

JULY 1997

COMPLIMENTARY

Coffee Times

A woman with long dark hair, wearing a white bikini and a green leafy headpiece, is kneeling on a sandy beach. To her left is a boat with a purple and white hull. The background shows a clear blue sky and some distant figures on the beach.

Inside this month:

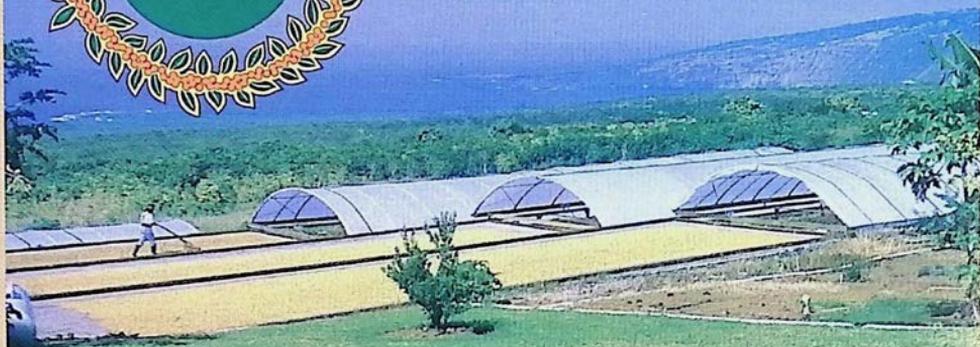
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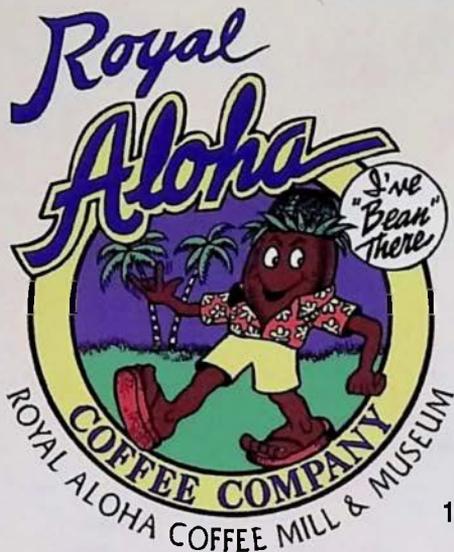
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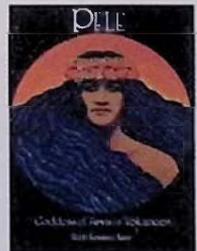
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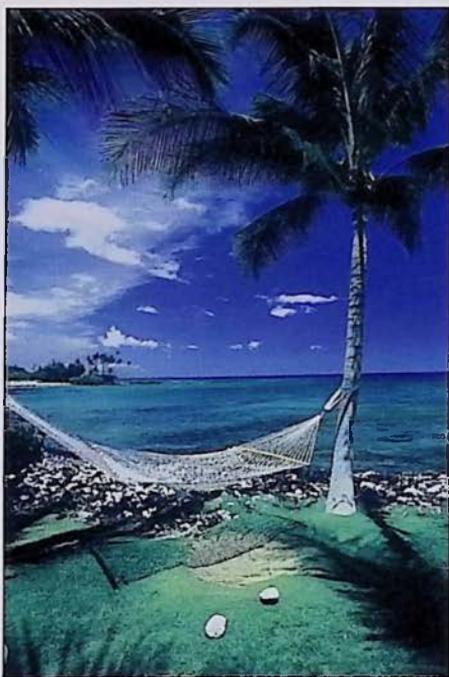
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Coffee Times

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*A comprehensive guide to touring
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Coffee Times

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Les Drent

Publisher and Founder

COVER PHOTOS

March: Miguel A Meza Mozqueda picking coffee in Holualoa **by Les Drent** **April:** Hula on a black sand beach **by Kirk Aeder** **May:** Cafe Pesto Food Shot. **by Kirk Aeder** **June:** Boys fishing in Kailua Bay. **by Kirk Aeder** **July:** Girl beside canoe at Hapuna Beach Park on the Kohala coast **by Kirk Aeder** **August:** Green Sea Turtle named Goofyfoot **by Ursula Keuper-Bennett and Peter Bennett.**

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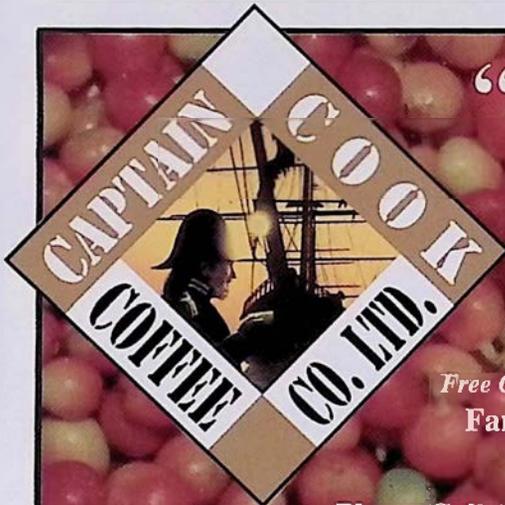


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By purchasing this anti-counterfeiting cartoon t-shirt from Coffee Times you will be helping to spread the word about the deceptive labeling practices that plague the Kona coffee industry.

Coffee Times

The Aroma of History

It has been many years since Reverend Samuel Ruggles brought the first coffee plant cuttings to Kealahou-Kona, Hawaii. The cuttings were taken from plants growing at the home of chief Boki, governor of Oahu, who with help from agriculturalist, John Wilkinson, brought back several young plants acquired in Rio de Janeiro during a royal British voyage taken in 1825.

Even though coffee was in Kona in 1828 it was not immediately seen as a viable agricultural commodity. However, the particular conditions in Kona's climate and soil turned out to be some of the best known in the world for growing coffee. The sheltered and fertile western

"Kona coffee has a richer flavor than any other, be it grown where it may and call it by what name you please."

Mark Twain, 1866

slopes of Mauna Loa and Mt. Hualalai along with sunny mornings and gentle afternoon rains helped the coffee plant thrive in its new environment. Soon enough coffee caught on in Kona, and its distinguished flavor became known throughout the world. In July of 1866 Mark Twain stated, in his "Letters From Hawaii", "Kona coffee has a richer flavor than any other, be it grown where it may and call it by what name you please."

