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## The Paddleboard Champ

July



### Cover Story

The Best Lawyers in Hawai'i

This year, we present our largest pool of lawyers ever, with 222 individual attorneys in 38 specialties.

### Features

Cutting School

A humble Chinatown institution incubates much of Hawai'i's hair-styling talent.

1+1

Ever wish you could knock down a wall and take over your neighbor's apartment?

Casual Dining?

Two new celebrity-chef restaurants, Cassis and Nobu Waikiki, test the limits of "casual dining."

### Departments

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Forests—in 3-D!

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Showdown

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Looking Back

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Hawai'i and Tony C.

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Vaughan

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Kalakaua

On July 29, more than 120 competitors will face off in the 11th annual Quiksilver Moloka'i to O'ahu Paddleboard Race. The 32-mile open-ocean race is considered the world championship of long-distance paddleboarding. Among the entrants will be University of Hawai'i science professor Kanesa Duncan (above), who broke the women's record in 2004 with a time of five hours, 53 minutes and 49 seconds. Like surfers, paddleboarders paddle their boards in either a prone or kneeling position, using only their arms--no paddles, oars or webbed gloves. "It's traveling between two islands on your own power," Duncan says. photo: Mark Arbeit

Making a Difference  
From Our Files  
Afterthoughts

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