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MAUI

paradise on earth



We decided to kick off our travel feature with Maui... If you have never been to Maui, Hawaii, then you've never experienced paradise. Maui is a very unique island and we certainly enjoyed all the exciting and hidden treasures Maui has to offer. It was truly amazing seeing the humpback whales. They return to Maui in January and stay until April, traveling some 3,000 miles.

We hope you enjoy hearing about our adventures as much as we enjoyed experiencing them.

Pacific Whale Foundation

We enjoyed Maui's top-rated whale watching aboard one of the Pacific Whale Foundation's catamarans, where they provided us with professional narration by an expert marine naturalist. Our naturalist was outstanding in her knowledge of whales, their behaviors and explanations. We learned some amazing facts; a female humpback whale weighs approximately 60,000 to 80,000 pounds. A Humpback becomes sexually mature between

4 and 8 years of age. The whales mate during the winter months in the warm waters of Maui. A female is pregnant approximately 11 to 12 months before she gives birth to a single baby calf. Calves are 10 to 12 feet in length when born and usually weigh 1 to 1 1/2 tons. The calf lives off of their mother's milk, drinking up to 100 pounds a day for a period of 5 to 7 months. The baby will stay by its mother's side for up to a year. A female usually bears one calf every 2 or 3 years. Humpback whales make the 30,000 mile journey from Alaska to Maui each year to mate or to give birth. Scientists feel that the reason humpback whales have chosen Maui is because of its warm shallow waters and the protection it provides to the whales from their number one predator, sharks.

Amazingly, whales don't engage in feeding behaviors while in Hawaii, essentially they are fasting for 4 to 6 months. They may feed opportunistically, but there is actually very little food for them here. Keep in mind that the most nutrient-rich areas of the world's oceans are the

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TRAVEL TO PARADISE

cooler, polar regions. These areas support large populations of small fish. In contrast, Hawaii's warm waters contain much less nutrient material (which is why the ocean is so clear). Humpback whales of the North Pacific spend their summers feeding in an area that stretches from the Aleutian Islands of Alaska to the Farallon Islands of California. A whale can consume nearly a ton of food per day. (*In the North Pacific, humpbacks feed primarily on small teleost bony fishes such as herring and capelin.*) A humpback whale can lose up to 1/3 of their body weight. Too bad that doesn't apply to us humans while on Maui, entirely too much good food to consume!

It was absolutely breathtaking to see these huge humpback whales breaching their tails and slapping with their flippers. We observed females with their calves and pods of males fighting amongst each other. Male whales will literally head slap, and tail slap each other. Some even breach right on top of another male, perhaps to "impress" the female and ward off the competition. This competition can become extremely aggressive. We were simply in awe of these enormous whales and their behavior. We saw so many whales; they were everywhere. Truly an experience, I will personally never forget.

The Pacific Whale Foundation is a nonprofit organization, whose mission is to preserve and save the whales from extinction. They pioneered whale watching. For more information visit www.pacificwhale.org

Maui Ocean Center – The Hawaiian Aquarium

At the Maui Ocean Center we explored Hawaii's unique underwater world. From the smallest coral polyp, to the seven-foot sandbar shark, the intricate wonders of Hawaii's ocean are showcased in over 60 indoor and outdoor exhibits. Each exhibit features marine animals living in habitats closely resembling their own natural environment. Hawaii's coral reefs comprise more than 80% of the reefs in the United States.

The Open Ocean was definitely one of our favorite attractions, if we had to pick just one. This exhibit is home to graceful stingrays and large, fast swimming fish like sharks and jacks, all of which co-exist in a 750,000 gallon salt-water aquarium. A 54 foot long clear acrylic tunnel transported us through this pelagic realm providing a 240 degree view of nearly 2,000 fish. Stingrays slide overhead and sharks looked us in the eye. It was a rare opportunity to see and observe these amazing animals. We felt like we were magically transported to the bottom of the ocean.

Another mesmerizing exhibit was the Sea Jelly Gallery. It was the most soothing experience seeing the sea jellies dance before your eyes in a stunning floor to



ceiling cylinder.

We found ourselves in the Ocean Center Store, a veritable treasure chest filled with the island's most unique gifts. The dazzling array of fine artwork and jewelry created by some of the island's most prominent artists all in one store made us feel like kids in a candy store. This store is definitely the place to shop for unique collectables and great gifts, here, you will find something for everyone.

The Ocean Center has two restaurants, the Seascape Ma'alaea – an open air restaurant overlooking Ma'alaea Harbor with expansive views of the Pacific Ocean. This restaurant offers a full service menu and the food is outstanding. The other offering is the Reef Café, a delightful outdoor café featuring deli-style sandwiches and specialty salads.

This three acre marine park, is the largest tropical reef aquarium in the Western Hemisphere and was named the top attraction in Hawaii by the Zagat Survey US Family Travel Guide. The mission of the Maui Ocean Center is to foster understanding and respect for Hawaii's marine life, we congratulate them on accomplishing this mission. This is a definite "must see" while visiting Maui. Do plan on spending the day!! For more information visit www.mauiocenter.com.

Atlantis Submarine

What an adventure! We were aboard the real submarine called the *Atlantis*, one of the most technologically advanced vessels of its kind. This submarine carries up to 48 passengers and we were taken to depths of 100 feet and beyond. Truly an amazing adventure.

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Atlantis Submarine - Maui Hawaii

We explored the majestic coastal waters surrounding the city of Lahaina. The natural beauty of the undersea world where we had an up close and personal view through portholes which created an absolutely amazing up close view of hundreds of schools of fish and some of the most exotic marine life in the world.

On December 13th, Atlantis Adventures sank the Carthaginian, a replica of a 19th century supply vessel, off Lahaina, Maui. This created an artificial reef that will have a lasting marine life benefit. The marine life we saw were definitely enjoying their new home. We will certainly treasure this unforgettable adventure. For more information visit: www.atlantisadventures.com.

Haleakala Bike Company

We decided to take a bike tour of the Haleakala Volcano and we chose to do it at sunrise. Biking 28 miles down a volcano in the morning will surely get your heart pumping! In order to be at the crater's peak at sunrise, you have to get up at 3 A.M. to arrive at the bike shop by 4 A.M. . I'm so glad that we picked The Haleakala Bike Company, because our tour guide Joe Hall gave an excellent commentary for the one hour ride up the mountain. He told us about plants and wildlife brought onto the island, the history of Hawaiian culture

and most importantly how to get back. We were all excited to see the sunrise which is supposed to be one of the most beautiful in the world but we were met with rain clouds rolling in. Joe estimated that this happens 15% of the time but it was still really cool. I was on top of a freakin' volcano I really didn't care if it was raining!

Our bike tour launched at 6,500 feet and was self-guided, so we could take our time. We ate a lovely breakfast at the Kula Lodge. We took photos, we bought flowers on the side of the road, and even stopped to smell a pineapple field. After a long downhill journey, (it's not all downhill!), we were the last ones from our group to arrive back at the bike shop. We definitely maximized our biking experience!

There are some things to know about biking in Maui - choose your bike tour company wisely. Some companies jam all of their riders and bikes into a van. We rode in a million dollar mini-bus! We saw another bike group on one part of the road, and they were struggling to keep up with the guide. We have also heard that if you can't keep up, the guides get a little irritated. Second, check out the bikes first, or ask questions. Haleakala Bike Company has the nicest bikes we've seen. We saw bikes with foot brakes and ill fitted seats. If you ride a bike, or even if you don't, you surely want to be comfortable for the 28 mile ride. All of our needs

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were met right in the shop as we were fitted for our bikes, our seats were adjusted, and we were even provided with rain gear, gloves, helmets and backpacks. Other companies may advertise a low price for their rides, but then will hit you up with additional charges for gear.

If you're looking for an activity or adventure, start with The Haleakala Bike Company- www.bikemaui.com. Their website has all of the information on different tours, rates and even bike rental information. Tours book up fast. Go online and save 15% booking in advance. Tell 'em *Nightwire* sent you!

Hawaii Ocean Rafting

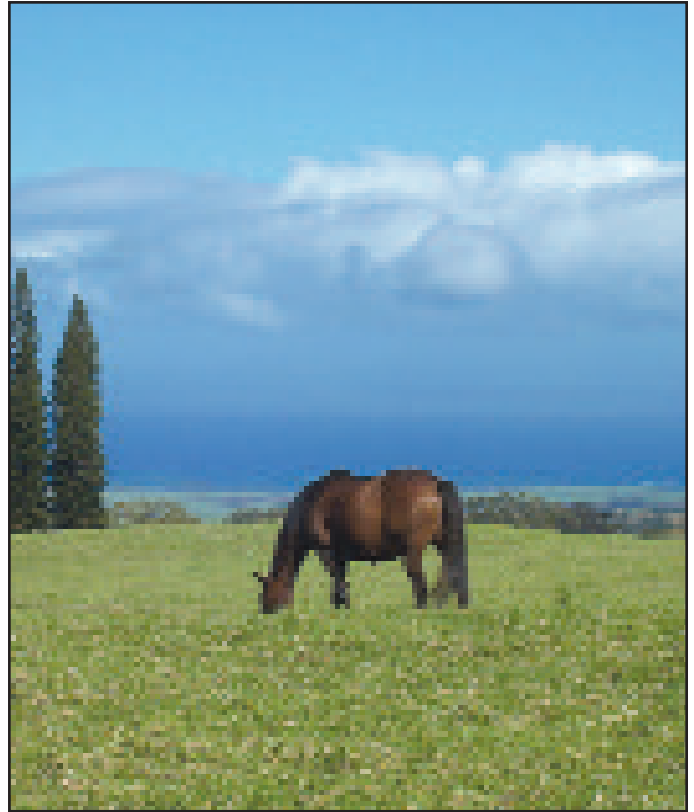
If you're going to see the ocean, I promise you, there's no better way than going out in an ocean raft! Whether you want to snorkel, whale watch or just cruise the rugged coastline of Lanai, we've found the best of the best! Hawaii Ocean Rafting offers a unique snorkel experience with spots chosen by their awesomely friendly Captain and Crew. Our Captain Steve and Crew Monica piloted an excellent adventure with knowledgeable commentary about ocean wildlife and the Hawaiian Islands.