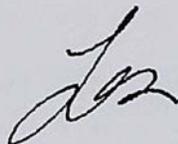
It was not until the late 1800's, the period following the California gold rush, that the coffee industry in Kona saw its first boom. In 1898 the Kona hillsides were consumed by coffee trees; over three million of them spread out over six thousand acres.

In the late 1800's and early 1900's the initial steps involved with processing the coffee were in most cases undertaken by the independent farmers themselves. This involved hand-powered pulpers, a sixteen hour soaking period and drying the beans under "false" pitched roofs that rolled back to receive the warm sunlight. Local mills in Kona then removed the final parchment membranes and loaded the grated beans into sacks before being carried down the mountain in mule powered freight wagons. The last leg of the journey began at either Kailua or Napoopoo piers where the coffee was shuttled by boats out to waiting steamships bound for San Francisco.

Today, very little has changed from the coffee culture in Kona as many of its farms continue to be owned and operated by independent families. There are now mills in the area that fully process the raw coffee cherries for brew guaranteeing that the hand picked beans get the full flavored roast they deserve, right here in Kona, Hawaii.

All of our beans at Coffee Times are hand picked, sun dried and undergo stringent grading standards to uphold the gourmet reputation and quality in every cup of coffee. And, unlike some of our competitors we only roast to order, so if it's freshness you seek it's freshness you will receive.

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A sailing canoe gliding over the ocean off South Point, probably the first place Polynesians set foot in Hawaii.

The actual place where Polynesians landed will always remain a mystery, but it was likely some where near the southern tip of the Big Island. This area seems like a probable place because their approach would have been from the south, where all of Polynesia lay. When sailing north, the Big Island would be the first island they would have seen, and South Point would have been the nearest landfall. Aside from the logic of such a choice, there is archaeological evidence supporting the supposition of a landing near **Ka Lae**, as the Hawaiians call the most southern tip of the island of Hawaii. Excavation of lava tubes, that were used as shelters, near Kailikii and Waiahukuni, villages four miles northwest of the Ka Lae, indicate people were using them by A.D.750. There is other evidence that indicates people first were in the area as early as A.D. 200.

The cliff near South Point Park is a

common mooring place for the modern day fishermen who find these waters a rich resource. From the precipice the drop is about forty feet to the ocean's surface, but the cliff base goes down another thirty feet below the surface of the water. Ladders, hung to make access to the boats easier, swing freely in the air just above the sea. The cliff is deeply undercut. In the heat of the day the water looks inviting. It is so clear the bottom can be seen plainly. For some there might be a temptation to leap into the cool water, and climb back up the ladder. It looks inviting, but don't do it. A swift current runs along the shore. The flow will carry anyone in the water straight out to sea. It is called the Halaea Current, named for a chief who was carried off to his death.

One of South Point's most famous scenic spots is **Mahana Beach**, also called Green Sands Beach because it has a distinctive golden

Places of Interest

At **Naalehu Fruit Stand**, owners John and Dorene Santangelo prepare homemade specialties daily. Take your meal on the road or take a



picnic table seat on their front porch as you watch travelers on their way to Volcano pass by. While you're enjoying your lunch or a piece of local fruit pick up a copy of **Ka'u Landing**, the Big Island's alternative newspaper. Inside you will find interesting local news stories and the month's happenings around the island.

green color. Although none of the fragments in the sand are large enough for jewelry purposes, the beach is composed chiefly of peridot, a semiprecious gemstone. These tiny green gems are a silicate, one of the many families of quartz, which cook out of the basaltic magma over time. (They are apparent as green flecks in the raw lava stones used to build the columns and walls of the Jagger Museum at Kilauea's Volcano National Park.) As lava reached the coast, erosional forces, and the specific gravity of the stones, perhaps are responsible for the accumulation of such a large quantity of the granules that produced the green sand beach.

Up the coast from South Point's main hub of activity, **Naalehu town**, and heading towards Volcanoes National Park you will pass by **Punalu'u black sand beach** and later a

sign marking a road to **Pahala**. The short drive to Pahala is worth the excursion. In it are an actively working **sugar mill** and the not so active remains of the old **Pahala Theater**. Take time to drive into the lush tropical **Wood Valley** and past a **Buddhist temple**. Ask for specific directions to those sights at the local general supermarket, there is only one. South Point is a little more than an hour's drive from either Hilo or Kona.

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Above photo of Pu'u'O'o vent, the current sight of volcanic activity on the Big Island. Facing page photo is of the Hawaiian goose, the nene.

Volcanoes National Park has one entrance, off Route 11, 30 miles south from Hilo or 95 miles east from Kona. The park is open 24 hours a day all year round and requires a \$5.00 entrance fee per vehicle which is valid for 7 consecutive days. The hiker/bicyclist/bus passenger fee for people over 16 and under 62 is \$3.00. When you enter the park during daytime hours you will receive a park brochure at the entrance station. If you enter the park after hours you may pick up the brochure at the **Kilauea Visitor Center** which is located a quarter mile from the entrance on **Crater Rim Drive**. The visitor center is open from 7:45 a.m. to 5:00 p.m. daily. Visitors are encouraged to take the time to carefully read the park regulations and guidelines. The volcano fumes that

exist in the park may create a health hazard for pregnant women, infants and people with heart or respiratory problems. People at risk should avoid stopping at the Sulphur Banks, Halema'uma'u Crater and other areas where volcanic fumes are present.

