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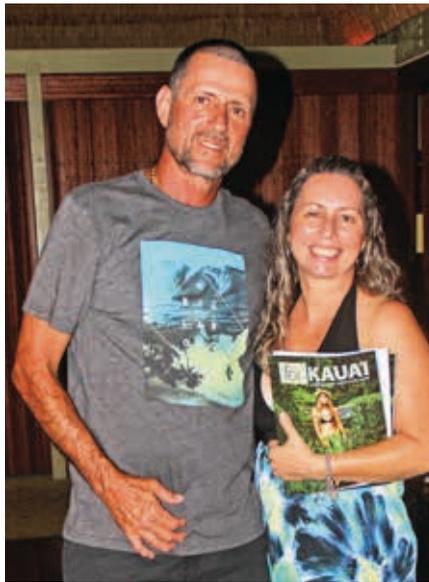
For Kaua'i – 15 Years of Excellence

by Léo Azambuja

For Kaua'i Newspaper, under the guidance of founder and publisher Barbara Bennett, celebrated 15 years in business in style at Hukilau Lanai June 1. Staff, friends and supporters commemorated the newspaper's milestone anniversary with a lavish four-course meal and lots of good memories.

Bennett started Kaua'i People 15 years ago. A few years later, the newspaper transitioned into For Kaua'i. Since then, it has flourished, and won several journalism awards and published two additional glossy magazines.

Mahalo to all who have supported For Kaua'i throughout all these years.



Luis and Leslie Rodriguez



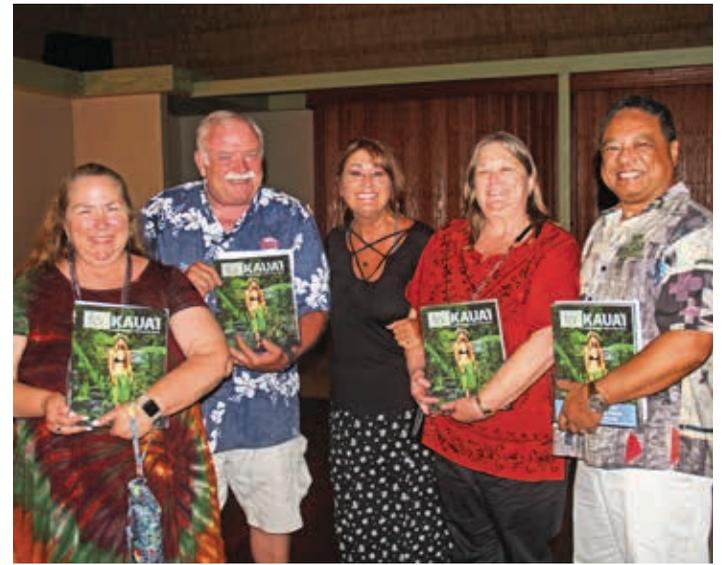
Anne O'Malley, left, and Barbara Bennett



Andrew Pelsma, left, and Benjahmin Koenigsberg



Left to right, Melissa McFerrin, Barbara Bennett, Beth Tokioka and Larry Feisntein



Left to right, Laura and David Andersland, Maria Hacker, and Lori and Tony Cardenas



Tommy Noyes and Pat Griffin



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features

On the Cover: A cowboy shows his skills at a past Koloa Plantation Days Rodeo at CJM Country Stables. Photo by Chuck McKeand/Hawai'i Rodeo Photography



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See You at the Rodeo

By Léo Azambuja

My father is a true gaucho, born and raised in a cattle farm in Rio Grande do Sul, the southernmost state in Brazil. As a full-time artist, his main subject has been the horse his whole life. Although I'm definitely more ocean-oriented, I have a strong connection with horses, cattle, ranches and rodeos because of my father.

So when Melissa McFerrin asked me if I wanted to write about the 20th edition of the Koloa Plantation Days Rodeo, I jumped on it right away. The experience couldn't have been more rewarding.

I finally met Joyce Miranda. A true community asset, Joyce was the one who came up with the suggestion of putting together a "little rodeo" after the Koloa Plantation Days Parade a quarter century ago. Indeed, the first four rodeos were somewhat little, with a budget of about \$500 to \$600. When she proposed a larger rodeo, complete with bull riding and everything fun that a genuine rodeo must have, the bill for the event escalated to somewhere around \$100,000. No problem. For 20 years thereafter, Joyce and a legion of community members made it happen through volunteer hours and a lot of grant writing.

Over the years, the rodeo has become the opening event of the Koloa Plantation Days Festival, one of the most iconic and important festivals on Kaua'i. If you have never been to one of the rodeos, this is the year to attend it. If you have been to one, you know you don't want to miss it.

I asked Joyce about the challenges of making a better event every year, and she smiled and said there is so much to be told. She already had plans for next year, before this special anniversary edition was even held. I truly admire people like that; I have a hard time planning my breakfast for the following day, let alone one of the most important events on an island with more than 70,000 residents and 30,000 visitors on any given day.

The excitement on Joyce's voice, her enthusiasm when talking about the rodeo, gives away her love for the event and the community she serves. She grew up in a small rural community on the Mainland, where her high school had only about 25 students. As a youth, her whole life revolved around her local 4H Club, which infused in her a solid set of core of values.

"One of the things I took from my 4H Club was my duty for my club, my community, my country and my world," she told me. "Those are my responsibilities in sharing knowledge, community service, those types of things. That has always been a real model for me, what I can do. You can't just be on Earth and just be yourself; you have to go and make it a better place."

The first time I learned about 4H clubs was on Molokai, in 2007. I was working for The Molokai Dispatch, and my assignment was to cover a 4H club auction. I was surprised to see 200-pound pigs selling for about \$2, and almost bid on one. Later, back in the office, I shared a good laugh with my editor after realizing the bid was \$2 per pound, so the pigs' price tags were actually \$400 and up. Power to those kids for saving money for a college education!

