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SHAPE UP

By Charles Stuart Platkin

Refrigerate
eggs, pizza
to be safe

True or False: You can leave coffee in the pot and drink it the next day.

True. Coffee will eventually grow surface mold but usually not in one day, says Donald W. Schaffner, extension specialist in food science and professor at Rutgers University. But even though it's drinkable, it won't taste as fresh because the compounds that form coffee's characteristic aroma and flavor are volatile, meaning they evaporate at room temperature, says Purnendu C. Vasavada, a professor of food science and microbiology at the University of Wisconsin-River Falls. Refrigerating helps coffee keep its flavor fresher the next day.

True or false: You don't really need to refrigerate eggs. Europeans don't.

False. Well, it's partially true. Europeans traditionally don't refrigerate eggs, and we didn't always have mandatory refrigeration, either. "However, the United States now requires refrigeration because we know that salmonella can sometimes (very rarely — 1 in 10,000 or 20,000 eggs) be present. If the eggs were not refrigerated, salmonella would be able to multiply to very high levels" in those rare cases, says Schaffner.

Eggs last about three to five weeks in the fridge, as long as you purchase them before the expiration date. But don't store them in the door, advises Meredith H. Luce, a clinical dietitian at Florida Hospital in Orlando. Store eggs in their cartons in the center or back of the fridge, where the temperature fluctuates less than near the door.

True or false: Keeping bread in the refrigerator prevents it from going stale.

False. Bread actually gets stale faster in the fridge. However, if it's hot and humid in your house, refrigeration retards mold growth. According to Schaffner, "Bread goes stale because of changes to the starch molecules. As bread bakes, the heat of cooking changes the starch molecules so that they can absorb water. Once the bread is baked, the starch starts to lose moisture, and the starch molecules toughen up — this is staling."

If you need to keep bread longer, freeze it.

True or false: Pizza left out overnight is perfectly safe.

True AND false. From a taste perspective, it's just fine. However, "From a public health perspective, you shouldn't eat pizza left out for more than a few hours; it



DEBORAH BOOKER | The Honolulu Advertiser

Pat Bacon, 85, has been involved with the Bishop Museum since she was 19, most recently as an archivist.

THE
Auntie
OF BISHOP MUSEUMGiving those whispers
from the past a way
to reach into the futureBY ZENaida SERRANO
Advertiser Staff Writer

Tucked away in a narrow room at the Bishop Museum, 85-year-old Pat Namaka Bacon spends hours on end listening to voices from Hawai'i's past — a melodic flow of native tongues sharing vivid memories of life in the Islands long ago.

For more than a decade, Bacon has listened to these oral histories on more than 100 audiotapes, transcribing

and translating the Hawaiian recordings into Hawaiian and English manuscripts to make available to the public. There are hundreds more to transcribe.

"What I'm doing, I will never finish," Bacon said, sitting among a foot-high stack of files and notes on her desk. "I'm just scratching the surface."

The Bishop Museum last month honored Bacon, the hānai daughter of late Hawaiian scholar Mary Kawena Pukui, with the Robert J. Pfeiffer Medal for her dedication to the advancement of Hawai'i's cultural heritage.

SEE BACON, E3



The Bishop Museum honored Auntie Pat last month for her cultural contributions.

"Her mother worked to make her the repository (of)...
traditional practice, what is the Hawaiian way."

PUAKEA NOGELMEIER | UH professor of Hawaiian language

Kaua'i's slack-key guitar star equally adept at banjo

HAWAIIAN SLACK-KEY GUITAR FESTIVAL

11 a.m.-6 p.m. Sunday
Kapi'olani Park Bandstand
FreeFeaturing: Del Beazley,
Dwight Kanae, Donald
Kaulia, Paul Togioka, Pili
Oha, Jeff Peterson, BrittniPaiva, Ozzie Kotani, Ledward
Ka'apana, Michael Kaawa,
Ray Sowders, Maunalua,
John Cruz, Yuki Yamauchi,
David Kahiapo, Walter Keale,
Danny Carvalho, Pali

Acoustic workshops | E5

BY WAYNE HARADA
Advertiser Entertainment Writer

Paul Togioka, a Kaua'i resident, started his music career playing banjo. He eventually switched to kī hō'alu because the primary tuning key for banjo — G — was the same for slack key.

"You can play Hawaiian music on banjo; Peter Moon did," said Togioka, 45. "All these years, I've been trying to figure out how to in-

corporate it in what I do; it's possible, when you change tunings in the middle of a song.