As a novice snorkeler and Thalassophobia-ist (*person with a fear of the ocean*), I did feel more than a bit apprehensive about being in the middle of the gigantic ocean with just fins and a snorkel. Captain Steve gave a refresher course of how to use a snorkel and as he explained why to use fins, I knew I was not getting out of this adventure. He seemed very attentive to my thinly guised bravado, and offered to "*throw me in*" much to the delight of others in my party! It was really a great time, and I quickly overcame my fears as soon as I saw through the crystal clear water of the Pacific Ocean. The reef was alive and amazing with so many fish. We even saw a sea turtle on the other side of the raft. I did it! With no feet even touching the bottom!

Now having thoroughly overcome my fear, we were ready to move on to another destination. This time – a marine preserve off the coast of Lanai. On the way, we saw about 300 Spinner Dolphins in their natural habitat. It was utterly amazing to see them swimming along the raft and jumping out of the water within such close proximity. It was a spiritual experience. The marine preserve proved to be full of colored corals and even bigger fish. How exciting to see Parrot Fish with many colors and the Humuhumunukunukuapua'a the Hawaiian state fish. I even learned how to say it!

Our snorkel trip even included complimentary breakfast, snacks and drinks. I would highly recommend Hawaii Ocean Rafting for a snorkeling adventure. I actually loved it! And would do it over and over again!

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Scenery while Mountain Biking down a Volcano



Spinner Dolphins in their natural habitat

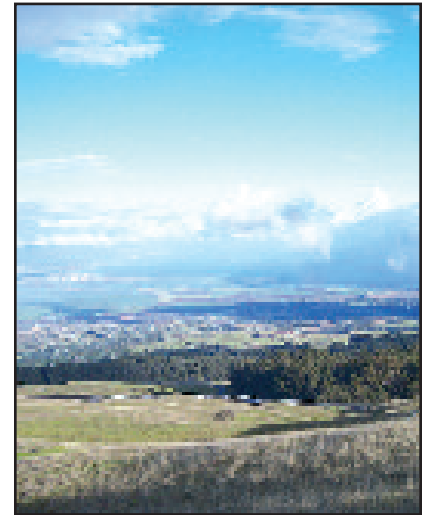
TRAVEL TO PARADISE



Ali'i Chang Lavender Farm Owner



Beautiful Waterfalls seen during the Eco-Hike



The Pure Beauty of Hawaii

An up-close and personal Whale Watch tour is also available if you're there during Winter through Spring. The friendly staff and small nature of this adventure really help to maximize my experience. Check out their website www.hawaiiocanrafting.com they even offer discounts if you book online!

Maui Eco-Adventures

Maui Eco-Adventures invites you to come experience Maui's cultural and natural beauty through their guided eco-adventures. They hike Maui's rainforests, waterfalls, Haleakala Crater, Hana, Kahakuloa Village and other treasures hidden on private property. They have exclusive access to private properties island-wide for the best hiking adventures. The Nightwire crew chose the Rainforest/Waterfall Experience, and we were truly blown away with our guide's knowledge, the foliage, the waterfall, even the 75 lbs. of lunch and supplies Bryce, our guide carried in for us. This is a definite must do for you active folks. The hike was a moderate level, 5 miles total through beautiful private property. I think I liked that part the best, because I really don't like "tourist" activities. We really felt like it was a private hike just for us and our group was very small, with maybe 12 people. Maui Eco Adventures limits the number of participants for this reason. We really got to swim in a cool waterfall, while Bryce prepared our lunch.

This company really prides itself on customer service, and an extensive, intimate knowledge of the region and its history, cultural and natural. You will really learn a lot about the fragile eco-system on the island and get a work-out to boot! Check out their website for details on other hikes as well as their personal guide service, and see some awesome photos. "Take your body where your mind wants to go." www.ecomaui.com You'll thank us for this one!!

Ali'i Kula Lavender Farm

The Nightwire staff was invited to visit a lavender farm for a walking tour and lunch. We were excited to take a ride to upcountry in a jeep, and hey, who wouldn't love a free lunch? We had no idea it would turn out to be such a magical day.

On the way up the driveway, we smelled the fresh lavender. It was sweet and so clear in the upcountry air, far away from the hustle of the coastline highway and everyday traffic. Since the infrastructure of roadways on Maui doesn't often connect like driving in the city, we got a little lost. With the help of the staff, we arrived just in time to have some lavender herb tea and wonderful scones with lavender peach jam. Our hosts gave us an up close look and demo of lavender products, as we anticipated our walking tour. We did need light jackets because at the altitude of 4,500 feet, it's sometimes a little cool. The walking tour is on uneven ground, so be mindful to wear sure-footed soles. Our lovely guide Aiyana led a leisurely walk/tour through the terraced hillside of the lavender farm. Along the way, she picked us samples to touch and smell. Ali'i Kula grows about 45 varieties of lavender, of which 7 bloom all year round. We visited a "secret garden" where you could just imagine having a martini after a hard day's work. The plants and flowering jasmine were amazing not only to look at but to smell and experience.

Lavender is not indigenous to Hawaii, but originates in different parts of Europe, and is native to the Mediterranean area. It is an herb, belonging to the same family as mint and sage. There are several varieties for culinary uses, as well as many for aromatherapy and medicinal purposes. Everyone knows that lavender smells good, but it's also very relaxing. We couldn't wait to get to the gift shop to start buying great lavender products! But we were soon about to find out about "culinary lavender".

Following our tour, we returned to the beautiful patio, now

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set in purple for our lunch. Chef Jahlel Hunter, of *Cloud Nine Catering* in Makawao, began his preparation on an outdoor platform. The setting was ideal, and we had no idea that we were about to have lunch with the man who created this beautiful experience – Ali'i Chang. We were served lavender lemonade, and a beautiful pick-it-up salad consisting of cherry tomatoes, feta cheese, and pecans on hearts of Romaine lettuce leaves. The green goddess dressing was a perfect fresh compliment. Our next course, was Gourmet Lavender BBQ Chicken, served with a buerre blanc sauce, and fresh herbs. I felt like we should have been on some cable cooking show; the experience was truly enchanting. Next we were served a Lavender Brownie. It was delicious, and I was glad someone at my table offered me hers. The lavender infused brownie was so moist. It reminded me of a truffle, a truffle fed to me by angels. Chocolate and lavender, what a treat!

We began to talking to Ali'i, who told us about a life as an exotic flower farmer in Hana and his wants to pursue something new. He explained that a friend from the mainland came to visit and brought him some lavender. He began researching the plants, and discovered that they were drought tolerant, easy to grow, and would thrive with natural irrigation. He's been cultivating ever since! Ali'i loves visitors, and realizes the connection of people to the earth. "The gardens bring so much joy to everyone!" Indeed, Ali'i. He shared with us some of his philosophy about "thinking big." Oprah has just purchased some nearby property, and he told us how he thinks she'll be a good neighbor. Speaking with him, I could visualize Oprah sitting just were I was, having lunch with Ali'i. I can even see him on her TV show. This place felt truly magical. Maybe it was the lavender in the air, the mystery of the future, or reconnecting with the land. At Ali'i Kula Lavender Farm you will have a highly sensory, seeing, touching, feeling, tasting and hearing experience. We loved this place!

Ali'i Kula Lavender Farm is another must-do when on Maui! Check out their fantastic products – we especially love the



The Arch Stage at the Lavender Farm

Lavender Squeeze Bag (\$10) for long airplane rides or a stressful day at the office, or the Lavender Body Spritzer (\$10) after showering or before bed. I know I'm going to try some culinary products and I don't think I'll ever forget that Lavender Lemonade! I look forward to grilling some Lavender Chicken this summer. I'm sure you'll love the lovely lavender choices! And thank us for the great online shopping site! www.aliikulalavender.com



Content Rich From Pittsburgh



“**Imagine** having a personal hand-held tour guide leading you around the city, helping you buy a house, teaching you about the hot spots on a **prospective** college campus or providing information about a new job **opportunity**”

Pittsburgh’s vibrant hotbed of technology innovation has spawned an exciting new company called MoGoes (www.mogoes.com), a Phase I award winner in the Pittsburgh Technology Council’s EnterPrize Business Plan Competition announced earlier this week. The mobile media company is unique in offering companies a complete solution from creation to distribution and marketing of customized informational, educational and entertainment mobile video and audio tours, vignettes, coupons, maps and other content that goes with you in the palm of your hand. MoGoes tours are viewed on mobile devices such as iPods, MP3 players and mobile phones. Content can be downloaded to a computer and then onto the device, or delivered directly to the mobile device wirelessly.