You should really try to make it to at least one of the three days of the Koloa Plantation Days Rodeo. It's a really fun event for the whole family. This year, cowboy Manny Gonzales and his roping tricks will be one of the highlights of the event. So don't miss it.

The rodeo will be held July 19-21. In Joyce's own words, "You're going to be a loser if you don't come." See you at the CJM Country Stables!



A painting of a gaucho drinking traditional South American mate, by Lielzo Azambuja, circa 1977.

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Family Fun at the 20th Annual Koloa Plantation Days Rodeo

By Léo Azambuja

For three days each year in July, Koloa resembles the Wild West, with roughly 140 cowboys from all over Hawai'i, and some from the Mainland, competing for glory, buckles and prize money at one of the largest rodeos in the state and the largest one on Kaua'i.

In its 20th edition, the Annual Koloa Plantation Days at CJM Stables in Koloa will once again bring thrilling entertainment for local residents and visitors, with roping and bull riding contests, along with live music, food trucks, bars and more.

"Come on down, you don't want to miss it," said Joyce Miranda, founder and coordinator of the Koloa Plantation Days Rodeo. "It only happens once a year. It's good fun, and it's a place where you can bring the whole family."

This year, the public will be treated to a pleasant surprise. Famed cowboy Manny Gonzales will be showing his bag full of roping tricks during the event.

"He performs at a lot of major rodeos in California," Miranda said.

Gonzales and his son will team up to compete against Hawai'i's cowboys in the High Dollar Team Roping Competition Friday evening. On Saturday and Sunday, Gonzales will show his roping skills to the public during the half-time entertainment.

The rodeo got its start more than 20 years ago, when Miranda used to run the Koloa Plantation Days Parade, and suggested a "little rodeo" at the stables after the parade and the party at the ballpark.

"We put on what we call a ranch rodeo; if you were a ranch on Kaua'i, you were invited to get all of



Léo Azambuja

Jeff Knapp rides the bull at Koloa Plantation Days Rodeo in 2016.



Léo Azambuja

Taylor Langtad leads her horse at the keiki barrel racing competition at Koloa Plantation Days Rodeo in 2016.

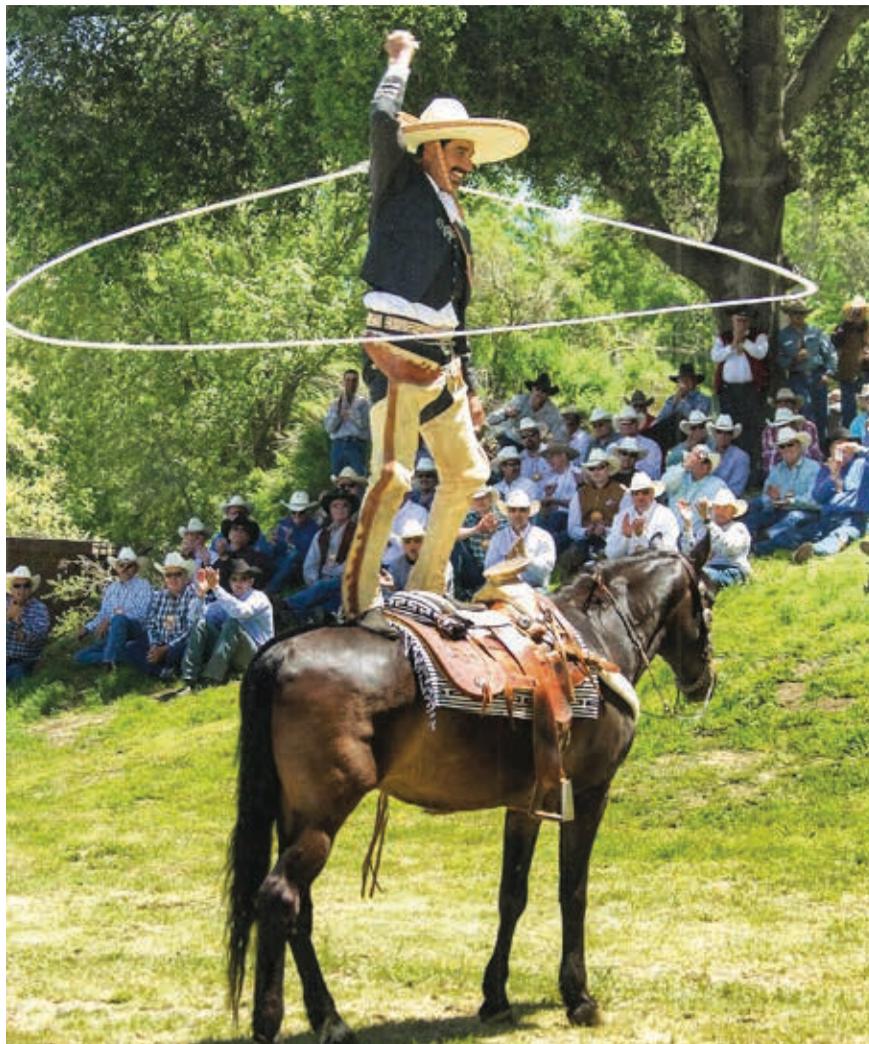
your cowboys together and make teams," said Miranda, adding it would cost each ranch \$100 to enter this one-day rodeo. There were five or six ranches that entered those first ranch rodeos, and the revenue was used to buy monkeypod bowls as trophies for the winners.

After a few years of organizing the ranch rodeos, Miranda said she wanted to hold a larger event.

"We decided after those four years, maybe we should invite other islands' cowboys, let's get the bulls, let's get higher dollars, let's give belt buckles away," Miranda said. "And it just evolved like that."

That's how the first Koloa Plantation Days Rodeo was born, after four years of ranch rodeos. But the much larger event had its growing pains. Miranda said there was a lot to be done, there were too many cowboys, and the whole thing became very cumbersome, especially with the rodeo being held on the day of the parade. So they decided to move the rodeo a week earlier, making it the opening event of the Koloa Plantation Days Festival.