Overnight trips in the park require a backcountry permit that can be obtained at no charge at the Kilauea Visitor Center. Once inside the park enjoy the 25-minute movie on eruptions shown hourly at the visitor's center. Other attractions are the **Thomas A. Jaggar Museum** three miles inside the park along Crater Rim Drive, **The Volcano House**, **Thurston Lava Tube** and **scenic vistas**. Depending on the timing of your visit **you might have a chance to see the volcano erupting**. A 45 minute drive

Places of Interest

Lodging, gas, camping supplies and dining all can be found in Volcano Village just a short drive from the park. Because of the remote loca-



tion of Volcano, the numerous Bed & Breakfasts existing in the region are a popular choice among visitors seeking lodging in this region. **Chalet Kilauea, The Inn at Volcano**, features rooms decorated with art from around the world and even a treehouse suite, a unique alternative for couples looking for that romantic getaway. Chalet Kilauea has also just finished the remodeling of their exclusive treehouse suite complete with marble bathroom, double Jacuzzi tub, fireplace, private covered deck and an upstairs bedroom, connected via a spiral staircase. Located off of Hwy. 11 are the private **Hale Ohia Cottages** surrounded by bonsai-style gardens and moss covered grounds. The suites and cottages are both spacious and comfortably outfitted. Also featured at Hale Ohia are two very private romantic cottages outfitted with fireplaces. Perhaps one of the most memorable dining experiences on the Big Island can be found at **Kilauea Lodge**, which features continental cuisine beside the historic Fireplace of Friendship. The mountain lodge also hosts thirteen romantic rooms for overnight visitors.



any closed areas! The park also offers many other hiking opportunities which are mapped out in the park brochure.

A reminder to drive slowly and carefully while touring the park as it will help to protect Hawaii's endangered state bird, the **nene**.

FOR SPECIFIC PARK INFORMATION

Call Volcanoes National Park at
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For an Eruption Update
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to the end of Chain of Craters Road and a short hike will get you to the most recent lava flow area. The new coastline is unstable and can collapse into the sea at anytime without warning. Obey all park signs. Do not enter

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The Lodge at Volcano - everything but expensive

From: \$85 / 967-8216



In the heart of 30 acres, amid a tropical landscape of private hiking trails, stands the Lodge at Volcano, an elegant reminder of the art of gracious travel. Guests enjoy a splendid ambience of comfort, detail and extravagance in one superb, relaxing package. Dipping in the huge whirlpool, quiet strolls at sunset, and evenings of chat amid the ferns and flowers soothe the traveler's heart.



Volcano Bed and Breakfast - Volcano's best value

From: \$45 / 967-7779



In the village of Volcano, amid a landscape sculpted by the powers of the earth, Volcano Bed & Breakfast welcomes the curious traveler. It offers, as one guest put it, "The comforts of home amid the wild unknown." There are six charming, affordable rooms for those who like to stretch their budget to fit their horizons. Swap stories with fellow guests around the fire, sleep tight, then enjoy a complimentary breakfast. The owners say, "if home is where the heart is, our heart is open to you!"





A C T I V I T I E S

Fine Dining

Award-winning Donatoni's for the best in Northern Italian cuisine or choose Imari for discriminating Japanese foods, Kamuela Provision Company for fresh island fish and Certified Black Angus Beef. For casual dining, select from themed buffets at Palm Terrace, poolside breakfast and lunch at Orchid Cafe or lagoon-side at Hang Ten.

Call 885-1234, ext. 54.

Kohala Spa

Offering the best in time-honored treatments for mind and body. Relax with an aromatherapy massage or a seaweed body masque. Enjoy state-of-the-art exercise equipment, a full-service beauty salon and luxurious locker facilities with sauna, steam, and outdoor whirlpool.

Call 885-1234, ext. 1260.

Kohala Tennis

6 plexi-cushion courts or 2 fast-dry clay courts. Private lessons, ball machine, pro-shop and match arrangements available.

Call 885-1234, ext. 1293.

JULY

On The Island of Hawaii and in Hawaiian History

JUNE 1, 1879

1st artesian well bored on O'ahu by James Campbell

JULY 1 to 6, 1997

Mauna Kea Beach Hotel's 24th Annual Pro-Am Golf Tournament at Mauna Kea Golf Course. Contact Joe Root at 880-3481.

JULY 2, 1997

Enhancing History Lecture Series on Hawaiian history, flora and fauna, interesting tidbits on indigenous animals. Pu'uhonua O Honaunau, National Park. FREE Contact Blossom Sapp at 328-2326.

JULY 3, 1894

Republic of Hawaii's Constitution adopted.

JULY 4, 1997

Annual Fourth of July Parker Ranch Rodeo and Horse Races at Paniolo Park, Waimea. Island-wide rodeo complete with cattle roping, a cow milking contest and quarter horse races. Call 885-7655 for more info.

JULY 4, 1997

Turtle Independence Day at Mauna Lani Bay Hotel and Resort. Mauna Lani Resort and Sea Life Park teamed together to raise awareness of the plight of endangered green sea turtles. Mauna Lani raises young turtles in the protected ponds of the Mauna Lani Bay Hotel, and releases the larger turtles into the ocean every Fourth of July, known affectionately as Turtle Independence Day. Contact Sharon Ishimine at 885-6622 for more info.

JULY 4, 1997

Second Annual Hula Festival at the Royal Waikoloan Hotel. Hula dancers compete for the best in ancient and modern hula. Contact Punahale at 885-6622.

JULY 4, 1894

Sanford Dole becomes republic's first president.

JULY 4, 1903

Telegraph cable completed to Midway, Guam and Manila.

JULY 6, 1887

Kalakaua forced to sign Bayonet Constitution.

JULY 6, 1912

Swimmer Duke Kahanamoku wins gold at Olympic Games.

JULY 7, 1827

First 3 Catholic missionaries arrive.

JULY 7, 1898

President McKinley signs joint resolution annexing Hawaii.

JULY 8, 1824

Kamamalu dies in London.

JULY 9, 1839

Captain Laplace forces Hawaiian government - under duress to sign treaty favorable to France.

JULY 10, 1921

Hawaiian Homes Commission Act, introduced by Johah Kuhio Kalandiana'ole, passed.

JULY 11, 1842

Rev. & Mrs. Dole open school for missionary children chartered 1853 as Punahou School & O'ahu College.

JULY 12, 1976

The Hokule'a sails for Tahiti.

JULY 14, 1824

Kamehameha II dies in London.

JULY 15, 1844

11th company of missionaries arrive onboard brig. *Globe*.

JULY 16, 1820

1st white child born in Hawaii - Levi Startwell Loomis - son of Elisha Loomis.

JULY 17, 1860

cornerstone of Queens Hospital is laid in Honolulu.

JULY 18, 1842

W. Richards & T. Ha'alilio seek Hawaii independence in Britain.

JULY 18, 1850

Steamship, *Kilauea*, makes 1st interisland run.

JULY 19, 1856

Kamehameha IV marries Emma at Kawai'a'hao Church.