“Imagine having a personal hand-held tour guide leading you around the city, helping you buy a house, teaching you

about the hot spots on a prospective college campus or providing information about a new job opportunity,” said Christa Ross, president of MoGoes. “These are the kinds of informational, educational and entertainment mobile programs we’re creating. We help clients communicate with their customers in the way they’re demanding today. Consumers want information when they want it, where they want it, so MoGoes ‘goes where you go.’”

The formal announcement of the company coincides not only with MoGoes being named a Phase I winner in the EnterPrize Business Plan competition, but also with the signing of MoGoes’ first major contract with Visit Pittsburgh, the lead tourist promotion agency for Allegheny County, and a recently completed project for the Pittsburgh Downtown Partnership (PDP), the organization promoting the many benefits of living, working, dining and

visiting downtown Pittsburgh. Both groups are working with MoGoes to create relevant city and area tours, so visitors can learn all there is to do and see in and around Pittsburgh and Western Pa. Many other proposals are also currently under review and discussion by various prospective clients throughout the region.

“MoGoes offers organizations such as ours the opportunity to reach its audiences in a new and exciting way. People are on-the-go and we want to provide useful information that goes with them. The MoGoes products are not only informational and entertaining, but the mobile delivery of the content helps further underscore that Pittsburgh is a vibrant, technologically advanced market, and that will only help us better promote the City and all that it has to offer,” said Michael M. Edwards, president and CEO of the PDP.

The company, which initially marketed itself to prospective clients as Mobile Media Ventures, LLC, recently changed its name to MoGoes, as a better reflection of what the company offers, which is all about mobile media content. MoGoes is tapping into what is projected to be a multi-billion dollar industry in the next few years, by developing tours and other programs on behalf of businesses, governments, universities and tourist organizations, created specifically for the business traveler, student, tourist or other individual looking to personalize their experience while visiting new places and destinations – or just getting to know their own hometown better.

How MoGoes Works

Imagine being a first-time visitor to Pittsburgh later this year, staying at a downtown hotel and wanting to walk around. You go to the Visit Pittsburgh Web site, download the “Pittsburgh Downtown Walking Tour” to your iPod or video-enabled mobile device and off you go. The video and audio points out sites of interest as you walk past historic buildings, around cultural attractions and other highlights along the way. The tour can provide maps, a list of local restaurants and even a mobile coupon to a chic new restaurant as you walk by, should all this activity get your appetite going. And it’s all right there in the palm of your hand.

Maybe you’re considering attending a local university next year. You visit the school’s Web site, download the “Self-Guided Student Campus Tour” and follow it as it takes you to the bookstore, the student union building, the dorms and other important highlights of the campus. Or perhaps you’re in the market for a new house and you’re driving around the neighborhood where you’d like to buy. You see a house you like, so you stop and type in a numeric code on your Web-enabled mobile phone. This directs you to a link, where you can take a virtual tour of the inside of the home. All while sitting right outside.

“These are just a few of the applications we’re developing,” said Ross. “The possibilities for mobile technology grow as the market expands. We’re working to capitalize on that expansion by meeting the need for on-demand content.”

What Makes MoGoes Different?

MoGoes provides companies with solutions that use this emerging medium to target their audiences and serve their business needs. MoGoes creates audio and video programming specifically for mobile devices, rather than just re-purposing previously developed content from other media. More importantly, MoGoes provides clients with a one-stop solution, rather than having to work with multiple companies to create, distribute and market their mobile messages, which is inefficient and often ineffective. MoGoes facilitates the process from concept to production, navigating complex carrier distribution channels and platforms, manages on-going technology changes and works with clients to creatively market the product to end users.

The Mobile Market Potential

Analysts project that by 2011, U.S. mobile revenues alone will be more than \$11.2 billion, and nearly 75 percent of mobile devices will be video-enabled. (1) That translates into millions of people watching and interacting with the screen in the palm of their hand. With the global market expanding even more rapidly, the growth potential is exponential.

Who is MoGoes?

MoGoes was launched by a collaboration of well-established, Pittsburgh-based industry leaders in the fields of video production, interactive technology and mobile media that have identified an emerging market need and an opportunity. MoGoes has partnered with and is being incubated by PMI, a highly regarded and award-winning Pittsburgh video and audio production company.

The 11 individual and corporate investors who provided MoGoes its initial seed capital are now seeking a second round of venture capital investment. The initial goal is to take MoGoes nationwide and build a \$50 million company with 100 employees within the next five years.



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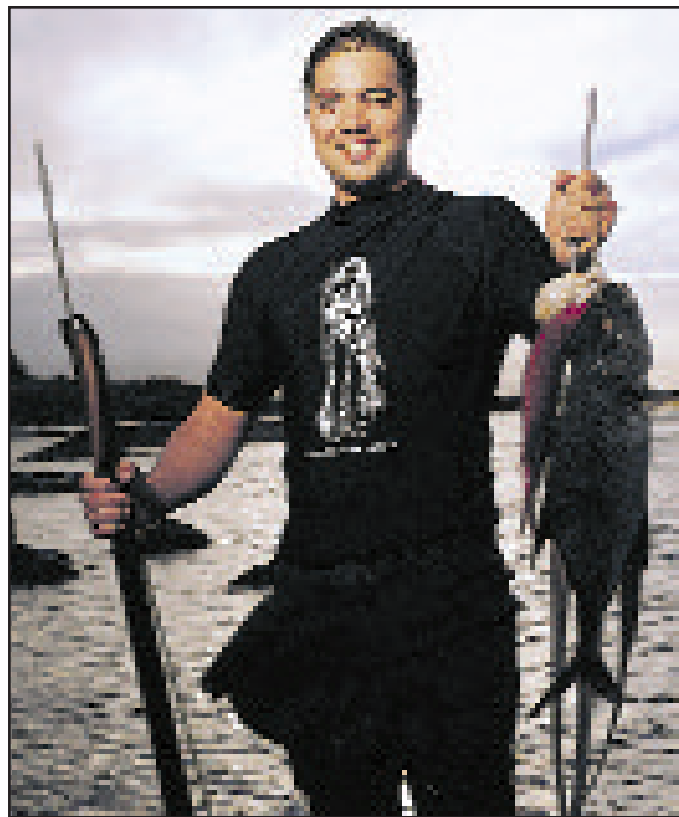
Mama's Fish House

By: Suz Pisano

Truly the finest dining establishment on the island of Maui is Mama's Fish House. Since 1973, Mama's Fish House has been serving the finest fish and Hawaiian cuisine that the island has to offer. Our host, the founder's daughter, Karen explained that her parents fell in love with the island and the Aloha spirit and the restaurant has been here ever since. It is definitely worth the trip, and hey if you're on Maui, you will definitely want to treat yourself to the best!

You will know that you are somewhere special the moment you make the turn into the driveway. The property is beachfront and absolutely gorgeous. At sunset - the ocean view is absolutely breathtaking. As you walk along the beach path to the restaurant, you'll feel like you're in ancient Polynesia. The restaurant is not very large, so reservations are necessary. We quickly learned that this is a favorite spot for many who travel to Maui often. Karen explained that the restaurant is not only for special occasions but the experience is always special and memorable. I certainly will never forget it!

Our meal began with a little taste of Curried Banana Bisque topped with Cilantro & Roasted Coconut. The soup had a hint of spicy, it was not sweet as you would imagine, but creamy, warm and delicious. Our second course was Sashimi (\$22), this Ahi was the reddest I've ever seen and absolutely fresh and melt in your mouth tender. The Lobster and Asian Noodle in a coconut (\$18) was as delicious as gorgeous in presentation. It was served with Mama's Mango Chutney a perfect compliment. Chef Perry also sent out a couple of appetizers for us to taste - Kalua Pig Mini-Sandwiches on Taro Bread served with Mango Chutney, Shrimp Lomi Lomi, and an amazing Opakapaka Skewered with Lemongrass and Ponzu Sauce. The Kalua Pig sandwiches were delicious on the dense taro bread. This was a nice change on a Hawaiian classic. The Shrimp Lomi Lomi was super fresh and disappeared in an instant but our favorite was the Opakapaka. This looked amazing and was delicately battered on a lemongrass skewer. The lemongrass flavored the fish and the Ponzu sauce was to die for. I'm missing this as I write. I've never had anything like it. As a palate cleanse - we were served a Coconut Mint Lime Sorbet that was a wonderful refresher. We were honored when Chef Perry came out to visit with our table. He's young, energetic and has deep family roots in Maui. Chef Perry is unparalleled for his dedication to honoring the



Chef Perry

fishermen's catch with the freshest and most intriguing preparations. His unique style is far from ordinary. Many of the menu selections have the name of the local fisherman right next to the menu offering. This is the true Aloha spirit of Mama's Fish House - acknowledging the fishermen, who catch the wild fish that end up as your nourishment during your dining experience.