At first, the rodeo was held Saturday and Sunday. But the event got bigger, with more contestants and more public. So organizers added Friday morning and afternoon to hold preliminaries, with 20 teams

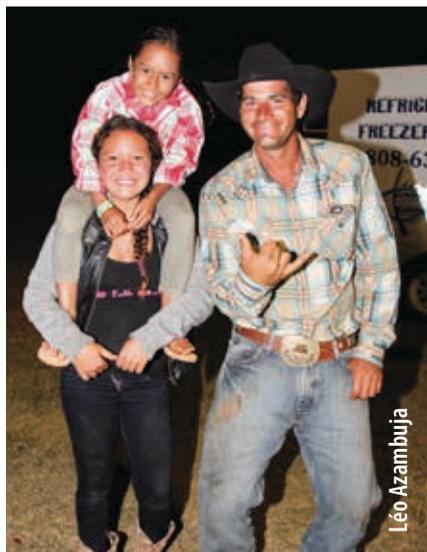


Professional cowboy Manny Rodriguez will come from the Mainland to show his roping skills at this year's Koloa Plantation Days Rodeo. Contributed photo

qualifying for the Saturday and Sunday rodeos.

On Friday evening, the event will offer the High Dollar Team Roping Competition, sheep riding with little cowboys and cowgirls, barrel racing qualifiers, bull riding and live music by Not My First Rodeo from 8 to 10 p.m.

On Saturday and Sunday, the rodeo will be held from 11 a.m. to 3:30 p.m., offering Hawaiian pa'u riders, Poo Wai U Hawaiian event, barrel racing for juniors and wahine, team roping, double mugging, bull riding, calf scramble, three-man wild cow milking, and performances by Gonzales. Big Island's Dr. Billy Bergin will be under the big tent sharing his knowledge on paniolo history.



Kino Smythe on Reign Palama's shoulders, with Russell Miranda at the 2016 Koloa Plantation Days Rodeo.

There will be food trailers and two bars on every day of the event.

Miranda said all three nights are popular among spectators, and there is something different at the rodeo every night.

"You don't see it all at one time," said Miranda, adding it's best to come early to get a good parking spot.

The 20th Annual Koloa Plantation Days Rodeo will be at CJM Country Stables, about 1.5 miles past the Grand Hyatt Kaua'i Resort and Spa at the end of Po'ipu Road on July 19 from 4:30 to 10 p.m.; and July 20 and 21 from 11 a.m. to 3:30 p.m.

Visit cjmkoloplantationdaysrodeo.com or call (808) 742-6096 for more information.



Big John and Cindy Labrador at the 2016 Koloa Plantation Days Rodeo.



Country music band Not My First Rodeo at the 2016 Koloa Plantation Days Rodeo.

Paniolo The Vaqueros' Legacy

By Léo Azambuja

The Koloa Plantation Days may remind us of a time when sugar plantations dominated the island's economy. But the 20th Annual Koloa Plantation Days Rodeo, held at the opening of the festival, takes us back even further into Hawai'i's history — a time when paniolo, or Hawaiian cowboys, learned to properly ride horses to round up cattle.

"The whole idea this year is perpetuating the paniolo heritage; where the paniolo came from, how he learned his skills as a cowboy in Hawai'i. That all comes back to the *vaqueros*, the Spanish-Mexican cowboys that came to Hawai'i to help to control the wild cattle," said Joyce Miranda, coordinator of the rodeo to be held at CJM Country Stables July 19-21.

In 1793, British Capt. George Vancouver gifted Kamehameha I a few cattle. Those cattle fared poorly in Hawai'i. But on the following year, Vancouver brought additional cattle to the Big Island, and advised Kamehameha I to put a kapu on slaughtering them to allow the herd to grow.

Ten years after the first cattle arrived in Hawai'i, Kamehameha I received a stallion and a mare as a gift from American Richard Cleveland. Those were the first horses to arrive in the Hawaiian Islands.

By 1830, herds of wild cattle had grown to thousands of animals, and became a huge and dangerous problem on the Big Island. They destroyed native crops, ate thatching on houses, and injured and killed people. This prompted Kamehameha III to lift the kapu his late father had placed on slaughtering cattle. The king went even further; he encouraged cattle hunting and hired foreign bullock hunters, and in 1832 he sent a high chief to California to bring back cowboys to train horses and round up cattle.

Though there were horses in Hawai'i, Miranda said, Hawaiians were never trained on horsemanship.

"They didn't know how to ride, the *vaqueros* had to come and teach the Hawaiians how to train their horses, how to rope, how to make their ropes, how to make their saddles," she said.

Soon after the three Mexican-Spanish *vaqueros* — Kossuth, Louzeida and Ramon — arrived on the Big Island, they became known as paniolo, a term Hawaiians borrowed from the word *Español*, or Spanish. Those paniolo were also to teach Hawaiians how to ride horses and round up cattle. It turns out Hawaiians were fast learners, and quickly became experts in horsemanship and roping.

The *vaqueros* also introduced the guitar to Hawaiians, who loosened up the strings and developed the harmonious slack-key style, known as *kī hō'alu*.

"So this is the whole thing this year, we're trying to bring up the history of why this is such a cultural thing," Miranda said of the paniolo lifestyle in Hawai'i.

Adding to the theme, Dr. Billy Bergin, a veterinarian from the Big Island, will be a guest historian at the rodeo. The former president of the Paniolo Preservation Society has written four books, and is one of the most knowledgeable people on paniolo history, according to Miranda. He'll be talking story with the public under the big tent Saturday and Sunday.

The 20th Annual Koloa Plantation Days Rodeo will be at CJM Country Stables in Po'ipu July 19 from 4:30 to 10 p.m.; and July 10 and 11 from 11 a.m. to 3:30 p.m.

Visit cjmkoloplantationdaysrodeo.com or call (808) 742-6096 for more information.

Five Safety Layers

By Tommy Noyes

Wearing a helmet equals bicycle safety, right? The evidence is clear: helmets reduce the severity of head injuries. Helmet use is highly recommended. However, when considering comprehensive safety measures, a helmet is the last thing you'll need.

