-known Hawaiian newspapers. "Ala" means trail and "koko" means blood, suggesting those who built the kuapā left behind a trail of blood from carrying the jagged lava rocks with their bare hands.

Flores said before the work started at the fishpond in September, the crew performed a ceremony to acknowledge their spiritual connection with the site and the Hawaiians who built it and lived off of it for a while. To him, he said, it was the right thing to do to ask them for forgiveness.

On the fourth Saturday of every month, Mālama Hulē'ia organizes a community work day at Alakoko Fishpond. Visit www.malamahuleia.org or the nonprofit's Facebook page for more information on how to volunteer in the cleanup.

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Home & Garden



Creating Your Dream Garden

By Tiana Kamen

The title of my new book, *Farm to Keiki – Cooking, Gardening and Nutrition with Children*, was originally supposed to be *Creating Your Dream Garden*, before the editors decided to change it. While that title didn't make the cut in my book, this spring I encourage you to be creative and start dreaming of the garden you always wished you had.

The first question I ask when dreaming up a garden is, "Why do you want a garden?" Is it to grow food to feed your family? To save money? To live more sustainably? To connect with nature? To teach your children to eat healthier? To make yourself eat healthier?

Defining a soulful purpose creates the foundation for a bountiful garden and a happy home.

I remember dreaming up my first garden when I moved back home to Hawai'i after college. I was just starting the Kaua'i School Garden Network and interning at the bountiful Kauapea Farms in Kilauea. I enlisted my now husband, an expert landscaper and permaculturalist, to build my dream garden because I had big dreams to make happen. I wanted my garden to support school gardens, so I made it into a

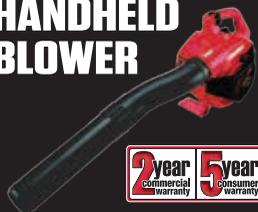
"laboratory" where I could discover fun plants for kids and harvest real foods to use in my teacher workshops. I also wanted my garden to live more sustainably and grow as much food as I could to sustain my diet without relying on imported foods. Because the amount of fossil fuels that it takes to import food to Hawai'i directly contributes to climate change, I believe sustainability is a righteous purpose for everyone to want to grow a garden.

The next dreamy garden questions could be, "What do I



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want to grow?" I ask myself what foods I want to eat, what plants I want to use, when is the best time to plant, or does this plant even grow in Hawai'i? Some plants such as garlic and apples need a cold snap to live, so you may want to do a little reserach before planting that apple tree – unless you are in Koke'e.

So what would I grow in my dream garden? First I would grow the foods I eat most often and are easy to grow, such as herbs and leafy greens. I am a nutritionist, so I also dream about planting a wide diversity of foods, because each food plays a special role in human health. For example, I would grow legumes for protein, root vegetables for minerals, leeks and kale for detoxification, sweet potatoes for a complex carbohydrate and so on.



Tiana Kamen is seen here teaching children how to garden. Left to right, Hi'iaka Acoba, Lilia Akuna and Kaioli Acoba.

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I also love to fill my dream garden with medicinal and culinary herbs and plants such as turmeric, ginger, holy basil, yarrow, chocolate mint and comfrey. And when I put my chef hat on, I dream about growing the special varieties of foods I can't find in stores or farmers markets such as purple liliko'i (passion fruit), fino verde basil and asparagus.

What are your favorite foods? Plant those.

Once you know what you want to plant (at least for this season), you will have a better idea of what your dream garden will look like. Observe your environment to determine where to grow your garden. Where is there at least 6-8 hours of sunshine? Where will you get water?

My first dream garden was in a raised bed my husband made from cut logs found in the compost yard – designed into the shape of a honu (turtle). I named it Aunty Jessi's Honu Garden. As dream gardens do, the honu garden changed from year to year, but what kept growing was our love. My husband proposed to me in our garden and we also got married right

next to our garden! While I can't accurately say a garden will help you find your spouse, I do promise that having a garden will light up your life and at least make some dreams come true.

It's never too late to grow your dream garden. In fact, the best time to do it is now. As the sun shines longer, and passing showers bless us daily, your garden plants are destined to provide you with bountiful produce for the summer. Wishing you the best of luck in planting your dreams, one seed at a time.