When our entrees arrived, we were immediately impressed with the plating and presentation. The Opah caught in local waters aboard the "Pacific Reflection" (\$42) served upcountry style with caramelized Maui onion, avocado and jasmine rice was delicate in flavor topped with sweet onion. The rice served "old Hawaiian style" came wrapped in a Ti leaf. A simple compliment to a delicious dish. Mama's Stuffed Fish Macadamia (\$49) created from Mahimahi stuffed with lobster, crab, Maui onion and baked in a macadamia nut crust was served with lemongrass rice pilaf and Kula vegetables. The lobster and crabmeat alone were enough for two diners and we all loved this fish with macadamia nuts probably grown right on the island. The last entrée we sampled was Pua Me Hua Hana - in the style of Old Hawaii (\$49), Opah and Mahimahi sautéed in coconut milk with slow cooked Kalua pig, grilled banana, Molokai potato, poi, Island fruit and a fresh coconut. This is the specialty of the house - it's like a mini luau all on one plate! I couldn't pick my favorite of the two fishes on this dish because they were both tender and



prepared in a way you will not find on the Mainland. The Kalua pig was served wrapped in a Ti leaf like a little package of tender morsels. The grilled banana with rum was a nice compliment and the fresh fruit was succulent and sweet. The Molokai potato was purple and much like a sweet potato. Now I know if you've never had poi, you're interested to know what it is & how it tastes. It is much the consistency of paste and is used as a sauce for such dishes as the Kalua pig which is prepared by wrapping in Ti leafs and steaming. You do use your fingers to scoop it out of the bowl but it really doesn't taste like much. It is made from the Taro plant which is grown all over the islands.

Just when we thought Chef Perry has outdone himself, we were asked to select desserts. After eating our meals and sampling each other's food, we were quite full but asked that he send us something he'd like us to try and we'd share. We were served not one, not two, not three but four desserts because we were told that Chef Perry couldn't decide which to send out. What we did sample were some of the finest desserts on the island - Liliko'i Crème Brulee, Banana Macadamia Nut Crisp, Polynesian Black Pearl and Kiwi Sorbet.. Liliko'i (the Hawaiian word for passion fruit) and the tangy glaze on top of the Crème Brulee was excellent. The Banana Macadamia Nut Crisp served warm with Tahitian vanilla bean ice cream was heavenly. I'll never look at apple

crisp the same knowing that it could be tropical. The Polynesian Black Pearl winds the award for most beautiful and complex dessert ever - it's a homemade light cookie seashell with chocolate mousse and passion fruit cream in the center covered in a chocolate ganache. It's literally almost too beautiful to eat, and I imagine any one ordering it for the first time spend a good two minutes just marveling at it's beauty. The Kiwi Sorbet was served with a Rambutan and pastry crisp garnish. Rambutan is similar to a lychee but with a much more colorful outer shell. This was equally delicious and sorbet flavors change often.

I know it's a far way away, but if your have the good fortune to find yourself on the island of Maui, Mama's Fish House is surely not to be missed. Don't let the prices scare you, the quality, presentation, atmosphere and service is well worth the price. At Mama's you'll find fine dining in a casual setting. There is no pretension here - the food speaks for itself. Congratulations Chef Perry and the Christenson family for taking paradise and making it just that much better! Mahalo!

Check out Mama's Fish House online at www.mamasfishhouse.com. It's a beautiful website complete with native music. Start planning your trip now!



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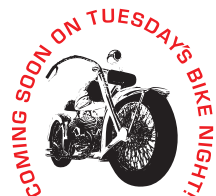
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Joss Stone



Joss Stone has sold more than 7.5 million albums worldwide, been nominated for four Grammy Awards, appeared onstage with James Brown, The Rolling Stones, Stevie Wonder, Elton John, Patti Labelle, Mavis Staples, Donna Summer, and Smokey Robinson, sat for an interview with Oprah Winfrey; starred in two major ad campaigns for the Gap; and performed for more than 200,000 people at the 2005 Live 8 Concert in London – all before reaching the ripe old age of 19.

Yet, only now, on her third album, *“Introducing Joss Stone”*, does the British soul singer and songwriter feel she is expressing her true musical vision. “This is the first album I’ve made that is truly me,” she says. “That’s why I’m calling it *Introducing Joss Stone*. These are my words, and this is who I am as an artist.”

Knowing she needed to write the album alone, Stone decamped to the Caribbean island of Barbados in April to come up with lyrics. There, amid the sandy beaches and warm tropical breezes, she had an epiphany. “I’m driving along in my car and I’m thinking, Why am I going through

life looking for unconditional love from a human being, when it’s music that’s unconditional?” she says. “It’s always there for me. It’s the love of my life. I’ve found it.”

That simple realization became a major theme, both lyrical and musical, on *Introducing Joss Stone*, and it explains the album’s electrifying mix of warm vintage soul, ‘70s-style R&B, Motown girl-group harmonies, and jazzy grooves performed by a live band conducted by Stone’s main musical collaborator and producer Raphael Saadiq (known for his work with D’Angelo, The Roots, and Macy Gray). “Raphael [who plays bass on the album] is the most mind-blowing musician I’ve ever met in my whole life,” Stone says. “Musically, I feel like he reads my mind. I’ll give him a look and he’ll know exactly what I want.” Stone and Saadiq spent two months recording in the Bahamas, and then mixed the album at the legendary Electric Lady Studios in New York City.

From the first beat of the languid opening track, “Music”, every note, groove, and harmony is infused with Stone’s love for the gift of song. On “Music,” she sings:



"I'm so in love with my music / The way you keeping me moving / Ain't nobody do what you doing." The track, originally inspired by "The Mask" by *The Fugees*, features a rap by Fugees singer Lauryn Hill. Stone's collaborator on the song, Novel, a writer and producer who is the grandson of soul legend Solomon Burke, jokingly suggested they ask the famously reclusive star to make a guest appearance. "And of course, being me, I was like, 'I'm going to get her.'" Stone called Hill's mother every day for a month and a half, asking if her daughter had listened to the song. "Every day I'd say, 'Have you heard from Lauryn?' and she would just be like, 'No.' Click. But I just couldn't let go until it happened."

Then there's the Supremes-esque "Girl, They Won't Believe It," which is about finding happiness through music. "When I was in school, I wanted to be a singer and everyone said I was crazy," Stone says. "They'd be like, 'Get your head out of those clouds and come do your math work.' So now I'm telling them, 'Girl, they won't believe it, I finally found some sweet through the bitters of life. All I need is a kiss from a melody.'"

As any soul album worth its salt must, *Introducing Joss Stone* features its share of relationship songs, from the blissed-out "Catch Me I'm Falling," with a shuffling groove and string arrangement that would make Marvin Gaye proud, to the sweet, dreamy "Tell Me What We're Going To Do Now" (featuring guest rapper Common), to the classic Motown vibe of "In the Arms of My Baby," which Stone wrote about feeling lonely on the road. "That song is about needing to be back somewhere where I feel like home," she says. "Sometimes you need a hug or affection from someone. You can't have that over the phone."

Of course love ain't always rosy. On the bitter, regretful break-up song "I Wish" Stone sings: "I wish I never met you / I finally had enough of your shit / I should have left your ass a long time ago." "It's all cool now," she says with a laugh. "We're friends, but when something ends, all you have left is that deep hurt. But I had to go through that hurt in order to write these songs." The superfunny, playful first single "Tell Me 'Bout It" finds Stone moving on, looking for new love, but wondering why he can't step up to the plate. "That is my life story," she says, sighing. "It's like, come on,

tell me how you feel. Don't be such a wuss. It's clear that you like me and I like you, so just do something about it!"

From the time the Devon, England-bred Stone emerged on the music scene at age 16, she has always displayed a strength and intensity, despite insisting that back then, being so young, she didn't know what she was doing. Critics disagreed, calling her a singer who possesses a "rich, deep, soulful belt," as the *New York Post* put it, and "unlike any singer of her generation." In 2003, Stone released *The Soul Sessions*, an album of covers of obscure soul tracks, hit the road for a year, then recorded 2004's *Mind, Body & Soul*, her first album of original material. Of that album, *Newsweek* noted: "Stone can croon it sad, deep, and throaty, belt it out juke-joint style, or get down and funky for the bump-and-grind crowd," while *Interview* heralded her "gutsy voice, which can sting like aged bourbon, or melt like strap molasses."

Stone was nominated for three Grammy Awards in 2005, including Best New Artist, and performed a memorable tribute to Janis Joplin with Melissa Etheridge at the ceremony. Their rendition of "Cry Baby/Piece of My Heart" was released as a single, and became Stone's first Top 40 hit in the U.S. That same year, Stone appeared on every American late-night and morning talk show, and scored magazine features everywhere from *Rolling Stone* to *Vanity Fair* as well as the cover of fashion bible *Elle*.

In February 2006, she joined Stevie Wonder, John Legend, and India Arie for the Super Bowl XL pre-game show, while on the night of the 2006 Grammy Awards, she appeared with Legend and Van Hunt singing a medley of hits by soul star Sly Stone. Their cover of "Family Affair," which appears on the Sly Stone tribute album *Different Strokes By Different Folks*, has been nominated this year for a Grammy Award for "Best R&B Performance By A Duo or Group." Always game to honor the legends who came before her, Stone brought down the house with her rendition of Dusty Springfield's "Son of a Preacher Man" at the UK Music Hall of Fame Awards in November.