Let's look at five layers of safety, with each layer helping to prevent ever crashing while maximizing your bicycling enjoyment.

Layer 1: Bike Control

The fundamental safety element is bicycle control. You probably crashed when learning to ride, and it was likely your own fault because you couldn't control your bicycle. Smooth control when starting, stopping, and turning means you probably won't fall down all by yourself. If you're a bit rusty on a bicycle and want to improve your skill set, League of American Bicyclists certified instructors offer free Bicycle Skills for Adults trainings through Kaua'i Path in partnership with the Hawai'i Department of Transportation. The next two classes will be on Saturdays, July 13 and Aug. 17, both at the

Community

Kapa'a Public Library. Register at www.KauaiPath.org or request a free Smart Cycling Quick Guide using Kaua'i Path's "contact us" form.

Layer 2: Follow the Road Rules

Traffic laws have evolved, and are enforced to help everyone share our roads without conflicts. Bicycles are legally regarded as vehicles. Just like everyone else driving on the road, people driving bicycles are required to obey signs and signals, and use the correct lanes for turns and through movements. Ignoring traffic laws leads to crashes. It's tempting to blow through stop signs, scoff at one-way streets or directional arrows, merrily ride on sidewalks and in crosswalks, or pedal against the flow of traffic, but those are traffic law violations, and put everyone at increased risk.

Layer 3: Lane Positioning

When driving your bicycle on the road amongst motor vehicles, it is essential to communicate effectively with other road users, and thereby discourage other drivers' mistakes. You'll fare best when you know when to use the full lane, and how to use your lane position to convey to other drivers



Jennifer Jones-Patulli

Dr. Randy Blake positions himself at the left side of Umi Street's lane at the intersection with Ahukini Road. He's using all five layers of protection by being visible, predictable, alert, and assertive; all without impeding other vehicles' right turning towards the Lihu'e Airport.



• 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.

what you're doing. For example, making a left turn requires scanning back twice as you approach the intersection to be certain you are clear to take the lane, clearly signaling your move, and positioning yourself in the left portion of the travel way. That allows through traffic and vehicles turning right to pass you on your right side. If you're uncomfortable with this left turn maneuver, a stress-free alternative is to ride to crosswalks, dismount, and walk your bike in the crosswalks as a pedestrian.

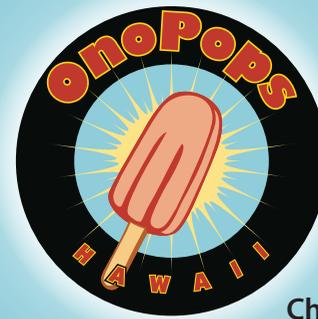
Layer 4: Hazard Avoidance

The free Bicycling Skills for Adults trainings cover several advanced evasive maneuvers. Skillful bicyclists can react with these evasive maneuvers to avoid other path users', cyclists', or drivers' mistakes, or to dodge obstacles. These maneuvers include the instant turn, quick stop, and rock dodge.

Layer 5: Passive Safety

Protective equipment like a helmet and gloves is your last resort measure, providing protection when all else fails, and is truly beneficial should a collision occur.

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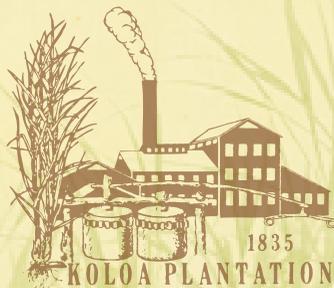
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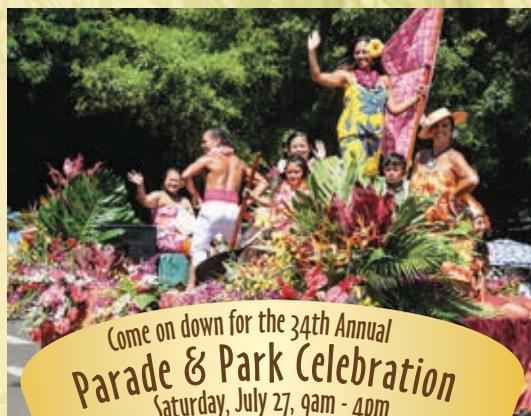
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Health, Wellness & Fitness

Three Tips for Implementing Better Habits

By Benjahmin Koenigsberg

Are you happy in your life?

What if the happiness and fulfillment we experience in life is not a reflection of how rich, beautiful or privileged we are, but rather a result of the less glamorous habits that we keep?

Both personally and professionally as a wellness coach, I know how frustrating it can be to break bad habits and start new ones.

I encourage you though; please don't give up on your personal growth, even if you have "failed" with making life changes in the past. Here are a few tips for implementing better habits in your life.

1. Start with your self image

In his book *Atomic Habits*, which this article is mostly informed by, author James Clear writes about how our self-image dictates our behaviors.

Many people start off with superficial goals in mind, such as having a slimmer body or more money, instead of addressing their core beliefs and assumption about themselves and the world.

Identity-based habit and behavioral change focus on assuming a new identity first. Start by asking yourself, "what beliefs or assumptions would I likely have to have to experience the behaviors and outcome I desire?"

2. Starting really small

James Clear advises new habits should start off by being really small. Reduce a new habit to an action that is achievable within two minutes or less.

Consistency is more important than volume when starting a new behavior.

If we set out with ambitious habits or goals, when motivation fades or we start to falter, it's easy to give up and reinforce our negative self-image, like being a failure or being broken.

continued on page 12



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When completing a small task, like doing just one push up, or writing just one line in your journal, for example, barely any motivation or inspiration is needed.

Try adopting a small enough habit that can be easily done daily for a month or two; then build on it. By babying ourselves at the onset of change, we can build self-efficacy and reinforce a new self-image; one of success and follow-through.

For example, I started off with a daily journal practice of 5-10 minutes, which kind of felt like a chore. Ultimately, I was not able to stick with it.