"But banjo is scarce in Hawai'i," he said. "If it's played, it's usually a novelty. It's bluegrass, after all."

Since his debut CD, "Kī hō'alu Inn," was released late last year, Togioka has become the Garden Island's favorite slack-key artist.

"I started playing music in 1978, with banjo, but I never had the

confidence of putting out a solo album," said Togioka, who by day is an engineer with Hawaiian Telecom (formerly Verizon). "I mean, who was gonna buy my album?"

Milton Lau, organizer of the annual Hawaiian Slack-Key Guitar Festival, recognized Togioka's slack-key potential seven or eight years ago and helped produce the

SEE SLACK KEY, E5

BOOK

Working notes from God

Ever asked yourself "What was God thinking?"



FITNESS FOR YOU

Building 'pillar strength'

Mark Verstegen has trained soccer

FINAL WORD

"You want 'My
Baby's Got Back.'"

Shape

CONTINUED FROM E1

last without refrigeration, it's probably safe from a practical standpoint. However, Schaffner cautions that if the pizza has sausage, pepperoni or other meat, the risk increases, so toss it.

True or false: Eating black or brown spots on bananas is perfectly fine.

True. I always thought the black parts were unsafe, but it's OK if you like the way they taste.

The best place to store bananas is outside the refrigerator, unless you want to stop the ripening process, in which case the coolness of the fridge will do this, but it'll also darken the peel (not the edible part).

True or false: You can freeze meat, poultry and other foods once they've been defrosted.

True. Once frozen food is thawed in the refrigerator, it is safe to refreeze without cooking, although there may be a loss of quality due to moisture loss. Also, after cooking raw foods that were previously frozen, it is safe to freeze them. If cooked foods are frozen and then thawed in the refrigerator, you may refreeze the unused portion.

However, if you refreeze foods that were left out or thawed incorrectly and have grown bacteria, you will be refreezing a dangerous food, cautions Keith R. Schneider, a professor of food science at the University of Florida-Gainesville.

True or false: Freezer burn is caused by dangerous pathogens, and the food should be discarded immediately.

False. Freezer-burned food is perfectly safe, it just won't taste very good because it may be tough and dried out, says Schaffner. Freezer burn results from trapped air that causes moisture crystals to form around the food and change it physically.

Freezer burn can be prevented by wrapping food tightly in a moisture-proof barrier (plastic wrap or a sealed bag). Wrapping it in multiple layers can also help. Wrap and date all packages, and use the oldest packages first, suggests Schaffner.

Charles Stuart Platkin is a syndicated health, nutrition and fitness writer.

Bacon

CONTINUED FROM E1

Bacon, who first joined the museum in 1939, now serves as its senior adviser for cultural affairs.

Bacon followed her hānai mother's footsteps in working at the museum. Pukui began translating Hawaiian writings into English for the museum in 1928.

The transcriptions Bacon is working on are largely the results of her mother's efforts. Pukui recorded the Hawaiian-language oral histories statewide throughout the 1950s and 1960s.

"Her mother was the Hawaiian presence in the museum — brought up Hawaiian, open to and understanding of lots of different Hawaiian traditions and practices — but also very open to seeing how changes come about," said Betty Lou Kam, vice president of cultural resources at the museum. "Auntie Pat is like that. She gives the museum its Hawaiian presence."

While those who work with Bacon say she is one of the museum's treasures, the soft-spoken Mānoa resident is humble about her contributions. "Our grandma (Pa'ahana Wiggin) said, 'You don't put yourself over this person or that person. They know what they know; we know what we know,'" Bacon said.

LIVING THE CULTURE

During a recent walk-through tour of the museum's oldest building, Hawaiian Hall, Bacon made her way through a group of schoolchildren studying artifacts housed in the koa display cases.

"It's nice to see that they're interested," said Bacon, who stands barely 5 feet high and wasn't much taller than the visiting students.

Bacon's dedication to preserving the Hawaiian culture for future generations stems from her mother's influence.

"She was passionate about things Hawaiian," Bacon said.

Bacon learned early on her mother's commitment to perpetuating the native language and hula.

"When we went anywhere and she would see a flower or tree or something, she would say, 'This is the English name and this is the Hawaiian name,' so the next time we went by, I had better know it," Bacon said, laughing.