Stone will be no less busy in 2007, when Virgin Records releases *Introducing Joss Stone*.

Stuff To Make You Laugh

Married Life

Husband and wife in bed together.
She feels his hand rubbing her shoulder.

She: "Oh, that feels good."
His hand moves to her breast.

She: "Gee, honey, that feels wonderful."
His hand moves to her leg.

She: "Oh, honey, don't stop."
But he stops.

She: "Why did you stop?"

He: "I found the remote."

Were It Not So

Ray, an old retired sailor, puts on his old uniform and heads for the docks once more, for old times sake. He engages a prostitute and takes her up to a room. He's soon going at it as well as he can for a guy his age, but needing some reassurance, he asks, 'How am I doing?? The prostitute replies, 'Well Ray, old sailor, you're doing about three knots.' 'Three knots?' he asks. 'What's that supposed to mean??' She says, 'You're knot hard, you're knot in, and you're knot getting your money back'.

Dr. Smith

A flat-chested young lady went to Dr. Smith about enlarging her tiny breasts. Dr. Smith advised her, "Every day after your shower rub your chest and say, "Scooby doobie doobies, I want bigger boobies." She did this faithfully for several months and it worked! She grew terrific D-cup boobs! One morning she was running late, got on the bus and in a panic realized she had forgotten her morning ritual. Frightened she might lose her lovely boobs if she didn't recite the little rhyme, she stood right there in the middle aisle of the bus closed her eyes and said, "Scooby doobie doobies, I want bigger boobies." A guy sitting nearby looked at her, "By any chance, are you a patient of Dr. Smith's?" "Why, yes I am... How did you know?" He leaned closer, winked and whispered, "Hickory dickory dock..."

Sweet Revenge

Mrs. Johnson decided to have her own portrait painted by a well-known artist. She told the artist, "Paint me with three-carat diamond earrings, a large diamond necklace, glimmering emerald bracelets, and a beautiful, red ruby pendant." "But ma'am, you are not wearing any of those things." "I know," said Mrs. Johnson. "My health is not good and my husband is having an affair with his secretary. When I die I'm sure he will marry her, and I want the bitch to go nuts looking for the jewelry."

You Gotta Love Drunk People

A man and his wife are awakened, at 3 O'Clock in the morning by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push. "Not a chance," says the husband, "it is 3 O'Clock in the morning! He slams the door and returns to bed. "Who was that?" asked his wife. "Just some drunk guy asking for a push,"

he answers. "Did you help him?", she asks. "No, I did not, it's 3 O'Clock in the morning and it's pouring out there!" "Well, you have a short memory," says his wife. "Can't you remember, about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!" The man does as he is told, gets dressed, and goes

out into the pounding rain. He calls out into the dark, "Hello, are you still there?" "Yes" comes back the answer. Do you still need a push?", calls out the husband. "Yes, please!" comes the reply from the dark. "Where are you?" asks the husband. "Over here on the swing!" replies the drunk.

I wondered why the baseball was getting bigger.
Then it hit me.

Police were called to a daycare where a three-year-old was
resisting a rest.

Did you hear about the guy whose whole left side was cut off?
He's all right now

The roundest knight at King Arthur's round table was Sir
Circumference

The butcher backed up into the meat grinder and got a little
behind in his work

To write with a broken pencil is pointless

When fish are in schools they sometimes take debate

The short fortuneteller who escaped from prison was a small
medium at large

A thief who stole a calendar got twelve months

A thief fell and broke his leg in wet cement. He became a
hardened criminal

Thieves who steal corn from a garden could be charged with
stalking

We'll never run out of math teachers because they always
multiply

When the smog lifts in Los Angeles, U C L A

The professor discovered that her theory of earthquakes was
on shaky ground

The dead batteries were given out free of charge

If you take a laptop computer for a run you could jog your
memory

A dentist and a manicurist fought tooth and nail

What's the definition of a will? (It's a dead giveaway)

A bicycle can't stand alone; it is two tired

Time flies like an arrow; fruit flies like a banana

A backward poet writes inverse
In a democracy it's your vote that counts; in feudalism,
it's your Count that votes

A chicken crossing the road: poultry in motion

If you don't pay your exorcist you can get repossessed

With her marriage she got a new name and a dress

Show me a piano falling down a mineshaft and I'll show
you A-flat miner

When a clock is hungry it goes back four seconds

The guy who fell onto an upholstery machine was fully
recovered

A grenade fell onto a kitchen floor in France, resulted in
Linoleum Blown apart

You are stuck with your debt if you can't budge it

He broke into song because he couldn't find the key

A calendar's days are numbered

A lot of money is tainted: 'Taint yours, and 'taint mine

A boiled egg is hard to beat

He had a photographic memory which was never
developed

A plateau is a high form of flattery

Those who get too big for their britches will be exposed
in the end

When you've seen one shopping center you've seen a
mall

When she saw her first strands of gray hair, she thought
she'd dye

Bakers trade bread recipes on a knead to know basis

Stuff To Make You Laugh

A Bride for the Fourth Time

A woman married three times walked into a bridal shop and told the sales clerk that she was looking for a wedding dress for her fourth wedding. The bride to be said, "A long frilly white dress with a veil." The sales clerk hesitated a bit, then said, "Please don't take this the wrong way, but gowns of that nature are considered more appropriate for brides who are being married for the first time - for those who are a bit more innocent. Perhaps ivory or sky blue would be nice?" The customer, a little peeved, "I can assure you that a white gown would be quite appropriate. Believe it or not, despite all my marriages, I remain as innocent as any first-time bride. YOU see, my first husband was so excited about our wedding, he died as we were checking into our hotel. My second husband and I got into such a terrible fight in the Limo on our way to our honeymoon that we had that wedding annulled immediately and never spoke to each other again. "What about your third husband?" asked the sales clerk. "That one was a Democrat," said the woman, "every night for four years, he just sat on the edge of the bed and told me how good it was going to be."

It's Hell Getting Older

An 80-year old man goes for a physical. All of his tests come back with normal results. The doctor says, "Chuck, everything looks great! How are you doing mentally and emotionally? Are you at peace with God?" Chuck replies, "God and I are tight. He knows I have poor eyesight, so he's fixed it so when I get up in the middle of the night to go to the bathroom, POOF! the light goes on. When I'm done, POOF! the light goes off." "WOW, that's incredible," the doctor says.

A little later in the day, the doctor calls Chuck's wife. "Ethel," he says, "Chuck is doing fine! But, I had to call you as I am in awe of his relationship with God. Is it true that when he gets up during the night, POOF! the light goes on in the bathroom and when he's done POOF! the light goes off?"

"Oh, my God!" Ethel exclaims, "he's peeing in the refrigerator again!"

Sharing

An elderly couple walk into a fast food restaurant. They order one hamburger, one order of fries and one drink. The old man unwraps the plain hamburger and carefully cuts it in half. He places one half in front of his wife. He then carefully counts out the fries, dividing them into two piles and neatly placing one pile in front of his wife. He takes a sip of the drink, his wife takes a sip and then sets the cup down between them. As he begins to eat his few bites of hamburger, the people around them keep looking over and whispering "That poor old couple - all they can afford is one meal for the two of them."

As the man begins to eat his fries a young man comes to the table. He politely offers to buy another meal for the old couple. The old man replies that they're just fine - they're just used to sharing everything.

The surrounding people noticed the little old lady hadn't eaten a bite. She sits there watching her husband eat and occasionally taking turns sipping the drink.

Again the young man comes over and begs them to let him buy another meal for them. This time the old woman says "No, thank you, we are used to sharing everything."

As the old man finishes and was wipes his face neatly with the napkin, the young man again comes over to the little old lady who had yet to eat a single bite of food and asks "May I ask what is it you are waiting for?" The old woman answers... "THE TEETH!"

Top Ten Things Bald Guys Never Have to Worry About

10. A crooked part.
9. Head lice.
8. Windy days.
7. The cost of mousse.
6. Chemotherapy.
5. Being elected President.
4. Hat Hair.
3. Shampoo in your eyes.
2. Blow Dryer Electrocution.
1. Flirting.

Random Info

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase...."goodnight, sleep tight."

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month . which we know today as the honeymoon.

In English pubs, ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down."
It's where we get the phrase "mind your P's and Q's"

Quiz

- Q.** Half of all Americans live within 50 miles of what?
A. Their birthplace
- Q.** Most boat owners name their boats. What is the most popular boat name requested?
A. Obsession
- Q.** If you were to spell out numbers, how far would you have to go until you would find the letter "A"?
A. One thousand
- Q.** What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common?
A. All invented by women.
- Q.** What is the only food that doesn't spoil?
A. Honey
- Q.** Which day are there more collect calls than any other day of the year?
A. Father's Day

Tasteless

After a woman gave birth to her baby, the doctor stood solemnly beside her bed.

"There is something I must tell you about your baby."

"What's wrong?" the alarmed mother asked.

"Your baby is a hermaphrodite."

"What's that?"

"It means your baby has both male and female parts."

"Oh my God, that's wonderful!" the mother said.

"You mean it has a penis AND a brain?!"

A man had a leak in the roof over his dining room, so he called a roofer to take a look at it.

"When did you first notice the leak?" the roofer inquired.