JULY 20, 1997

Big Island Slack Key Guitar Festival in Hilo. The seventh annual guitar festival brings together many excellent slack key guitarists, ensuring its survival with individual style and performance. Contact

tact Gay Tolar or Angie at 961-5711.

JULY 20, 1829

Moses Kekua'iwa, brother of Kamehameha IV & V future Governor of Kaua'i.

JULY 21, 1821

Kamehameha II sails for Kaua'i brings back Kaqumuali'i to marry Ka'ahamanu to pledge of loyalty.

JULY 26, 1969

Hawaii welcomes first moonmen, Aldren, Armstrong, and Collins to Hickam Air Base.

JULY 29, 1835

50 year lease to Ladd & Company for Koloa, Kaua'i to establish sugar planting.

JULY 30, 1836

1st English newspaper, Sandwich Island Gazette is printed.

JULY 30, 1889

The revolt against Bayonet Constitution is put down.

JULY 31, 1843

Hawaiian flag again raised and the Kingdom is restored to Kamehameha III.

All Month

Mauna Kea Visitor Programs

Every Saturday and Sunday a Mauna Kea summit tour begins at 2:30pm. Participants should stop at the Visitor Information Station at least 45 minutes before the tour. Children under 16 not permitted due to health hazards from high altitude.

7-10pm every Friday and Saturday night the Visitor's Information Station presents an audio-visual or lecture and stargazing with an 11-inch Celestron telescope. Children encouraged to participate. Call (808) 961-2180. Free.

After Dark in the Park

Hawaii Volcanoes National Park presents its series of free programs in the Kilauea Visitor Center Auditorium at 7pm several nights per month. The series features cultural, geological, biological and historical presentations. Call 967-7184 for detailed monthly program information.

Historic Kailua Village Walking Tour

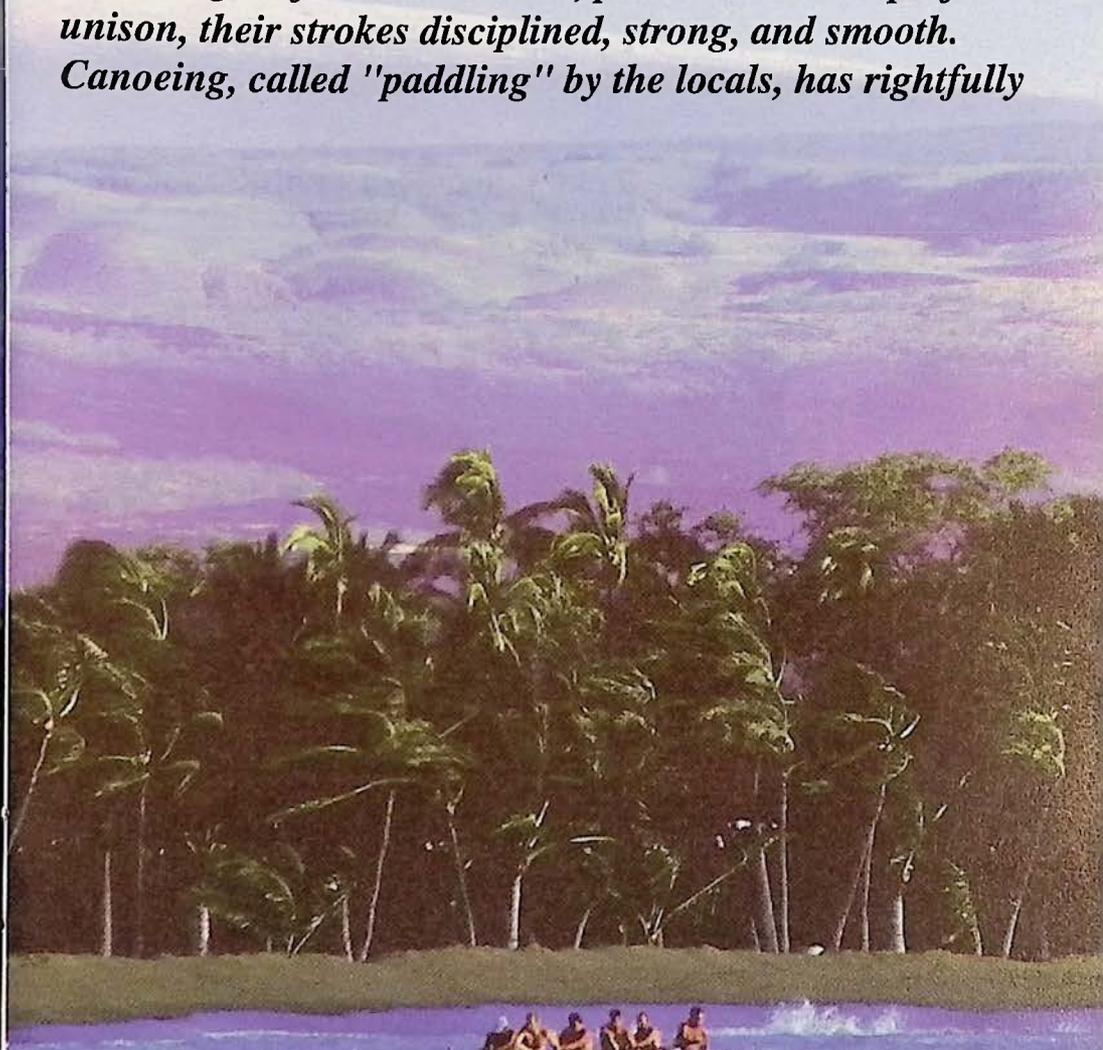
Presented by the Kona Historical Society tour the historic sites on alii drive including Hulihee Palace, Mokuaikaua Church and Ahu'ena Heiau. Learn about the significance of each site and what life was like in the early days of Kailua-Kona. Guided tours are given Tuesday through Saturday at 9:30am and Friday at 9:30am and 1:30pm. For reservations call 323-2005.



A LEGACY OF PADDLING

by Sophia Schweitzer

Slender canoes cleave the Hawaiian waters. In the golden light of dawn and dusk, paddlers work in perfect unison, their strokes disciplined, strong, and smooth. Canoeing, called "paddling" by the locals, has rightfully



An outrigger crew paddles off the Kohala Coast. Canoe clubs exist in every region of the island and often compete at yearly races. Photos by Kirk Aeder.

been named the official state team sport in Hawaii.