"And if I didn't remember, I had to go and look it up. So soon I remembered things, because I



Bishop Museum archives

Hawaiian scholar Mary Kawena Pukui, center, with her daughters Patience Wiggin, left, and Pele Pukui, circa 1938. Pukui had a passion for things Hawaiian that she impressed upon Bacon, her hānai daughter.

was tired of looking things up."

Bacon's formal hula training began when she was 13, when she joined her mother for sessions at the home of noted hula master Keahi Luahine. "She told me we were going there for (hula) preservation and it was not for entertainment," Bacon said. "So our focus was always on getting this information and keeping it intact for the next person who might be interested in it."

Puakea Nogelmeier, a Hawaiian language professor at the University of Hawai'i-Mānoa, calls Bacon a wonderful resource and role model.

"Her mother worked to make her the repository, and that was not just for hula, the language and the quirks of the language, but of just traditional practice, what is the Hawaiian way," Nogelmeier said.

MUSEUM MEMORIES

Bacon's work area is past heavy metal doors in a restricted wing of Pākī Hall. She's surrounded by metal cabinets with index cards and black-and-white photographs, wooden bookcases filled with videotapes, and early 20th-century wooden trunks. Other than the faint whirring of an air conditioner, the room is quiet, and with its sweet mustiness, smells like an old library.

Her desk is neat, with a pile of folders, a few reference books (including a Hawaiian dictionary and "Place Names of Hawaii,"

books her mother helped compile), a telephone, tape player and magnifying lantern. But there's no computer. Her work has and will always be done with pencil and paper — it's a system that has worked just fine for decades.

"I don't know how to run a computer," Bacon said.

Wearing a lavender dress with purple flowers, and a rosy shade of lipstick, Bacon's face brightens up as she recounts memories of museum life, recollections as colorful as her childhood.

She began her stint at the museum when she was 19 years old, working as a telephone operator and bookstore employee.

"World War II broke out when Dr. Buck (Peter Buck, the museum's third director) was director, and so we all had to go around with our gas masks," she said. "The people from the Army

would come every now and then, and we'd have a practice (putting the masks on)."

The employees' attempts were less than graceful, Bacon recalled.

"One of the fellows shook his head and said, 'You all will be dead before you got your gas masks on.' We were just clumsy, I guess," she said, laughing.

Bacon left the museum in 1945 to start a family, then returned in 1959 and eventually became secretary of the anthropology department. Today, the museum has 236 full- and part-time staffers; back then, it was a little more than 100, Bacon said.

"During Dr. (Alexander) Spoehr's time (as the museum's fourth director), we didn't have a restaurant here, so we all brought our own sandwiches," Bacon remembered. "Out on our courtyard, we had a hau tree growing, so there were two benches and

BISHOP MUSEUM LIBRARY AND ARCHIVES

The library, which has one of the most extensive collections concerned with Hawai'i and the Pacific, includes books, periodicals, newspapers and special collections.

The archives hold the results of extensive studies done by museum staff in the Pacific Basin. Collections include manuscripts, photographs, artwork, oral histories, commercial sound recordings and maps.

Noon-4 p.m. Tuesdays-Fridays, 9 a.m.-noon Saturdays
Free

Details: 848-4148 (library) or 848-4182 (archives); library@bishopmuseum.org or archives@bishopmuseum.org

everybody brought their lunches. ... We all sat out there, from the director down to the janitor, whoever wanted to, and it was like one big family."

Bacon has worked under five of the museum's nine directors. Through the decades, Bacon has witnessed the museum's many controversies, including claims to old artifacts. But she knows better than to get involved.

"I keep out of it," she said.

Bacon finds her work satisfying, knowing she's carrying on her mother's endeavors. And Bacon has no intention of quitting any time soon.

"As long as I have my cookies in the jar," she said, pointing to her head and laughing.

Reach Zenaida Serrano at zserrano@honoluluadvertiser.com or 535-8174.

Dancing Shoes Recommended.

Aloha Friday Concert



Free Concert Friday Night



It's going to get W.E.T. and wild with iNoA'oLe in concert this Friday night. The volume turns up at 6pm on our stage.

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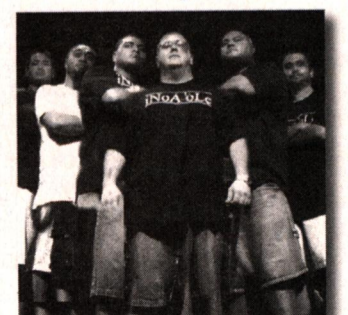


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