The man scowled and said, "Last night, when it took me 2 hours to finish my soup!"

The blondes at the university led by Suzy , were tired of not fitting in. They were tired of other students assuming they were just stupid bimbo's. They wanted somewhere where they felt they belonged. So Suzy pressured the administration to set up a new Department especially for them. The university agreed and set up the Blonde Education Department. Suzy and the blondes were ecstatic to have a department of their own where they could gather without being ridiculed. They felt they really belonged now. They wanted other students to see that they weren't just stupid bimbo's -- after all, they now had their own department at the university. So they now all proudly wear the official sweatshirt of the Blonde Education Department designed by Suzy which sports the saying: "I Belong in B.E.D."

RANDOM FACTS

Some Really Interesting Facts!

- Many years ago in Scotland, a new game was invented. It was ruled "*Gentlemen Only...Ladies Forbidden*"...and thus the word GOLF entered into the English language.
- In the 1400's a law was set forth that a man was not allowed to beat his wife with a stick no thicker than his thumb. Hence we have "*the rule of thumb*"
- The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.
- Every day more money is printed for Monopoly than the US Treasury.
- Men can read smaller print than women can. Women can hear better.
- Coca-Cola was originally green.
- It is impossible to lick your elbow.
- The State with the highest percentage of people who walk to work: Alaska
- The percentage of Africa that is wilderness: 28%
The percentage of North America that is wilderness: 38%
- The cost of raising a medium-size dog to the age of eleven: \$6,400
- The average number of people airborne over the US any given hour: 61,000
- Intelligent people have more zinc and copper in their hair.
- The first novel ever written on a typewriter: Tom Sawyer.
- The San Francisco Cable cars are the only mobile National Monuments.
- Each king in a deck of playing cards represents a great king from history:
 - Spades - King David
 - Hearts - Charlemagne
 - Clubs - Alexander, the Great
 - Diamonds - Julius Caesar
- $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
- If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.
- Only two people signed the Declaration of Independence on July 4th, John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.

Hotel Bill

Next time you think your hotel bill is too high you might want to consider this...

A husband and wife are traveling by car from Key West to Boston. After almost twenty-four hours on the road, they're too tired to continue and they decide to stop for a rest. They stop at a nice hotel and take a room, but they only plan to sleep for four hours and then get back on the road. When they check out four hours later, the desk clerk hands them a bill for \$350.00. The man explodes and demands to know why the charge is so high. He tells the clerk although it's a nice hotel, the rooms certainly aren't worth \$350.00! When the clerk tells him \$350.00 is the standard rate, the man insists on speaking to the Manager. The Manager appears, listens to the man, and explains that the hotel has an Olympic-sized pool and a huge conference center that were available for the husband and wife to use. "But we didn't use them," the man complains.

"Well, they are here, and you could have," explains the Manager. He goes on to explain they could have taken in one of the shows for which the hotel is famous. "The best entertainers from New York, Hollywood, and Las Vegas perform here," the Manager says. "But we didn't go to any of those shows", complains the man again. "Well, we have them, and you could have," the Manager replies. No matter what amenity the Manager mentions the man replies, "But we didn't use it!" The Manager is unmoved, and eventually the man gives up and agrees to pay. He writes a check and gives it to the Manager. The Manager is surprised when he looks at the check. "But sir," he says, this check is only made out for \$50.00." "That's correct," says the man. "I charged you \$300.00 for sleeping with my wife". "But I didn't!" exclaims the Manager. "Well, too bad," the man replies "she was here and you could have!"

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Must be at least 21 years old & have proper ID to participate.

More Darwin Awards

The Darwin awards are given each year to those who manage to eliminate themselves from the human gene pool. The candidates this year are....

In Detroit , a 41-year-old man got stuck and drowned in two feet of water after squeezing head first through an 18-inch-wide sewer grate to retrieve his car keys.

A 49-year-old San Francisco stockbroker, who "totally zoned when he ran", accidentally jogged off a 100-foot high cliff on his daily run.

Buxton , NC : A man died on a beach when an 8-foot-deep hole he had dug into the sand caved in as he sat inside it. Beach-goers said Daniel Jones, 21, dug the hole for fun, or protection from the wind, and had been sitting in a beach chair at the bottom Thursday afternoon when it collapsed, burying him beneath 5 feet of sand. People on the beach, on the outer banks, used their hands and shovels, trying to claw their way to Jones, a resident of Woodbridge , VA , but could not reach him. It took rescue workers using heavy equipment almost an hour to free him while about 200 people looked on. Jones was pronounced dead at a hospital.

Santiago Alvarado, 24, was killed in Lompoc , CA , as he fell face-first through the ceiling of a bicycle shop he was burglarizing. Death was caused when the long flashlight he had placed in his mouth (to keep his hands free) rammed into the base of his skull as he hit the floor.

Sylvester Briddell, Jr., 26, was killed in Selbyville , Del , as he won a bet with friends who said he would not put a revolver loaded with four bullets into his mouth and pull the trigger.

The following mind-boggling attempt at a crime spree in Washington, DC appeared to be the robber's first (and last), due to his lack of a previous record of violence, and his terminally stupid choices:

1. His target was H&J Leather & Firearms; A gun shop specializing in handguns.

2. The shop was full of customers - firearms customers.
3. To enter the shop, the robber had to step around a marked police patrol car parked at the front door.
4. A uniformed officer was standing at the counter, having coffee before work.

Upon seeing the officer, the would-be robber announced a hold-up, and fired a few wild shots from a target pistol. The officer and a clerk promptly returned fire, the police officer with a 9mm GLOCK 17, the clerk with a 50 DESERT EAGLE, assisted by customers, several of whom also drew and fired. The robber was pronounced dead at the scene by Paramedics. Crime scene investigators located 47 expended cartridge cases in the shop. The subsequent autopsy revealed 23 gunshot wounds. Ballistics identified rounds from 7 different weapons. No one else was hurt in the exchange of fire.

Paul Stiller, 47, was hospitalized in Andover township, NJ, and his wife Bonnie was also injured, when a quarter-stick of dynamite blew up in their car. While driving around at 2AM, the bored couple lit the dynamite and tried to toss it out the window to see what would happen, but apparently failed to notice the window was closed.

Kerry Bingham had been drinking with several friends in Tacoma, Washington when one of them said they knew a person who had bungee-jumped from the Tacoma Narrows Bridge in the middle of traffic. The conversation grew more heated and at least 10 men trooped along the walkway of the bridge at 4:30 AM. Upon arrival at the midpoint of the bridge they discovered that no one had brought a bungee rope. Bingham, who had continued drinking, volunteered and pointed out that a coil of lineman's cable lay nearby. One end of the cable was secured around Bingham's leg and the other end was tied to the bridge. His fall lasted 40 feet before the cable tightened and tore his foot off at the ankle. He miraculously survived his fall into the icy salt water and was rescued by two nearby fishermen. "All I can say" said Bingham, "is that God was watching out for me on that night. There's just no other explanation for it." Bingham's foot was never located.

Man Of The House

The husband had just finished reading the book, “*Man Of The House*”. He stormed into the kitchen and walked directly up to his wife. Pointing a finger in her face, he said, “From now on, I want you to know that I am the man of this house, and my word is law! I want you to prepare me a gourmet meal tonight, and when I’m finished eating my meal, I expect a sumptuous dessert afterward. Then, after dinner, you are going to draw me my bath so I can relax. And when I’m finished with my bath, guess who’s going to dress me and comb my hair?” His wife replied, “The funeral director would be my guess?!”

Letters of Love and Passion

Dear Ex-Husband -

Nothing has made my day more than receiving your letter. It’s true that you and I have been married for seven years, although a good man is a far cry from what you’ve been. I watch my soaps so much because they drown out your constant whining and griping. Too bad that doesn’t work. I did notice when you got a hair cut last week, the first thing that came to mind was “You look just like a girl!” but my mother raised me not to say anything if you can’t say anything nice. And when you cooked my favorite meal, you must have gotten me confused with MY SISTER, because I stopped eating pork seven years ago. I turned away from you when you had those new silk boxers on because the price tag was still on them. I prayed that it was a coincidence that my sister had just borrowed fifty dollars from me that morning... and your silk boxers were \$49.99. After all of this, I still loved you and felt that we could work it out.

So when I discovered that I had hit the lotto for ten million dollars, I quit my job and bought us two tickets to Jamaica. But when I got home you were gone. Everything happens for a reason I guess.

I hope you have the fulfilling life you always wanted. My lawyer said that with your letter that you wrote, you won't get a dime from me.
So take care.

Signed.

Rich As Hell and Free!

P.S. I don't know if I ever told you this but Carla, my sister, was born Carl. I hope that's not a problem.

The Prisoner

The newlyweds arrive at the hotel and the girl tells her husband, “Honey, I know nothing of this, can you help me, please?”

“I will honey, starting from this instant, we will call your thing the prison and my thing we’ll call the prisoner, so we will put the prisoner in the prison.” And they throw the first one.

The guy is laying face up on the bed, but the girl was delighted and tells her husband, “Love, the prisoner is outside the prison!”

The guy tired but very delighted tells her, “Let’s put him into the prison another time!”

After the second the girl is very happy and she tells him, “Honey! The prisoner is out again!”

The man rises and they throw the third!