All paddlers know that the waves, perhaps so calm and blue today, hold their life. A calm surface can change abruptly into a raging turbulence of foam. The laws of nature are unpredictable. All paddlers must learn about the capricious ocean swell, about the wind, and the vastness of the sea. Their guides are the ancient Hawaiians for whom the canoe, small on the infinite ocean, brought life, in the form of fish protein. But that same canoe as easily brought death.

Over the last 20 years Hawaii has witnessed a renaissance of its rich ancestry. Skills and crafts that had almost disappeared are taught and honored again. Hawaiians hold unequaled knowledge of the sea. No other culture in history has its roots, its existence and its survival, so intricately linked to the ocean's demands. It's no wonder then, that the ancient mastery of navigation and canoe construction has been revived.

More than a millennium before Captain Cook arrived, a group of intrepid people braved the Pacific, looking for land. The voice of the salty water ran through their veins. Without instruments, they traveled at night, when stars guided their way. Their canoes, plank-lashed vessels, yielded to the ocean. They had brought with them livestock, edible plants, and the desire to build a new life.

How fortunate they must have felt when they found Hawaii, and, growing on it, the giant koa tree. Now they could craft a canoe hull out of one single piece!

Over the years, these first Polynesians established themselves as the Hawaiian people. They developed new skills. And the building of the canoe became a religious task, because they discovered all too soon that on the rough waters surrounding the islands fishing was not all that easy. Every decision and action that involved the canoe could result in death. To survive, the Hawaiian had no choice but to keep building. And to pray, all the time.

A new canoe started long before the actual hewing of a tree. A specially trained kahuna (Hawaiian priest), alert to any auspicious or disastrous signs, searched for the perfect site and tree. His guide was the elepaio. This Hawaiian bird was attracted to rotting koa wood, and the kahuna knew not to use it. A

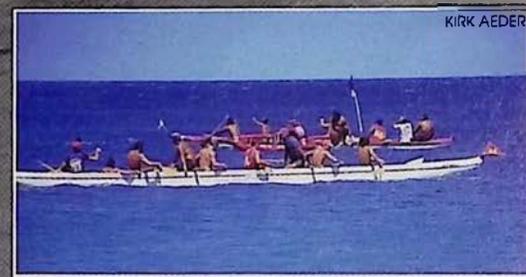
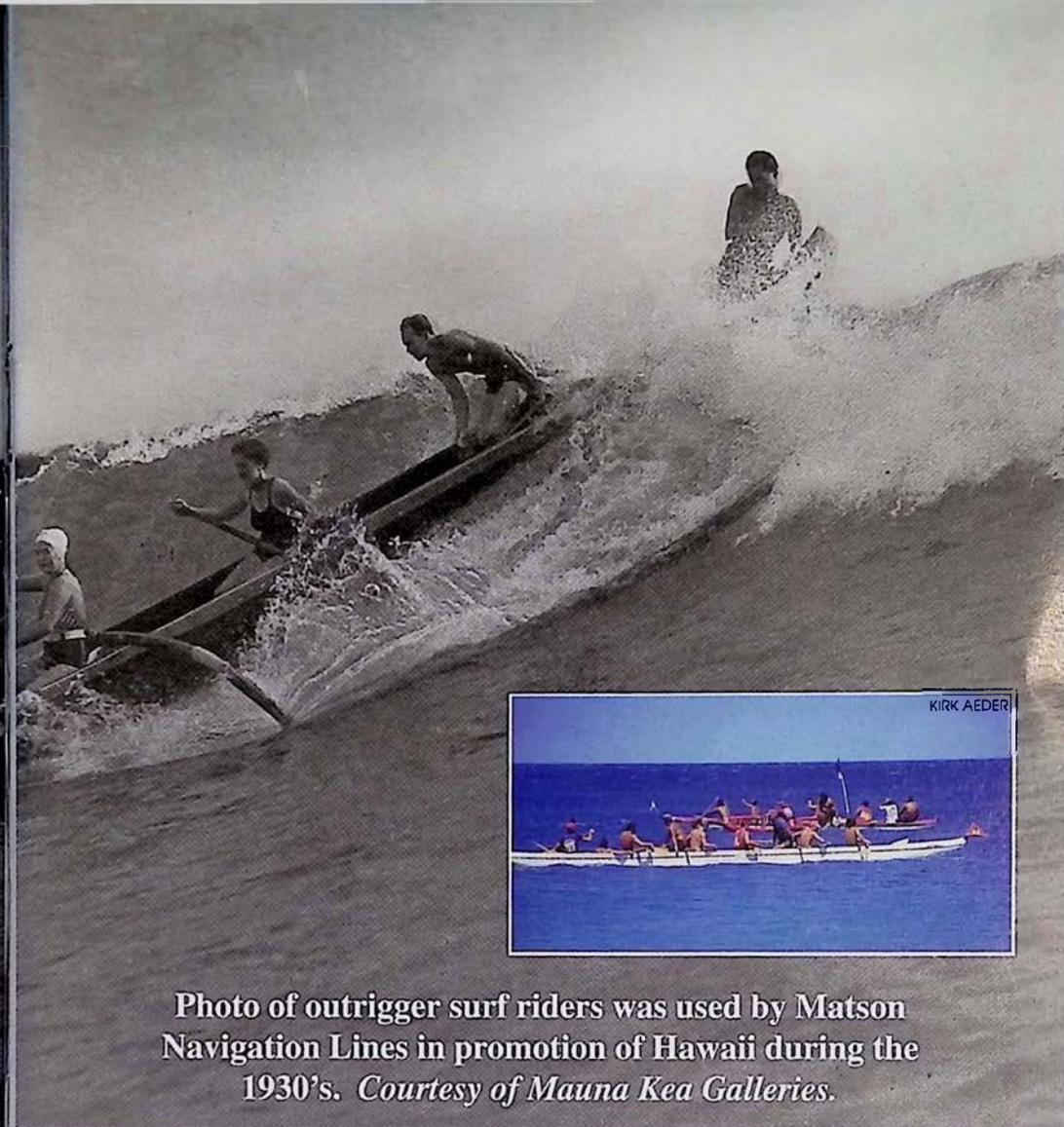
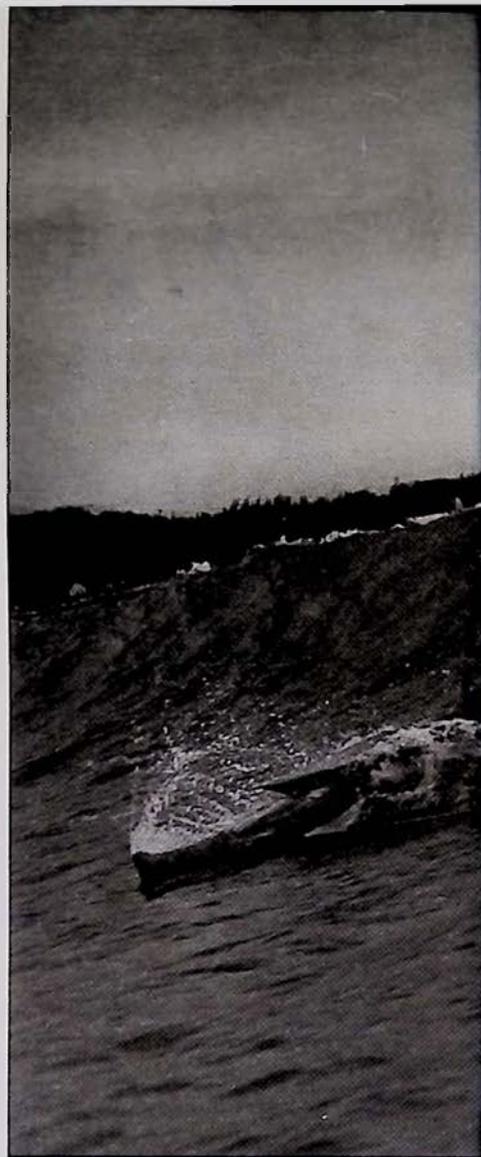