• *Tiana Kamen is the author of Farm to Keiki – Cooking, Gardening and Nutrition with Children. Visit www.farmtokeiki.org to view the book online for free or contact her at tiana@farmtokeiki.org for more information.*



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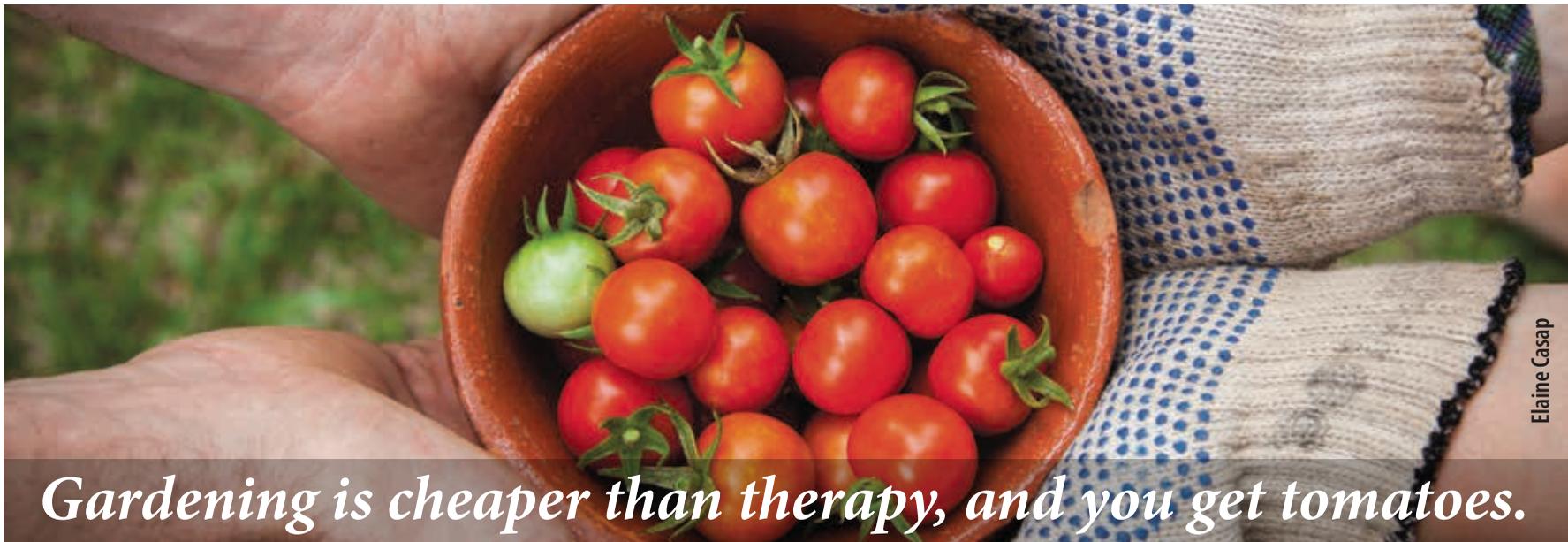
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Kau Kau Delights

Ruth's Chris Steakhouse

By Anni Caporuscio

There are 154 Ruth's Chris Steakhouses worldwide. Six of them are in Hawai'i, and Kaua'i has one of them. This lavish steakhouse opened in November 2017 at The Shops at Kukui'ula. It is a thoughtfully curated experience that has a history and a tradition that I think will resonate strongly with Kaua'i diners, foodies, celebrators and eaters-at-large.

If I have learned anything while writing food articles in the last few years, it's that Kaua'i restaurants carry history. You can read about the history of Ruth's Chris in an insert in the menu. The restaurant's proprietors are proud of the legacy.

In 1965, Ruth Fertel, a nurse and a single mother, mortgaged her home to purchase Chris Steakhouse in New Orleans. A 1975 fire forced a location change and also a name change, hence "Ruth's Chris." The company went through a period of franchise, but now all 154 steakhouses are corporately owned, allowing for all locations to follow standards of service that ensure an unforgettable experience.

Each Ruth's Chris Steakhouse retains a uniqueness related to the region. For instance, Hawai'i locations boast a fine sashimi and island fish. Kaua'i's steakhouse is also lucky to have manager Brandon Bridges-Basuel, born and raised on the island, who is all about creating memories for local diners and is eager to introduce this level of dining to Kaua'i.

Brandon believes everyone needs to try the Ruth's Chris experience at least once to enjoy the quality of the steaks and service. He is making an effort to cater to local residents. In doing so, Kaua'i can enjoy Happy Hour every night, all night, from 4:30 p.m. to closing. There are also holiday specials, so we can celebrate with a touch of class. The Sizzling Prime Time Menu, a three course special for \$54 per person, is an unbeatable deal.