He is on the bed, exhausted and the girl says,

“Honey, the prisoner escaped again!!!

And he answers, “HEY! It’s not life imprisonment!!!”

Playing House

A little girl and a little boy were at day care one day. The girl approaches the boy and says, “Hey Stevie, wanna play house?”

He says, “Sure! What do you want me to do?”

The girl replies, “I want you to communicate.”

He says to her, “That word is too big. I have no idea what it means.”

The little girl smirks and says, “Perfect. You can be the husband.”

Waiting

A guy was known among his friends to be very brief and to the point - he really never said too much.

One day, a saleswoman promoting a certain brand of brushes knocked his door and asked to see his wife, so the guy told her that she wasn’t home.

“Well,” the woman said, “Could I please wait for her?” The man directed her to the drawing room and left her there for more than three hours.

After feeling really worried, she called out for him and asked, “May I ask where your wife is?”

“She went to the cemetery,” he replied.

“And when is she coming back?”

“I don't really know,” he said. “She’s been there eleven years now.”

Excerpts from the Dog's Diary

8:00 am - Dog food! My favorite thing!
9:30 am - A car ride! My favorite thing!
9:40 am - A walk in the park! My favorite thing!
10:30 am - Got rubbed and petted! My favorite thing!
12:00 pm - Lunch! My favorite thing!
1:00 pm - Played in the yard! My favorite thing!
3:00 pm - Wagged my tail! My favorite thing!
5:00 pm - Milk bones! My favorite thing!
7:00 pm - Got to play ball! My favorite thing!
8:00 pm - Wow! Watched TV with the people! My favorite thing!
11:00 pm - Sleeping on the bed! My favorite thing!

Excerpts from a Cat's Diary

Day 983 of my captivity. My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength. The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet.

Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates what I am capable of. However, they merely made condescending comments about what a "good little hunter" I am. Bastards!

There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of "allergies." I must learn what this means, and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow -- but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released - and seems to be more than willing to return. He is obviously retarded. The bird has got to be an informant. I observe him communicate with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now...

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Yo Mama So Fat...

Yo mama so fat when her beeper goes off, people thought she was backing up

Yo mama so fat people jog around her for exercise

Yo mama so fat she goes to a restaurant, looks at the menu and says "okay!"

Yo mama so fat when she sits around the house, she SITS AROUND THE HOUSE!

Yo Mama So Dirty...

Yo mama so dirty she has to creep up on bathwater.

Yo mama so dirty she makes mud look clean.

Yo mama so dirty that she was banned from a sewage facility because of sanitation worries!

Yo mama so dirty that you can't tell where the dirt stops and she begins.

Yo Mama So Stupid...

Yo mama so stupid when your dad said it was chilly outside, she ran outside with a spoon

Yo mama so stupid that she tried to put M&M's in alphabetical order!

Yo mama so stupid she could trip over a cordless phone!

Yo mama so stupid she took the Pepsi challenge and chose Jif.

Yo Mama Is So Old...

Yo mama so old she has a picture of Moses in her yearbook.

Yo mama so old her birth certificate says expired on it.

Yo mama so old she knew Burger King while he was still a prince.

Yo mama so old she was a waitress at the Last Supper.

A Translation of Yankee Dogs to Southern Dogs

(Yankee) German Shepherd Dog
(Southern) Poh-leece Dawg.

(Yankee) Poodle
(Southern) Circus Dawg.

(Yankee) Doberman Pinscher
(Southern) Dobimin Pinches.

(Yankee) Beagle
(Southern) Rabbit Dawg.

(Yankee) Rottweiler
(Southern) Mean As A Rattlesnake Dawg. Good dawg to guard the still.

(Yankee) Yellow Lab
(Southern) Ol' Yeller Dawgs.

(Yankee) Black Lab
(Southern) Duck fetchin' Dawg.

(Yankee) Greyhound
(Southern) Greased Lightnin' Dawg.

(Yankee) Malinois
(Southern) Another kind of Poh-leece Dawg.

(Yankee) Blue Ticks, Red Bones, etc.
(Southern) Prize Coon Dawgs.

(Yankee) Pekinese
(Southern) Mop Dawg.

(Yankee) Chinese Crested
(Southern) Nekkid Dawg.

(Yankee) Dachshund
(Southern) Weenie Dawg.

(Yankee) Siberian Husky
(Southern) Sled-Pullin' Dawg.

(Yankee) Bouvier, Komondor
(Southern) "What In the World Kinda Dawg Is That?"

(Yankee) Great Dane, Mastiff
(Southern) Danged BIG Dawg.

CONNECT 3, April 13 - 28, 2007
EXPERIENTIAL, INTERACTIVE, MIXED
MEDIA & ABSTRACT WORKS BY
ALLISON HOGE & JOAN RICOU,
pittsburgh

This exhibit explores the effect color has on mind, body and spirit by incorporating basic yoga and meditation upon the chakras.

Second and Fifth Chakras:

Second Chakra: associated with the area of the womb and spleen, governs creativity and emotion. This chakra is represented by the color orange.

Fifth Chakra: associated with the area of the throat, governs communication and personal magnetism, passion. This chakra is represented by the color blue.

With the aid of art as the visual stimulant, moxie DaDA and Breathe Yoga Studio will explore the energies and effects of color as well as explore yoga's benefits to a more balanced life style.

The third annual CONNECT exhibit will be held at Breathe Yoga Studio to celebrate Breathe's 3rd year anniversary! For the past two years, moxie DaDA has hosted this exhibit at its own location with Breathe instructors visiting the gallery for classes. This year, after careful thought, directors Christine Whispell of moxie DaDA and Kristi Rogers of Breathe Yoga Studio believe CONNECT will be favored in Breathe Yoga Studio's more accomodating environment and will be attended by a greater number of people.

Artists, Allison Hoge and Joana Ricou, have been hand picked for this exhibit. Their works in orange and blue oil are abstract and expressive. All work is for sale through moxie DaDA. Other work by the artists will also be on display at moxie DaDA's location on the northside.



OPENING RECEPTION

Friday, April 13, 2007

@ Breathe Yoga Studio

1113 E. Carson Street, PGH, PA 15203

3rd Floor

6-7 p.m. EXPERIENTIAL, quiet meditation & silent observation upon artwork with an introduction of the second and fifth chakras.

7-10

Reception FREE & OPEN to the public, which includes a LABCO Dance performance.

YOGA CLASSES

Saturdays

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8:15 - 9:45 a.m. - YOGA BASICS

10 - 11:30 a.m. - INTERMEDIATE/ADVANCED



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gallery hours:

thursday: 12 - 6 / friday & saturday : 12 - 8 sunday: 12 - 5



Unused

A lovely young woman returning from a trip abroad, approached a Priest who was also traveling in the same group and asked if he could help her. "Of course my child. What is it you need?" "Well, I bought an expensive woman's electronic hair dryer for my mother's birthday that is unopened and well over the Customs limits, and I'm afraid they'll confiscate it. Is there any way you could carry it through customs for me? Under your robes perhaps?" "I would love to help you, dear, but I must warn you: I will not lie." "With your honest face, Father, no one will question you." When they got to Customs, she let the priest go ahead of her. The official asked, "Father, do you have anything to declare?" "From the top of my head down to my waist, I have nothing to declare." The official thought this answer strange, so asked, "And what do you have to declare from your waist to the floor?" "I have a marvelous instrument designed to be used on a woman, but which is, to date, unused." Roaring with laughter, the official said, "Go ahead, Father. Next!"

How To Get a life

It's never easy to overcome innate nerdity, a serious Internet addiction, or a hard-core computer gaming habit, but trying usually isn't as painful as kidney stones. Here's how:

Let go of the mouse.

Turn off the computer.

Play a game of solitaire with a real deck of cards.

Eat something other than taco chips

Fart without recording it and putting it up your Web page.

Get some sleep in bed rather than on your keyboard.

Next time you wake up in the middle of the night to go to the bathroom, don't tell everyone on your ICQ list about it.

Open a window without turning your computer back on (yes, it is possible). Very gradually expose your eyes to increasingly bright light so as to avoid damage or permanent sun blindness.

When you feel prepared for a massive dose of non-CRT radiation, put on welding goggles and go outside.

If you see someone, say "Hi" to them instead of trying to make the modem connect sound.

Visit a friend that you haven't spoken to in years because they don't have an email address.

Have ".com" officially removed from behind your name.

Go on a date with someone you didn't meet in a chat room.

The 10 Commandments of Email

1. Thou shalt include a clear and specific subject line.
2. Thou shalt edit any quoted text down to the minimum thou needest.
3. Thou shalt read thine own message thrice before thou sendest it.
4. Thou shalt ponder how thy recipient might react to thy message.
5. Thou shalt check thy spelling and thy grammar.
6. Thou shalt not curse, flame, spam or USE ALL CAPS.
7. Thou shalt not forward any chain letter.
8. Thou shalt not use e-mail for any illegal or unethical purpose.
9. Thou shalt not rely on the privacy of e-mail, especially from work.
10. When in doubt, save thy message overnight and reread it in the light of the dawn. That which thou findest hateful to receive, sendest thou not unto others.

The Genie

Two friends were playing golf when one pulled out a cigar. He didn't have a lighter, so he asked his friend if he had one. "I sure do," he replied while he reached into his golf bag and pulled out a 12 inch Bic lighter.