Photo of outrigger surf riders was used by Matson Navigation Lines in promotion of Hawaii during the 1930's. *Courtesy of Mauna Kea Galleries.*

healthy tree, which had to be at least a hundred years old to be large enough, could demand a fifteen mile trek inland.

Once it was chosen, a group of men hiked over with enough provisions for the work and days ahead. The kahuna stayed throughout because prayers, blessings and invocations had to shower over every detail of the task. Hauling the rough hull to the shore was dangerous. The log, at times weighing as much as 20,000 pounds and measuring up to 70 feet, could drag all the men over a cliff before crashing itself on the rocks below. The ropes with which the haulers guided the descent never slacked. The kahuna chanted and prayed.

Safely on shore, the hull was finished in a special halau (canoe shed). A black paint, made out of plants and charcoal, added a waterproof finished layer to the wood. And for the ali'i, the addition of hens' eggs to the paint resulted in a glossy exterior.

The final consecration, before the canoes maiden voyage, included the

sacrifice of a pig and a dog. Samuel Kamakau, historian and newspaper columnist in the years 1869 and 1870, and often the only remaining source of information on old Hawaiian techniques, wrote: "The pig symbolized the 'rooting' of the canoe into the open sea, and the dog 'the tearing apart' the billows of the ocean".

As important as the canoe itself were its many accessories, including the well-known, balancing outrigger booms for the single canoe. Specialized artisans worked on these parts with carefully selected woods. Finely plated lauhala matting created powerful sails, although the Hawaiians relied mostly on their paddling. Those paddles were customized to each owner and each owner cherished his paddle as if it were a lover. It lived inside the house.

But what makes the Hawaiian canoe, outrigger (single) canoe or double hulled one, so unique and different from all the other ancient sea vessels? For sure, the Tahitians, and other oceanic people knew equally well how to navigate their seas. Despite today's worldwide interest in Hawaiian canoe racing, and competitors flying in from widely varied cultures, a clear definition has still not been reached.

The most distinctive feature of the Hawaiian canoe is the absence of any ornamentation or decoration. No fancy carvings, no extra wood. The furious Hawaiian waters and the pounding surf demanded a clean, streamlined shape, and just as the functions created the god in Hawaii, function also created the form.

As for that crashing, legendary surf, it shaped canoe and owner

both. Hawaii has by far the roughest waters in the world. The lack of surrounding reefs, combined with a sloping ocean floor and unpredictable winds, causes enormous breakers. There was only one way for the Hawaiians to get their canoe in the water, if at all the water was accessible. They surfed their boat, necessitating smooth and unique lines. The Hawaiian people themselves were forced to become master surfers.

Canoe surfing was a learned skill and grew into a sophisticated sport. Any good king or chief should know how to surf a canoe. It's no surprise that surfing has become Hawaii's greatest pastime. Surfing, in fact, is Hawaii's gift to the world.

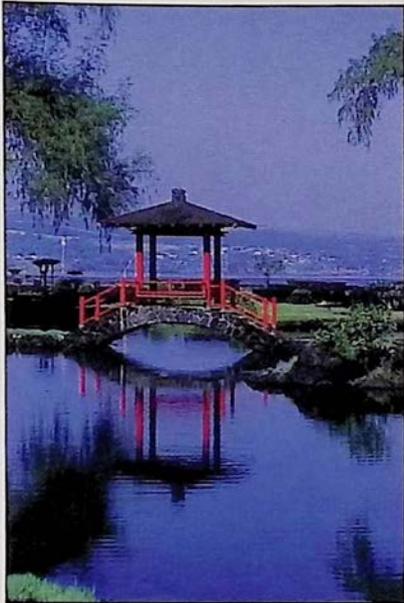
When Captain Cook arrived in Kealakekua Bay in the year 1779, he reported seeing at least 1500 canoes! At the time, Hawaii must have numbered between 6,000 and 12,000 canoes for a population of 175,000 to 225,000. Here was a culture, who, dependent on the ocean, lived their life around the ocean's vehicle, the ancient canoe. The voice of the ocean was the voice of life. Understanding its language was understanding how to live.