My new habit is to only write 5 things I am grateful for in my journal, which I can definitely do in less than two minutes.

3. Habit stacking

Habit stacking is wonderful because it harnesses the potency of existing habits. An old habit serves as the impetus, a reminder or a cue to begin the new one.

In my case, my bad habit is to check my phone unnecessarily several times a day, so I made a default lock screen for my phone with a blank background and the words, "what are you grateful for?" Now, every time I check my phone, before I can scroll mindlessly on social media, I see this pleasant reminder on my screen to think of something I am grateful!

This habit also aims to reinforce my desired self-image of someone who is grateful.

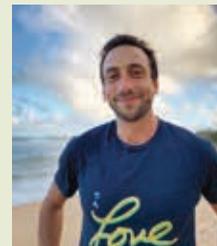
Another example of habit stacking I've used is to floss my teeth immediately after I finish brushing them, combining them into one longer but continuous habit.

Humans are creatures of habit; so we might as well use the power of habits to our advantage. Our latent potential and dreams are waiting.

Try pursuing goals that are in line with the values of the person you want to become, instead of just superficial outcomes you hope to gain. Give yourself permission to start with a really chunked-down version of your desired habit. What can you do everyday in less than two minutes that would ensure you get closer to your ultimate goals? Remember to harness the power of habit stacking; let an existing habit be a reminder to begin a new one.

I also highly recommend reading James Clear's book, *Atomic Habits*, for more information about habits, success and human behavior.

For individuals interested in accelerating their growth, I recommend hiring a personal development coach who can offer additional accountability and perspective to ensure your efforts are maximized and your blind spots are covered.



• Benjahmin Koenigsberg is a Kapa'a-based online health coach helping people who love eating to stay trim easily without dieting. For those struggling to lose weight or trust their appetites, Benjahmin offers a complimentary coaching call for gaining fresh insight into current health challenges and future goals. Visit www.eatwell2bwell.com or call (503) 358-5187.

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Hawai'i Wisdom

Hā'ale i ka wai a ka manu.

"The rippling water where birds gather."

A beautiful person. The rippling water denotes a quiet, peaceful nature which attracts others.

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



A peacock is known to display his stunning tail to attract peahens. But here at Smith's Tropical Paradise during the Taste of Hawai'i in June, this peacock seems to enjoy some vanity, displaying his beauty to passing humans, just as well.

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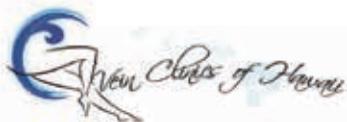
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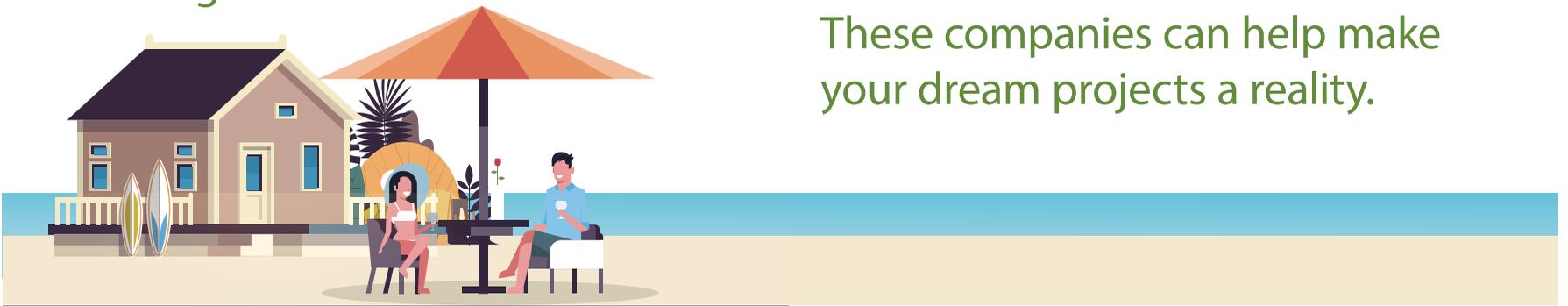
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Adventure, Romance, Renewal

By Virginia Beck

Kaua'i never fails to exceed our imaginations. Living in Hawai'i for nearly 50 years, I still feel my heart expand in wonder to see the vast canopy of inky darkness spread overhead. A billion stars, planets, galaxies and the Milky Way strewn across the night. A full moon is a near meltdown event, so hypnotic it is dangerous to drive towards it. How glorious a night can be without the darkness being smothered in artificial lights.

Mālamalama

Vacations are the spaces we create on calendars and in imagination. They are the places we anticipate and dream about, getting away from work and the normal schedules.

Days of idleness and beach trips, family escapes to the country or the mountains. Time to travel, celebrate graduations and weddings, explore and learn. Or maybe just stay home, playing with the kids and the garden sprinkler, or planning how to escape the kitchen. Barbecue at the beach always sounds more inviting.

The season's flowering trees, the sounds of kids at play in the neighborhood, the charcoal and grilled fish smell drifting from down the street. I love the way everything changes with the longer days. Families packing up for the beach after work, taking off to meet up with friends and 'ohana. Parties and luaus to celebrate something, anything, or maybe just nothing!

Visitors come full of plans and suitcases full of clothes they may never even wear, as bathing suits and shorts and T-shirts are perfect for so many activities. There is always the recovery day after the dizzying carousel of TSA, baggage claim, long flights, collecting people and bags and cars and getting to wherever.

The first day, people have plans, but soon, the day catches up with them. The sunny beach, the blazing light off the ocean, the complete exhaustion of relaxed muscles, with or without a Polynesian cocktail or beer at the beach soon sends people to rest. Palm trees mutter outside, and doves call in the distance. Long naps are often the rule. With or without a companion.

The second day, people are back to the lists of things we have to do, or see, or buy, or hike, or get photos to send home. The kids wake up earlier than the adults wish, but better to turn them loose somewhere safe than try to corral that turbulent energy.