"Wow!" said his friend, "Where did you get that monster lighter?" "I got it from my genie." "You have a genie?" "Yes, right here in my golf bag." "Could I see him?" He opens his golf bag and out pops a genie. The friend asks the genie, "Since I'm a good friend of your master, will you grant me one wish?" "Yes I will" the genie replies. The friend asks the genie for a million bucks. The genie hops back into the golf bag and leaves him standing there, waiting for his million bucks. Suddenly, the sky begins to darken and the sound of a million ducks flying overhead is heard. The friend tells his golfing partner, "I asked for a million bucks, not a million ducks!" He answers, "I forgot to tell you that the genie is hard of hearing. Do you really think I asked him for a 12 inch Bic?"

The Drinkers Creed

The horse and the mules live 30 years,
And know nothing of wine or beers.
The goat and sheep at 20 die,
And never taste Scotch or Rye.

The cow drinks water by the ton,
And at 18 is mostly done.
The dog at 15 cashes in,
Without the aid of rum or gin.

The cat in milk and water soaks,
And then in 12 short years it usually croaks.
The modest, sober, bone dry hen,
Lays eggs for nogs, then dies at ten.

All animals are strictly dry,
They sinlessly live and swiftly die.
But sinful, ginful, rum-soaked men,
Survive for threescore years and ten.

And some of us, the mighty few,
Keep on drinking 'til we're 92!

Drunk Sailor

A drunken sailor on liberty got into a big mud puddle in the street and was looking for something there.
Soon two other sailors came over and asked him: "Hey, bud, what are you looking for?"
"You better give me a hand, men," said the drunk.
The new arrivals walked into the puddle too and set about searching something unknown. At last the first drunk got out of the puddle and exclaimed: "I've found it!"
"What did you find?"
"The shore!" he exclaimed.

Bar Business

A man walks into a bar one night. He goes up to the bar and asks for a beer. "Certainly, sir, that'll be 1 cent."
"One penny?!" exclaimed the guy.
The barman replied, "Yes."
So, the guy glances over at the menu, and he asks, "Could I have a nice juicy T-bone steak, with fries, peas, and a salad?"
"Certainly sir," replies the bartender, "but all that comes to real money."
"How much money?" inquires the guy.
"Four cents," he replies.
"Four cents?!" exclaims the guy. "Where's the guy who owns this place?"
The barman replies, "Upstairs with my wife."
The guy says, "What's he doing with your wife?"
The bartender replies, "Same as what I'm doing to his business."

What Your Drink Says About You

The deal with guys is, as always, very simple and clear cut.

Domestic Beer: He's poor and wants to get laid.

Good Beer: He likes good beer and wants to get laid.

Wine: He's hoping that the wine thing will give him a sophisticated image to help him get laid.

Whiskey: He doesn't give two shits about anything but getting laid.

Tequila: Piss off, all you wankers, I'm gonna go shag something.

White Zin: He's gay.

Computer Geek Quiz

1. I have moss growing:

- A) In my garden
- B) In my bathroom
- C) In my kitchen
- D) On my teeth

2. When I open my mouth at parties, people:

- A) Listen
- B) Ease away slowly
- C) Stuff a live weasel down my throat

3. I think computers are:

- A) Uninteresting
- B) Interesting
- C) Too damn small for the stuff I want to do

4. I think sheep are:

- A) Uninteresting
- B) Interesting
- C) Annoyingly far away from where I live

5. The Usenet Oracle is:

- A) A pack of weenies who think about "Lisa" way too much
- B) Interesting
- C) Not appreciative of the great answers I write; the Priesthood is out to get me

6. The gender I desire to have sexual relations with is:

- A) Difficult to understand
- B) Impossible to understand
- C) Clearly from a different planet
- D) How should I know? I've only seen pictures

7. Bill Gates is:

- A) Bill who?
- B) Very wealthy
- C) Head of Microsoft, which produces some widely used products
- D) The Antichrist

8. In general, people:

- A) Like me
- B) Don't like me
- C) People? What people?

9. My friends are:

- A) Diverse
- B) People I know from work or school
- C) Wearing the same clothing I am

10. My dream vacation is:

- A) Tibet
- B) Europe
- C) California
- D) In a room with lots of fluorescent lights and an unlimited supply of coffee

11. My job prospects are:

- A) Abysmal
- B) Adequate
- C) I'll never be out of work, you hear me? Never!
- D) They pay people to do this?

Tally Score here:

Score 0 for each A, 1 for each B, 2 for each C, and 3 for each D.

19 or more: Yep. You're a computer geek, all right.

13 - 18: You're a geek of some stripe or another.

7 - 12: Probably not a geek, but watch it...

0 - 6: If you're of the opposite sex, could you leave a note for me in the personals column? Please? Hello?

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HOROSCOPES

By: Kris Brandt Riske

ARIES: THE RAM (March 20 to April 19) A close relationship could reach a turning point at the Full Moon in Libra on April 2, when Venus in Taurus clashes with Saturn and Neptune. But a chance encounter at month's end could spark a whirlwind romance or an instantaneous friendship with a soulmate as Venus and Mercury connect you with intriguing people.

TAURUS: THE BULL (April 19 to May 20) You'll enjoy an active social life this month thanks to Mercury in Pisces, your friendship sign, through April 9, and Mars in Pisces after April 5. Networking can result in a beneficial career contact early in the month, when you also could be surprised by a friend who expresses interest in a romantic liaison. Be firm but gentle if it's not the right relationship for you. Do the same if a pal asks for a loan.

GEMINI: THE TWINS (May 20 to June 21) You could meet a sensational someone through a friend within a few days of the April 12 Full Moon in Libra, your sign of romance. But if a dating relationship isn't working out as you hoped, it might be time to move on. Welcome new people into your life in the two weeks following the New Moon in Aries on April 17, and consider getting involved in a club organization to widen your circle.

CANCER: THE CRAB (June 21 to July 22) With the Sun, Venus, and Mercury in Taurus, you may receive more social invitations than you have the time – or desire – to accept. Choose the best of the best, as well as leisurely get-togethers with your closest friends, which you'll enjoy far more than large gatherings later in April. If you want to host a get-together, plan it for next month.

LEO: THE LION (July 22 to August 22) Friendship and socializing fill more of your leisure hours after Venus enters Gemini on April 11. Reconnect with pals you haven't seen in months or even years and widen your circle with new faces. Among them could be someone who becomes a lifelong soul mate. Your heart could zing with love at first sight as you instantly click with a friend of a friend, or you might suddenly view a pal as a potential mate. Romance is superb for couples the first week of April, when Mars completes its Aries transit.

VIRGO: THE VIRGIN (August 22 to September 22). Although close relationships will again be rocky at times this month, you're in a great position to strengthen ties with co-workers and supervisors. New career contacts are also likely, and a lucky break could connect you with someone who can advance your status. Be alert for a magnetic attraction; it may signal the arrival of a soul mate.

LIBRA: THE BALANCE (September 22 to October 23) People are drawn to you even more than usual, thanks to the Sun and Mercury in your solar Seventh House of relationships. Schedule important talks and appointments for the week of the April 17 New Moon in Aries, and feel free to ask for favors if you need them. On a personal level, love and partnership are at their best, and some singles get engaged or tie the knot.

SCORPIO: THE SCORPION (October 23 to November 22) Although April gets off to a rocky start as Venus clashes with Saturn and Neptune, it's merely a blip in an otherwise upbeat month for close relationships. You'll want to devote as many evening and weekend hours as possible to loved ones, as well as more than a few romantic ones with your partner. Expand your focus to include social events with business contacts after the Sun, your career planet, enters Taurus on April 20. With Mercury in Aries from April 1- - 26, you'll also have many opportunities to get to know co-workers and develop a solid friendship with a few.

SAGITTARIUS: THE ARCHER (November 22 to December 21) Your social life takes off, thanks to this month's New and Full Moons in Aries and Libra. Line up dates and outings with friends, and get set to welcome new people into your life. At month's end, Mercury in Aries aligns beautifully with several planets, which could trigger a new love interest, a vacation trip, or a romantic getaway. Even better, Venus is in Gemini, your partnership sign, after April 10.

CAPRICORN: THE GOAT (December 21 to January 19) Your social life is in full swing this month, with the Sun, Venus, and Mercury in Taurus, your solar Fifth House of pleasure, romance and recreation at various times. Put work on hold evenings and weekends for your children, partner or date and friends. If a close relationship hits a rough spot in early April, don't say anything you might regret; re-evaluate as the month draws to a close.

AQUARIUS: THE WATER BEARER (January 19 to February 18) Once past the events, early this month you'll experience some of the most rewarding times of the year with family. With the Sun, Mercury, and Venus in Taurus, you'll feel special closeness to those you love and want to spend more time with them and at home. You'll be ready to socialize with friends after Venus enters Gemini, your sign of leisure, April 11. If you're searching for romance, you could connect with a soul mate at month's end, when couples rediscover all the reasons that brought them together.

PISCES: THE FISH (February 18 to March 20) Family relationships are especially satisfying after Venus enters Gemini, your domestic sign, April 11. You'll enjoy their company during laid-back evenings and weekends at home. The last weekend of the month is a good choice if you want to host a get-together for a few friends or co-workers.

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