This was hard for the white man to grasp. The Hawaiians, always easily impressed with newer inventions, soon lost their taste for their own canoes. They greedily adopted European ways. And while at first they continued surfing the waves and challenging each other in races, the missionaries deeply frowned on this heathen behavior. Naked bodies in water asked for sin, and as far as the gambling that accompanied any sport

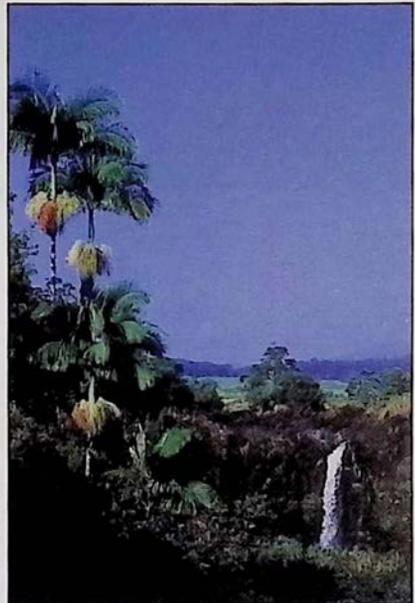
EAST HAWAII

AND OLD TOWN HILO

**LAND OF CASCADING WATERFALLS, RIVERS
AND BRIDGES TO THE PAST**



KIRK AEDER

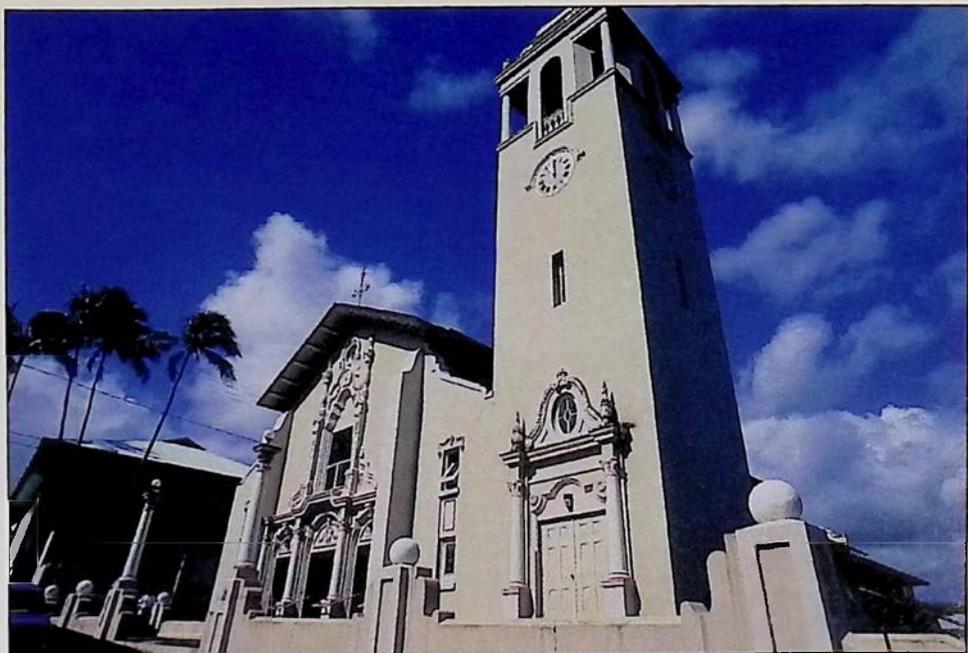


KIRK AEDER

When you talk about the old Hawaii, at least the one that hasn't been touched as much today by the long arms of commercialization and development, you cannot help but mention the East Coast on the Big Island. At the center of all this is old town **Hilo**. Hawaii's second largest city is seeing a revitalization of spirit thanks to the effort of the Downtown Hilo Organization who is busy restoring and preserving the storefronts of this yesterday town. Aiding this effort are the wealth of new businesses occupying Hilo's old buildings.

Adding to this old Hawaii feeling is the daily **Suisan Fish Market** Auction and the **Hilo Farmer's Market** which is held every Wednesday and Saturday in Downtown Hilo. Refer to the downtown Hilo map on page 22 for an interesting hike around some of the city's historic buildings and structures. It's fun to think about what the town was actually like around the early 1900's.

An easy to find waterfall is **Rainbow Falls** which is located inland along the **Wailuku River** at the north end of town. Follow the road running alongside the river to the Park where you won't have



KIRK ALDER

Photos on opposite page are of a walking bridge in Liliuokalani Gardens located near Banyan Drive in Hilo and a waterfall along the East Hawaii coast. Saint Joseph's Catholic Church in downtown Hilo is pictured above. Facing page are koa bracelets at the Hilo farmer's market.

to walk far to see one of the area's most frequented sights. If you're lucky you will catch sight of a rainbow at the falls.

After leaving Hilo you don't want to miss the drive north to Waipio Valley which takes you over **scenic gorges** that were once crossed by cane hauling trains in the heyday of sugar cane production. The **plummeting waterfalls** and river mouths under the extensive bridge systems leading north up the Hilo Coast are definitely an

awesome sight. On this drive north is **Onomea Bay** located along a 4 mile coastal scenic route. The lush ravines and botanical gardens are brilliantly picturesque along this coastal road and is well worth the detour.

Akaka Falls State Park and the village of **Honomu** can be reached by taking Hwy. 220 off of the main route, Hwy. 19 north. Once you reach the Park a short paved hike will take you past a



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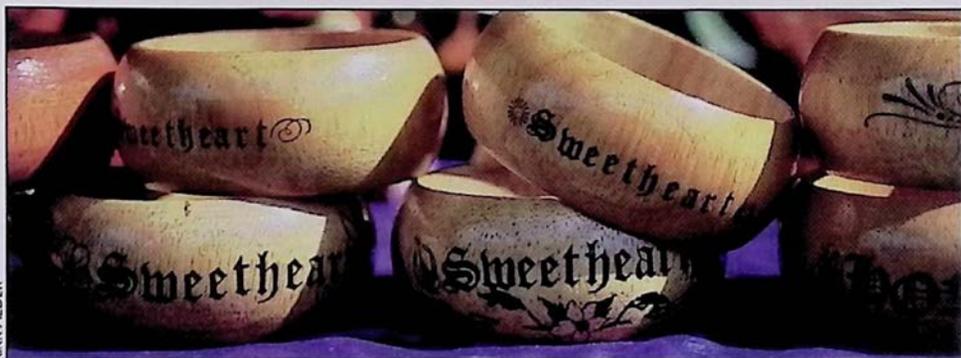
162 Kinoole Street, Suite 201, Hilo, HI 96720
Res: (808) 965-9605 Bus: (808) 934-7300