The most significant items Ruth's Chris's menu are the steaks. Ruth, herself, designed an 1800-degree broiler that is still used in each location to this day. Every cut of meat is served on a sizzling 500-degree plate, so the meat is actually still cooking when it's placed in front of you.

All the cuts of meat are USDA Prime from Hereford and Angus cows, which account for only two-to-three percent of all cattle, so, these are as rare as possible for quality. The steaks are seasoned only with salt, pepper and butter, so the flavor of the meat shines through, and it remains untarnished by other influences. Meals are served ala carte – you order your steak and a shareable vegetable and starch. This is another step towards keeping their commitment to showcasing the meat.

For your night out, remember Ruth's Chris Steakhouse for an exceptional experience for unmatched quality of food and impeccable service. Our server enthusiastically made recommendations and arrived with a second sizzling plate when he perceived ours needed refreshing.

Find Ruth's Chris Steakhouse at The Shops at Kukui'ula in Po'ipu. Call (808) 278.6100 or go to ruthschris.com for reservations. Keep your eyes open for a quality bar menu, including a steak sandwich, and other promotions that make this luxury steakhouse accessible to all of us.



The 16 oz. NY Strip cut is divine. There is nothing to hide the innate flavors of top quality beef. Though you can order a dipping trio, for your first steak, try it as is, as the chef suggests. Executive Chef Mark Sassone has a strong reputation on the island, and can lead you in the right direction. Also included on the menu are a ribeye, filet, petite filet, a well-marbled cowboy ribeye, a porterhouse for two, and a 40 oz. bone-in tomahawk ribeye. All on sizzling plates and cooked to perfection in nothing but butter.



Roasted Brussel Sprouts, with bacon and honey. Brussel sprouts, once the bane of childhood dinners, have had a bacon makeover and made a dramatic comeback to American plates, and I am thankful. They are smokily charred with the right amount of vegetal crunch, and Ruth's Chris does not skimp on the bacon. This is one of the ala carte portions to share at dinner.



[left] The Crab Stack from the appetizer menu. This is a cold and spicy prelude that combines a generous portion of real crab meat atop cool avocado for texture, mango chunks for sweetness, pickled cucumbers for bite and artful smears of spicy dipping sauce. Pair this with a glass of white wine to start.

• Anni Caporuscio is a food lover and can be found daily at her Kapa'a business, Small Town Coffee.

Kau Kau Delights

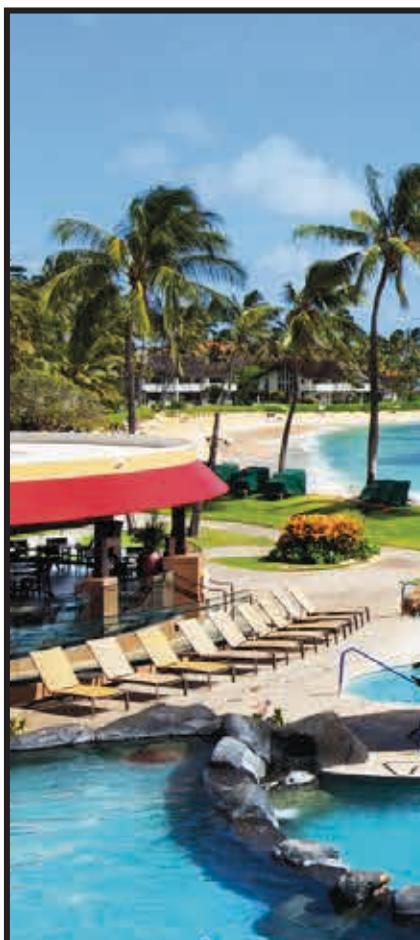
Ruth's Chris Steakhouse



BBQ Shrimp from the appetizer menu, served on the skewer and bathed in a sweetly spiced Cajun barbecue butter. The shrimp are perfectly juicy and tender, but don't neglect the sauce: sop it up with steaming bread from Kaua'i Kookie.



For dessert, a share-sized cheesecake, the perfect sweet finisher to a meal of protein. It is larger than it looks.