Meals are planned, or not. Island adventures involve so many stops for flowers, or shave ice, or scenic restaurants, where meals can be short or long, and the next adventure planned out.

Local folks camp out a lot, especially on the weekends. It is cooler at the beach, where there is often a breeze, than in our houses, which are mostly without air conditioning. We have endlessly churning fans stirring overhead, giving flowery scented breeze a boost in the long afternoons.

The south side of the island gets stronger surf in summer, just in time for the end of the school year. Our local youth are out in full

force when the surf is up. There is an extra surge in early morning or late afternoons, when they are off work. Visitors can get lessons and surf with experienced instructors, but this is no place for amateurs. Please do not let children try this unattended or where there is no lifeguard.

A local pleasure is to go up to Waimea Canyon on the Westside, to Koke'e, where there is a wonderful park, natural history museum and a convenient lodge for snacks or lunch. A picnic on the meadow there makes a great playground for kids to run shouting after each other, or the chickens, and burn off some energy before packing them back in the car.

Whatever you choose, be kind to each other, and make space for the crabbiness of kids who are hungry, tired of the car or who just need to burn off energy. And when you feel a bit crabby yourself, take a nap or go soak your toes in the shorebreak.

Remember, vacations go way too fast, and aloha makes it great!



• 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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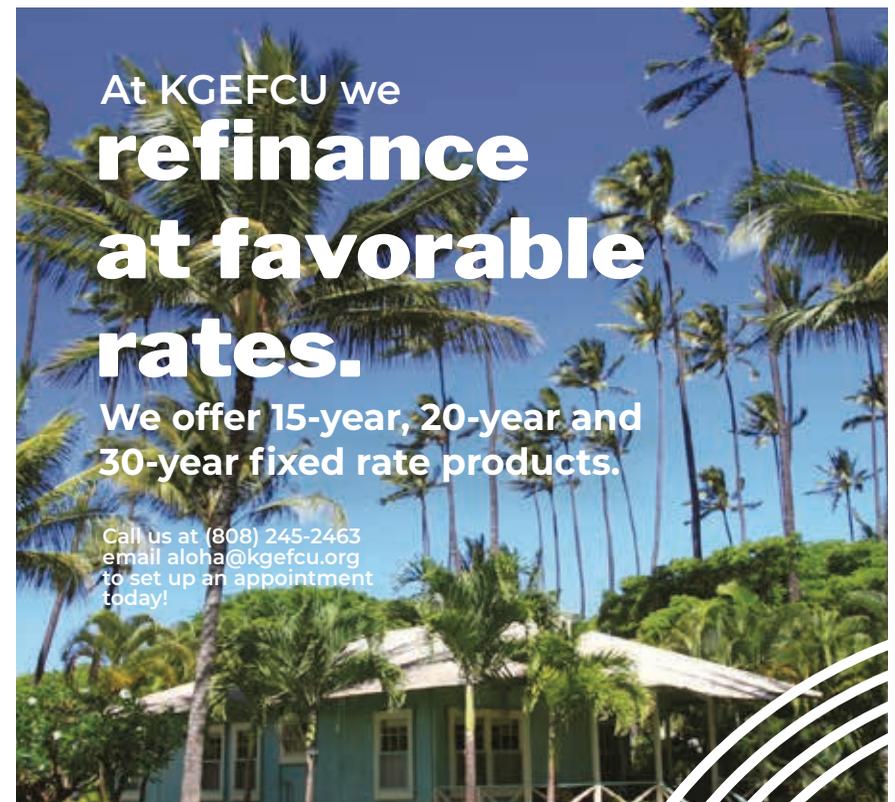
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Kau Kau Delights

Verde's Kaua'i for Breakfast

By Anni Caporuscio

You know that Verde's has moved from their long time location in Kapa'a to a beautiful new spot in the Hokulei Village in Puhi. Now let us announce that Verde's is open for breakfast with a brand new menu on Friday, Saturday and Sunday.

Owner Maris Manzano says the choice to start breakfast was easy: She and her staff saw a need for a weekend healthy and hearty breakfast in the Lihu'e area, so they made it happen. Maris is, as ever, appreciative of her crew and gives them credit for waking up early to make awesome things happen.

Verde's has been a force in the Kaua'i restaurant world for many years, and has been a leader in the "eat local" movement, as well as the customizable menu that includes all types of dietary needs. They also have created a brand for themselves with freshness and with their distinct and craveable salsas and signature aiolis, among other staples. These things have made their way into the breakfast scene.

Case in point: The Breakfast Sopaipilla, which is the Verde take on the breakfast sandwich. The Sopaipilla is the fluffy roll you find on the lunch and dinner menu, but for breakfast it's stuffed with the meat of your choice, eggs, cheese, lettuce and tomato, and garlic aioli. For me, it is all the great breakfast things on one plate. Pro tip: Even though it's kind of a sandwich, use a fork.

Also notable is the Loco Moco, a dish no self-respecting breakfast menu ignores. Verde's version allows you to choose between local beef, antibiotic- and hormone-free chicken or pork, or chorizo hash. This is laid atop cilantro lime rice, and instead of the traditional gravy there's chile sauce!

Here's something intriguing: Cereal Pancakes. Chef Kristin Yanagawa, the source of Verde's breakfast menu, brought this popular trend from O'ahu. It's cereal infused pancake batter. And there are little cereal surprises all over the light and fluffy pancakes that are slightly fruity and sweet. Embrace the kid side of things, but this is an adult pancake, too, in a reasonably sized portion. They'll rotate the cereal choice so you can keep this childhood dream alive.

Verde's Breakfast retains and expands on the quality we've come to enjoy from their lunch and dinner servings. It's reasonably priced, appropriately portioned and completely customizable, so you can make it as heavy or light as you like it. When in Lihu'e on the weekend, try Verde's. For business meetings, town runs, farmers market, before or after church, on the way to the beach or hiking, and all the other things — this is a good treat.

