

MidWeek

Natural Vibrations - From the Heart

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By Melissa Moniz

Brace yourselves, fans - Natural Vibrations' highly anticipated and long-awaited album, *From The Heart*, will be in stores worldwide April 17.

It's been four long years since the release of their last album, *The Circle*, and 10 years since the release of their first album, *Balls Rolling*.

On this album, Peni Pua'auli, Shane Abraham, Stacy Medeiros, Jehua Evans, Wayne Enos and Kayton Macariola went back to their roots featuring songs in their original style.

"As far as for me, I went back to writing how the first albums was," says Peni. "A little bit more root-sy, because we've been doing the dance party thing for the past couple albums. And on this album there were more songwriters, so all the music doesn't sound the same."

The guys all agree that this album will not disappoint, and they anticipate it to be their best album yet.

"Whenever you work on something, and spend months and months on it, tears and money, then you hope it's your best," says Stacy.

Jehua adds, "We've been working on the material for about three years, and we've been working in the studio for about four months laying down the tracks. The thing is we own our own label and record company, and doing this all ourselves, so that's why it takes longer. We don't have a huge record company pouring money into it and it's more hands on."

To kick off their new release, the guys are embarking on a West Coast tour followed by CD release concerts on Oahu, Kauai, Maui and the Big Island. While on the West Coast tour, Natural Vibrations will be doing 18 shows in 25 days, and once they return in May, it's all about Hawaii.

"I think right now we're taking it to that high level that we've never been to before," says Wayne.

Natural Vibes is going on 16 years together, and they hope to have at least 16 more. In fact, Peni says, "Hopefully we'll someday be doing our 40-year tour."

"Ultimately this is the thing that everyone has devoted their lives to," adds Jehua. "It's prioritized as the No. 1 thing. And we're just trying to push this as far as we can."



Q'n A



If your life was a book, what would the title be?

Peni: *Looking Through A Glass Window* **Stacy:** *Life in a Three-Ring Circus*

What is the best invention of all time?

Stacy: For me, it's music.





Jehua: Yeah, music because that transcends to all races and nationalities.

Wayne: Tobacco Crushers.

When they came out with those, it was like, wow.

Unbelievable.

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Peni: Electricity would have to be the best invention.

What song do you think you've sung the most?

Stacy: *Balls Rolling*. That's an automatic from the beginning. That had to be in every show. **Wayne:** Sometimes we do um twice in the show.

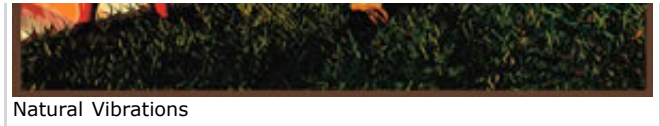
Shane: That's pretty much the anthem.

Where's your favorite hangout spot on Oahu?



Wayne: Sandy Beach.

Peni: Yeah, Sandy Beach and Baby Makapu'u.



Stacy: At home in bed, deep asleep, comfortable with the fan on.

What's your relationship status? Jehua: I'm not married and I don't have kids.

Stacy: I'm married; I just celebrated my third anniversary. I have a step-daughter and she's in her first year in the Naval

Academy. And so we have the house again to ourselves and it's wonderful.

Kayton: I get four kids.

Wayne: Peni is married and Kayton and Shane are both engaged. I'm in a relationship.

Where is your favorite place to eat?

Peni: Helena's in Kalihi.

Stacy: We were just hanging with Sam, so I would have to say Sam Choy's.

Wayne: Sam Choy's, hands down.

What is most important to you?

Peni: It would be my family. **Stacy:** Definitely family, health and family. **Jehua:** Yeah, you can't live without your health.

Who do you think would make a good president?

Stacy: I think Christian from Ho'onua would make a great president. The guy is filled with the biggest heart, and he is the most kind and honest person. If Christian ever runs for office, I'm going to be his campaign manager.

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