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Ruth's Chris manager Brandon Bridges-Basuel was born and raised on Kaua'i, and has worked his way around restaurants for most of his adult life. He wants local residents to know Ruth's Chris is an experience they need to try at least once for the quality of steaks and level of service. And that 'you will not forget our steaks.'



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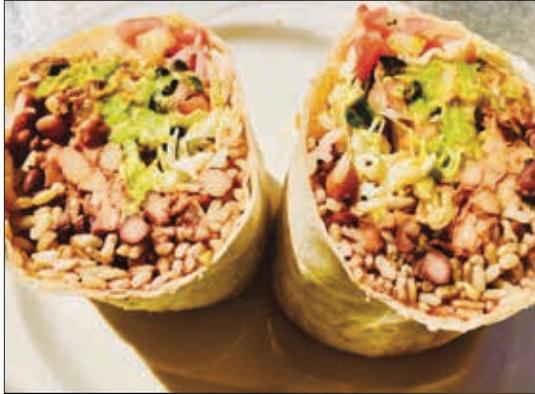
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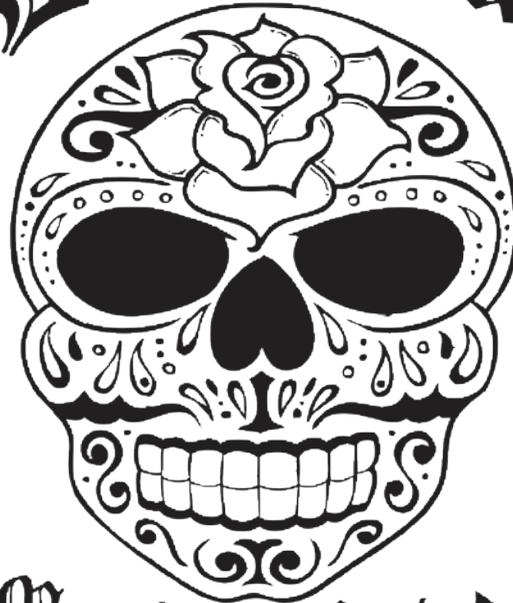


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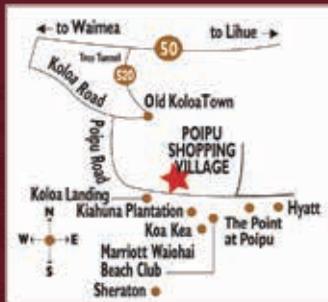
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Share Aloha

By Virginia Beck

At last you are here. You made it! Kaula'i: rare, remote jewel of an island, preserved through the deep gratitude of its inhabitants. To live pono, in harmony with nature, respecting it.

Missionaries translated pono as righteousness, a religious word. That word is too small for the true nature of what is pono, what is in balance.

Long before the words of ecology and climate were born, our ancestors lived in harmony with nature, because they depended on it

Mālamalama

for their lives, and their livelihoods. We still do, though the illusions of electronic toys and technology hide this truth.

Life is a gift to us, a gift from the planet. The planet asks nothing of us, yet ocean lovers will not pollute it. Those who love mountains will not strip the vegetation that provides our watersheds, our hardwoods, and our hunting. Anyone who loves clean, cool water, cool on a hot day, will not contaminate our soil and our waters with poisons.

We are blessed to be here. Billions are not. Just a few, out in the deep Pacific, waiting for you. We are blessed with so much, that the beauty touches places in the heart we did not know existed. It brings us to deep awareness of how precious our lives are. How precious you are. Right here, right now.

You are so blessed even now, while the television explodes with negativity, judgment and opinion makers. No matter, it always says the same thing. Meanwhile, the sky is shifting clouds and rainbows, and colored shadows race below. It's far more important than electronic shadow patterns of dancing pixels.

You are real. This island is real. It wakes you up to what is really important. It is why I live here in the islands for more than 50 years. To be alive to experience this world, these people, this flower, this tree. Here we live aloha, a word meaning so many things, but especially love and respect.

Practice what the Chinese called "Wu Wei," to do without doing. To be so present to life and put our hearts into our work and play. So filled with the joy of being with each other, that even the hard work seems fun. Surrender to the sky, to the sky, to the star-spattered night. The love we share.

Just this, a gentle, moist, green island, swept by cloud showers, enough for the day. The generosity of dawn, spilling sun and color,

recklessly sharing it with anyone. A parade of clouds, splashed with colors no artist can match, flowing overhead, occasionally spilling enough rain for today. And a rainbow or two just for fun.