Verde's is in Hokulei Village Shopping Center, at 4454 Nuhou St., Suite 501 in Puhi. Call for takeout at 320-7088, or visit verdehawaii.com to order online.



The presentation at Verde's is gorgeous, and their commitment to a customizable meal made from local ingredients stands.



Verde's in Puhi is spacious and clean, with air conditioning and a festive bar. It's a perfect place for meetings, entertaining, treats and family dinners.

more on Kau Kau Delights page 20

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

Kau Kau Delights • Verde's Kaua'i



[left] The Breakfast Sopaipilla is the perfect breakfast sandwich. Choose your insides to make it as light or hearty as you want it, but the lettuce, tomatoes and sauce make it a healthy tasty choice. I recommend the bacon, they do not skimp on the bacon at Verde's.

Verde's has stepped up the morning drinks. On the left is the Bloody Mary, with, of course, house made Bloody Mary mix that includes their house fire-hot sauce. It is uncomplicated and rather drinkable. On the right is the housemate horchata, a sweet Mexican rice milk drink, served with a shot of Kaua'i Juice Company's cold brew. Topped with cinnamon, it's an exotic cafe con leche.



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Kristin Yanagawa is the head chef at Verde's who is behind the new breakfast menu served Friday to Sunday.

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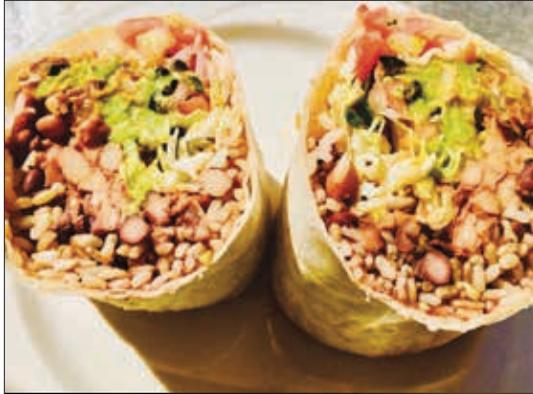
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Advertorial

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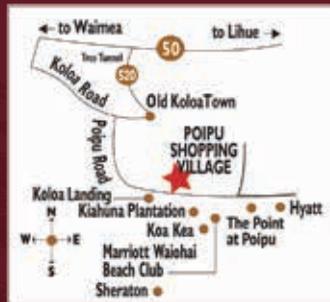
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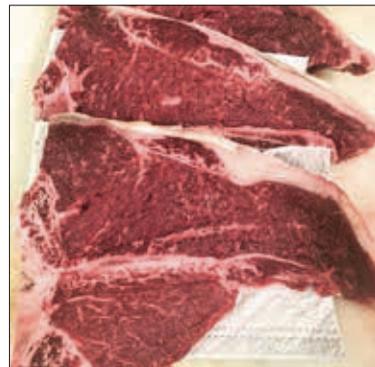
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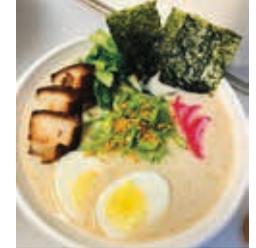
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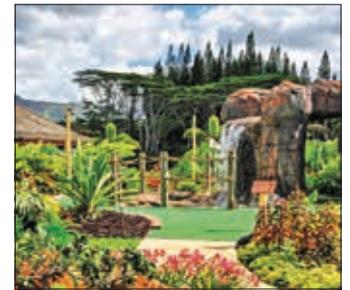
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Lawai Marketplace at Warehouse 3540 is an all-around unique Kaua'i experience. Set in the Historic Pineapple Cannery area of Lawai, the Warehouse was an Aluminum and Jalousie glass factory badly damaged in Hurricane Iniki in 1992. This now restored Warehouse is home to a variety of Kauai's best Food Trucks, Craft Coffee, Hand Crafted Shave Ice, Shops, and Galleries. We invite you to meet the local chefs, makers and artists who are truly the heartbeat of this beautiful Island. Aloha!



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"Mahalo to the entire crew for providing our island with this special paper!"

Krissi Miller, General Manager
Hukilau Lanai

Kaua'i Business Marketplace

Na Pali Riders

By Léo Azambuja

One of the true gems of the Hawaiian Islands is undoubtedly the breathtaking and remote Na Pali Coast on Kaua'i's Westside. Though there are no roads to take you through the jagged volcanic-rock coastline, there are a few ways to experience

Na Pali, and the best one is arguably by boat.

Biz of the Month

For more than 20 years, Na Pali Riders has been taking visitors and local residents on ocean tours through the entire Na Pali coast. For many visitors, especially those who

have never seen the ocean, the trip can be an eye opener to what they have been missing in life.

"Getting them to experience the wildlife, the dolphins, the whales and all that stuff is exciting," said Capt. Chris Turner, owner of Na Pali Riders. "Even though I've done it probably 5,000-plus times, I get just as much excitement watching them get excited about it. I feel like it's my first time."

Turner said his Ocean Raft Tour is probably the only one that consistently covers the entire Na Pali Coast, from Polihale to Ke'e. The 30-foot inflatable, rigid-hull Zodiac is equipped with powerful twin engines, making the trip a breeze.

"You're going to be learning a lot of the Havaiana, geology,



Léo Azambuja

Capt. Chris Turner, owner of Na Pali Riders, is seen here telling his passengers some of the history of Kalalau Beach.



Léo Azambuja

About 200 spinner dolphins usually hang out at Polihale's north end during mornings.

you're going to see all the details I learned over the last 20 years, it's not going to be like any other boat tour," Turner said. "We're not rushing but at the same time we cover a lot of ground, it's a 50-mile round trip. I want people to remember us, to go back and tell others about us."

Each ocean tour lasts about four hours, and Na Pali Riders offers one early in the morning and another in the afternoon. The inflatable Zodiac allows for close interaction with the captain, other passengers and the environment.

"I don't skimp on anything; we try to do the entire coast every time. If we don't, it means the conditions aren't safe," Turner said.

