## 5/13/04

Alan,

The rainforest tour was short and leisurely and the guide took a lot of time pointing out and naming plants and providing background. She was a trained naturalist, I think. Tomorrow's hike will be 8 miles in the crater, and the pace will probably be faster just because it is a long trek and less variety. We will see. I just hope the trip doesn't get rained out. We meet up at 8:00 and we are instructed to call before we leave to make sure the trip is still on.

Went to a luau tonight. I was too cautious. Didn't eat and drink enough to get sick. I did enjoy the local foods. The entertainment I didn't care about, but Carol liked it.

We have been enjoying the soft-core porn on the cable channels.

Steve