Distant bird calls, and the steady pulse of the ocean throwing itself in wild abandon against the million year old lava cliffs. A billion sparkles of light dancing on every wave, every raindrop, in every eye that catches yours. What greater magic than this?

Consider your breath the ultimate gift the planet gives you. Air that is clean, cloud-filtered, plant breath, changing with the time of day, soaking up the excess carbon, birthing oxygen. How can we be anything but grateful? Our breath, the most precious thing in life, and the planet offers it to us without asking anything in return.

Honor it with thanks, and use it to share aloha. It heals, forgives, uplifts and honors all who honor it.



• Virginia Beck, NP and Certified Trager® Practitioner, offers Wellness Consultation, Trager Psychophysical Integration and teaches Malama Birth Training classes. She can be reached at 635-5618.



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Being Visible in Your Community

By Tommy Noyes

In May, we celebrate National Bike Month, and encourage people to try biking. People biking on our streets fare best when they are alert, visible, predictable and assertive. Let's focus on how people who actively enjoy our streets can be appropriately visible.

Community

Reducing risks helps prevent bad things from happening and is a sensible approach to avoiding injuries. Hunters typically wear hi-vis garments to be quickly seen by others. Appropriate precautions become increasingly vital as potential danger levels rise. Wearing blaze orange for a backyard project probably wouldn't be necessary, but one would certainly be safer wearing a hi-vis vest if changing a flat tire next to a busy road.

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"Visibility is vital no matter what time of day," says Lance Rae of Walk Wise Hawai'i. "Pedestrians must always wear bright or reflective clothing when walking along any roadway."

To reduce or eliminate your risks of being hit by another road user, think about how visible you need to be, considering when and where you intend to bike, walk or run. Bicycling, walking or running on quiet residential streets in full daylight is very different when compared to the same activities on highway shoulders after dark next to motor vehicles going 50-plus miles per hour. The after-dark scenario is so much riskier it would logically require elevated visibility – such as bright flashing lights or even a dedicated escort vehicle – to prevent a crash.

The term for this is *conspicuity*, from the word *conspicuous*: obvious to the eye or mind. You're easily seen when your conspicuity is high; with low conspicuity, you'll blend into the background.

Here are some suggestions to help you choose an



Pat Griffin

Rita Kungel, left, and Tommy Noyes are both quite visible on the Ke Ala Hele Makalae, but since Tommy started by riding along Kuhio Highway he chose to raise his conspicuity by wearing a hi-vis fluorescent yellow shirt.

Family Fun Kaua'i Style

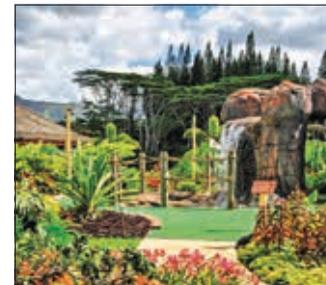


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appropriate level of conspicuity.

Consider your planned travel. Will you be close to or removed from motor vehicles? How fast will you be traveling, and how fast will the motor vehicles near you be going? Higher speeds reduce reaction times, and so increase risk levels. Can you select routes to and from your destination on streets where vehicles are traveling at lower speeds?

Consider walking on sidewalks or biking on streets in lighted areas with slow-moving vehicles as a minimal risk situation. Simply staying alert – especially around driveways and intersections – is appropriately cautious no matter your conspicuity.

Will you be in the dark? If it's possible you'll be traveling in the dark, increase your conspicuity. Wear hi-vis colors, reflectors, appropriate lights, and/or retroreflective materials. A retroreflective slap-wrap band works best if wrapped around an ankle. Low beam lights shining from any direction

will bounce back to the driver's eyes, and your foot's motion will identify you as a walker, runner or biker. When bicycling within one-half hour before sunset or after sunrise, the legal minimum requirement is a white light visible from 500 feet mounted on the front of your bike, plus a 2-square-inch red reflector in the rear.

Questions? The first five responders to contact the author at (808) 639-1018 with questions about conspicuity will be rewarded with a free Alert Today Alive Tomorrow retroreflective slap-wrap band.



• Tommy Noyes is Kaua'i Path's executive director, a League of American Bicyclists Certified Instructor and active with the Kaua'i Medical Reserve Corps.

“The Community E-blast is definitely the biggest bang for the buck. The response was quick and positive. We had no idea it was so easy to reach so many people so fast.”

“Mahalo Jade and For Kaua'i.”