The Zodiac can take up to 28 passengers, and besides educating them on the marine life and a little bit of the history and culture of Na Pali Coast, Turner tries to make his passengers feel more at ease by telling jokes every now and then.

During the summer, the humpback whales are back to Alaska, but there is no shortage of spinner dolphins jumping out of the water, sea turtles swimming gently past snorkelers and schools of colorful reef fish zipping through the turquoise blue water.

The best time to see the spinner dolphins is during the morning tours. They usually hang around at the north end of Polihale, in pods that can reach 200 dolphins. By noon, they are mostly gone for the day.

The entire coast is blessed with an abundance of green valleys,

soaring cliffs, white sandy beaches and cascading waterfalls.

The summer brings calm waters on most days, which allows for sea-cave explorations. The Zodiac fits easily in most caves that were carved into the lava-rock coastline. The experience feels straight out of a Hollywood movie, with waterfalls cascading inside sea caves and right into the ocean, and the sun shining through the ceiling of some of the caves.

On the way back, Turner stops at a safe haven for the passengers to get out of the boat and snorkel, conditions permitting. Being "very safety-conscious," he keeps a close eye on everyone, watching their breathing and stroke.

"If you're not safe, I'm sorry but I'll bring you back on the boat because my job is to protect you," said Turner, adding sometimes people get upset about that, but he has to be consistent with safety.

After snorkeling, the group is treated to tropical fruits, chips and water.

On the way back, Turner cranks up the Zodiac's twin engines, each with 250 horsepower, to arrive in no time back at Kukui'ula Small Boat Harbor in Kekaha.

The first tour leaves at 8 a.m., with the check in at their Waimea office at 7:15 a.m. The second tour leaves at 1 p.m., with the check in at 12:15 p.m. Military and kama'aina are eligible for a 10 percent discount.

Visit napaliriders.com or call (808) 742-6331 for reservations or more information.



Na Pali Riders

Spinner dolphins swim past Na Pali Riders boat, with Polihale Beach on the background.



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Sat, July 13, 9:30am-2 pm Back To School Bash

Support Kaua'i's largest school supplies giveaway with: entertainment, educational and health resources, family fun fair and prizes. At Kukui Grove. Info www.kukuigrovecenter.com

Sat, July 13, 6-9 pm The Edge of Paradise

Join us for a special screening of the island favorite, The Edge of Paradise at Anaina Hou Porter Pavilion in Kilauea. This screening will provide Closed Captions. Tickets \$15 in adv from 826-2118, anainahou.org

July 19-21 Frozen Jr.

Hawaii Children's Theatre's 'Summer Stars' program presents 'Frozen, Jr.' for one weekend only. Fri, July 19 at 7pm and Sat and Sun, July 20 and 21 at 4pm. At Kaua'i War Memorial Convention Hall. Info and tickets 246-8985, www.hawaiichildrenstheatre.org

July 19-28, 34th Annual Koloa Plantation Days

Koloa Plantation Days is held on Kaua'i's south shore every year in July. The many ethnic groups that came to Hawaii to work on sugar plantations, and the Hawaiians who welcomed them, are celebrated through music, dance, costumes, and food throughout this ten-day festival. Info www.koloaplantation-days.com

Sat, July 27, 7 am, 12th Annual Hanalei Bay Swim Challenge

The HBSC is the signature fundraising event for the Namolokama O Hanalei Canoe Club, one of the smallest of 11 canoe clubs on Kaua'i. Competitors come from around the world to participate in this fun event. Hanalei Bay Pier. Info www.hanaleibayswimchallenge.com

Sat, July 27, 8am-1 pm Kamali'i Challenge Fishing Tournament

The Kamali'i Challenge is a non-profit Keiki Fishing Tournament for keiki aged 3-15. Entry is free! At

Port Allen Small Boat Harbor. Info Kamaliichallenge@gmail.com

August 3-4, 9am-5 pm Heiva I Kaua'i 2019

Celebrate 18 years of Heiva I Kaua'i in this unique, exciting and colorful Tahitian dance and drumming competition at Kapa'a Beach Park. With over 40 vendors offering Tahitian and other Pacific Island gifts, ethnic foods, and demonstrations from Polynesian artists and crafters. Entry \$7. Info www.heivaikauai.com

Sun, August 4, 7:30 am Never Forget Sandy G Golf Tournament

This signature event helps the YWCA to raise awareness within the community about the serious impact of violence. The tournament proceeds directly benefit the programs of the YWCA of Kaua'i that work to end violence against women and children. Shotgun start, 4 person modified scramble, awards luncheon to follow. At Ocean Course Hokualea. \$120/\$125. Info ywcakauai.org

Thur, August 8 Women in Theatre (WIT) present Kaua'i Shorts 2019 Ten-Minute Play Festival

Ten 10-minute plays will be staged by Playwrights from Kaua'i and as far off as NZ and the UK. Our audience will determine the best staged play! At Women in Theatre, Kukui Grove (next to Kaua'i Bakery). Info and tickets womenintheatre.org

August 15-18 Kaua'i County Fair Bureau Fair

Four days of fun, food, farming and great entertainment. Rides, live music, games, contests and competitions, bingo, talent shows, and much more. Entry \$6. At Vidinha Stadium. Info kauaifarmfair.org

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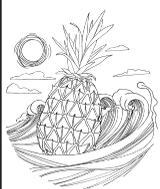
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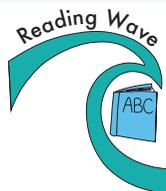
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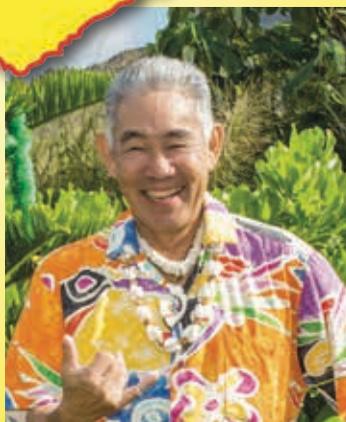
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