Peggy Sowl,
Sales Manager
Outfitters Kauai

Kauai Business Marketplace

Kauai Bakery

By Léo Azambuja

For about three decades, Kauai Bakery in Kukui Grove Center had been making what many would argue were the best malasadas on the island. The iconic bakery was also one of the most popular – and affordable – places local families would seek for cakes for all kinds of celebrations.

Biz of the Month

“Basically, all my cakes growing up were from this bakery, every single birthday and celebration,” said Gracie Galiza, a young pediatrician from Kaua’i.

But it all almost came to an end a year ago, when word in town was the family-owned-and-operated business was planning to close its doors for good, unable to find the right buyer.

“I remember telling my mom, someone needs to buy this bakery; Kaua’i is not Kaua’i without Kauai Bakery,” Gracie said.

A few months later, she teamed up with Gustavo “Guga” Tosi, a young chef originally from Brazil, and who is passionate about bringing the best culinary experience from many different cultures he has experienced all over the world.

“When Gracie learned it was for sale, she asked me to join this effort,” Guga said.

They bought Kauai Bakery last August, and reopened it just in time for Thanksgiving. Like Gracie’s family, many local families got their holiday pies at Kauai Bakery, so she said it was important for them to open on Thanksgiving Day.

But if you haven’t been there yet, and are expecting more of the same, you will be treated to a pleasant surprise. The good things are still there, but there is more, so much more.

Gone are the old looks. The new décor is more welcoming, with an open kitchen, bright lights, clean décor and a seating area – it’s not longer a grab-and-go bakery. You can now get your sweet or savory treats and hang out there. A full coffee bar with specialty coffees is set to open in May.

They kept much of the same old local favorites that over the years won over the



The new owners of Kauai Bakery made it a more welcoming place.

hearts and palates of locals and visitors – malasadas, manapuas, pies, turnovers, custom cakes, etc. Gracie and Guga bought the recipes along with the business, and even hired the previous owner – who worked there for 18 years – as the main baker and his brother as the assistant baker.

With Guga as the executive chef and Gracie as his business partner, however, Kauai Bakery has infused a lot of creativity in old favorites and in new items. In St. Patrick’s Day, they made matcha malasadas and cakes. The antioxidant-rich matcha is a finely ground powder of specially grown green tea. For Valentines Day, Guga made strawberry tarts and “brigadeiros,” a popular chocolate treat in his homeland.

“They were actually very popular on Valentines Day,” Gracie said of Guga’s brigadeiros. “We’re hoping to roll out more products soon, maybe more breakfast items and some specialty pastry as well.”

Guga said he wants to keep the bakery’s legacy, give it the respect it deserves, but also introduce classic worldly pastries, where customers can get a taste of Brazil, Spain or France. He wants it to be a welcoming place for everyone.

“That’s my dream,” he said.

Guga said when he moved to Kaua’i five years ago, he was looking for some sweets, and found the bakery. He said he felt there was something about the place that attracted him. The entrepreneur in him thought that with just a few changes, the bakery could become an incredible place.

He met Gracie last year while both were volunteering at a children’s event at Wilcox Medical Center, and they found out they shared the same passion for good food. It turns out Guga, like Gracie, had gone to school to work in the medical field. But he had been working in the service industry since he was 16, and when he graduated from nursing school at 21 years old, he opened his first restaurant in Texas.

Coming from an extensive background in the food industry, Guga said successful food establishments are ones that really emphasize a welcoming atmosphere.

“We took the existing legacy, and we are keeping it alive and making it so much better,” he said.

Many visitors who have made Kauai Bakery a sure stop have told them the place has become a lot better with the changes.

“Hearing that positive feedback, that we’re doing something right, I think it’s good validation,” Guga said.



Chef Augusto ‘Guga’ Tosi gives the final touches on pastries.

Custom cakes are also a large aspect of Kauai Bakery. Gracie said it is important to them to keep it affordable for locals and visitors. And they can do it in very short notices too, from 15 minutes for simpler cakes to a day for more elaborate ones.

“Our cake decorators and employees put their heart and soul in decorating. They are really creative about it, and take their time,” Gracie said.

They chose a special hashtag, #mykauaibakery, to embody the bakery, Guga said, because they wanted this to be everyone’s bakery.

“As we grow, as we get ahead of making this your bakery – truly a true Kauai Bakery for everybody on Kaua’i – let us know what we are doing right and what we can improve. Give us your feedback on how can we make this more homey for you,” Guga said.

Kauai Bakery is at Kukui Grove Center at 3-2600 Kaumuali’i Hwy, Lihu’e. They open every day at 6 a.m. On Friday they close at 9 p.m., on Sunday at 6 p.m., and on other days at 7 p.m. Visit www.mykauaibakery.com or call (808) 246-4765 for more information.



Kauai Bakery owners Augusto ‘Guga’ Tosi and Gracie Galiza

“We love the exposure we get from advertising with For Kaua’i, but it is even more important to us that we support this publication. Everything – the stories, the info, the photos, the feel, and the advertising – it truly is ‘For Kaua’i’.

“Mahalo Barbara, Léo, Jade and the entire crew for providing our island with this special paper!”

Krissi Miller, General Manager
Hukilau Lanai



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Sat, May 11, 6:30 am, 41st Annual Charity Walk

Support over 60 local non-profits with a morning of great food, fun, fabulous entertainment, and a little exercise to help island charities. Under 12's need to be accompanied by a guardian, and all walkers should have minimum donations, pets not allowed on the walk. Vidinha Stadium. www.charitywalkhawaii.org/kauai.html

Sat, May 11, 8am-9 pm Evolution – A Health & Fitness Event

Po'ipu Beach Athletic Club presents the 1st annual Evolution, a health and fitness event celebration you and your evolution. Fitness classes, small group workshops, shopping, healthy eats, live entertainment and pool relaxation. \$65 for members, \$79 for all day admission, \$30 for the evening concert. Info poipuclub.com

May 17-19, 10am-9 pm Kauai Sufi Retreat

With sound, movement, dance, breath, zika and meditation. Held over two days at Church of the Pacific, Princeville. From \$15 for lunch to \$250 for retreat. Info Shanti Karen Joy 346-1423, register www.kauaisufis.org

Fri, May 17, 6 pm, 20th Annual Mahelona Hospital's Bon Dance

Come and help us open the Bon Dance season. Food for purchase 5:30 pm, bentos, pronto pop, flying saucers, rice bowls, andagi, baked goods, popcorn, and cotton candy. Joyful Noise at 6 pm. Held in our Courtyard. Info or questions, Josie Pablo 823-4138, jpablo@hhsc.org

Sun, May 19, 6:30 am Kauai Chamber 16th Annual Golf Tournament

Kauai Chamber of Commerce shot gun golf starts at the beautiful Ocean Course at Hoku'ala in Lihu'e. Best Dressed Golfer Contest. \$125 pp, \$500 corporate. At Ocean Course at Hoku'ala. Info www.kauaichamber.org

Wed, May 22, 8am-5 pm Hawaii International Music Festival

One Night Only! Featuring Metropolitan Opera Singer Amy Shoremount-Obra, Internationally acclaimed Eric Silberger and Kauai's own Monica Chung. At KCC PAC. Tickets \$10-\$30. Info 245-7464, kauai-concert.org

Sun, May 26, 10am-4 pm The Banana Poka RoundUp

This family friendly events features Hawaiian music, basket making, children's games, forest crafts, exhibits and more. At Koke'e State Park, Koke'e. Info 335-9975, www.kokee.org

Sat, June 1, 6 pm Kiss

Cabaret: The Mating Game
Kauai Island Singers Showcase presents The Mating Game, a sultry, sassy cabaret in two acts. Featuring songs about the game of love. At Trees Lounge, 440 Aleka Loop, Kapa'a. \$5 cover charge. Info www.kisskauai.org

Sun, June 2, 11:30am-3:30 pm Taste of Hawaii 2019

Taste of Hawaii-The Ultimate Sun Brunch is a fundraiser event held by the Rotary Club of Kapa'a. Started in 1988 it's grown into the premier culinary event on Kauai and in Hawaii. The finest Chefs from around the state gather to provide our guests with a tasting extravaganza. Then you get to wash it down with offerings from 15+ beverage vendors providing micro brews, big name beer wine, soda or bottled. \$100/\$125 door. At Smith's Tropical Paradise. Info and tickets tasteofhawaii.net

Sat, June 8, 11am-8 pm Kauai Comic Convention

Join us for Kauai's first comic convention with: comics, entertainment, video games, artists alley, cosplay contest, shopping and special guests such as Ban Daisuke (Jiro/Kikaida), Carl Potts, Night Darling and more! At Kauai Marriott Resort. Adult tickets \$10. Info www.kauaicomiconvention.com

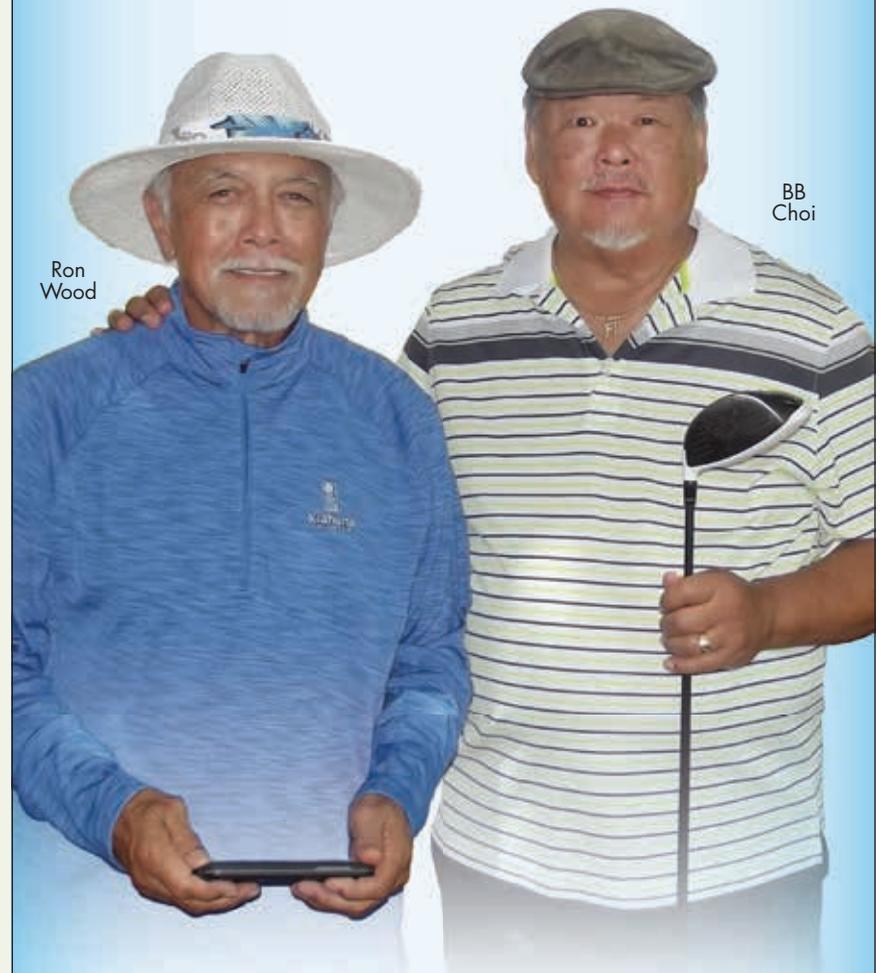
June 8-June 22 "Washed Up" a Marine Debris Art Show

Kauai Society of Artists and Kauai Surfrider Foundation Co-Sponsor a Marine Debris Art Show at at Kauai Society of Artists Gallery, in Kukui Grove. Info www.kauaisocietyofartists.org

Sat, June 22, 5:30, 7th Annual Kauai Fashion Weekend

Featuring KFW's premier designer Spa Ali Ahmad and Kauai's own local designers and performers. With celebrity guest Liz Elias. At Kauai Marriott resort. Tickets \$40-\$100. Info and tickets kauaifashionweek-end.com

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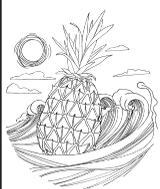
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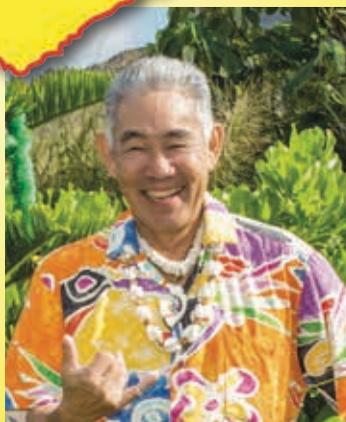
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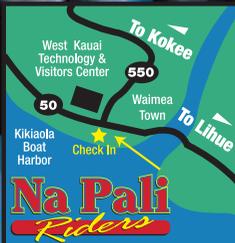


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