Places of Interest

A great place to start your tour of Hilo is at **Mauna Kea Galleries**, located at 276 Keawe Street in the old Court Mauna Kea Building. The gallery hosts many vintage Hawaiian and Polynesian



paintings, artifacts and ephemera and is open daily. See their ad on page 3. Up the coast in the town of Honomu and near Akaka Falls is **Akaka Falls Inn & Gift Gallery** located in the restored 1920's Akita Store building. Hawaiian crafts and gifts are just a few of the locally made items guests will find in the gallery. Also featured are original works of art and prints by Island artists. In addition to the gift gallery is a deli that will prepare a picnic lunch for your trip to Akaka Falls. Food items include sandwiches, pastries, cold drinks and coffee. If you are looking for overnight accommodations the gallery will also open its new B&B on May 1st. When you are done sight seeing the best lodging around Hilo can be found at the magnificent and luxurious **Hale Kai Bed and Breakfast**, located on the bluff above the ocean overlooking Hilo's premier surf spot, Honolii. Expect nothing less than gourmet island breakfasts and plenty of privacy. Hale Kai also has available a private cottage facing a pool and ocean. The owners, Evonne and Paul Bjornen are knowledgeable hosts and are always willing to lend a personal travel tip to their guests. After touring the area, you may find yourselves in love with Hawaii and you may want to acquire your own piece of paradise. Contact **Heather E. Hedenschau (R)** of **Savio Realty Ltd. Better Homes Gardens**. It might surprise you just how reasonable property in East Hawaii can be!



KIRK AEDER

network of smaller waterfalls and colorful tropical foliage to the plummeting Akaka Falls. Its accessibility and grand size make Akaka Falls a popular stop along this eastern coast. The historic town of Honomu boasts many old storefronts from the days when sugar was king. The drive and hike to Akaka Falls will only take you out of the way for an hour but you might just find

yourself passing more time over an ice cream and a pleasant cool breeze in the quiet town of Honomu.

Akaka Falls Inn & Gift Gallery

P.O. Box 190, Honomu, Hawaii 96728-0190
(808) 963-5468

28-1676 Mainstreet Honomu

Gift & Art Gallery • Deli • Picnic Lunches
call ahead to order your picnic lunch

IN HILO

2 BD
2 1/2 Bath
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Hale Kai
Bed & Breakfast
Bjornen

Double occupancy is \$85 and up
AAA approved

A 4 Star Bed & Breakfast on the bluff facing the ocean and overlooking Hilo Bay and Honolii surfing beach
VERY PRIVATE, POOL, HOT TUB, BREAKFAST,
Kona Coffee, Private Baths, Well Decorated Rooms
111 Honolii Pali, Hilo, HI 96720

Ph. (808) 935-6330 / Fax 935-8439

Pahoa-Puna

a town of quaint shops, local food, arts, crafts, and theater surrounded by a countryside filled with natural treasures.



PHOTO COURTESY CITIZENS OF PAHOA

Downtown Pahoa during the 1920's. Today the town still retains the same look but with a new group of businesses. One of the favorite small towns to visit on the Big Island.

For visitors who want to experience the true feeling of old Hawaii, **Pahoa village** holds the key to this untouched past. First a rugged sawmill town then a sugar town and also a crossroad on the old railroad, Main Street Pahoa has maintained its western style storefronts and wood boardwalks in a charming turn of the century Victorian style.

Quaint shops from surf, to curio and restaurants that span the flavors of the globe from Thailand, to Mexico, and Italy, make Pahoa Village one of the most pleasurable shopping

and dining stops on the Big Island. Every restaurant in Pahoa is owner operated, guaranteeing diners the best in food preparation. Lodging in Pahoa is alternative as well. The historic Village Inn, built in 1910, housed some of Puna's earliest travellers and still operates today. The rooms are clean and spacious with vintage victorian decor. Call ahead to any of the friendly shops to learn of any special events scheduled during your visit. Pahoa has the reputation of holding some lively and entertaining performances both on its Main Street and at the **Akebono**

Places of Interest

One of the nicest things about dining out in Pahoa is that you are guaranteed to get an authentic plate of food at most of its restaurants. At



the **Godmother Italian Restaurant** New York native and owner Liz Cestare has brought not only the taste of rich pasta but a little Big Apple character to this little Hawaiian village. At **Nuang Mai Thai Kitchen** diners have the opportunity to experience the flavors of the far east by another transplanted native. Owner and chef Alisa Wade, born and raised on a farm in northern Thailand has created the venue for what this publisher regards as the best tasting and best priced Thai-food on the island. If you wish to experience yet another international style of cuisine why not try **Luquin's Mexican Restaurant**, the busiest and most popular local dining spot. A full bar, fast service, and a lively atmosphere are all guaranteed by Salvador Luquin, owner, chef and former Mexico native. The great food at Luquin's is also very reasonably priced.

Theater, Hawaii's oldest theater.

The countryside surrounding Pahoa is filled with natural wonders

like the **Lava Tree State Park**, steam vents, groves of papaya trees and black sand beaches along the rugged Puna coast.

From the bays at **Isaac Hale Beach Park** to the area of Puna once known as **Kalapana** the coastal road, **Route 137**, winds through untouched pine forests, open pastures and dense tropical

foliage. While traveling on 137 you will also pass seaside pools and quiet fishing spots perfect for picnicing or a

relaxing snooze. It's no wonder that many tour guides around the Big Island tout Puna as the most scenic and rural area of the Big



Island. Visitors are warned however that a prolonged stay in this Aloha time capsule may make leaving a very difficult task.

Naung Mai Thai Kitchen

"We serve Cheng Mai, Bangkok & Phuket style cuisine."

Vegetarian Entrees offered

Located in downtown Pahoa
Sat - Mon 4:30 - 8:30pm
Tue - Fri 2 - 8:30pm

965-8186



The Godmother 965-0055

Breakfast: 8-11am,
Lunch: 11am-3pm,
Dinner: 5-Closing

EVERYTHING
HOMEMADE

Delicious authentic
New York-style Italian cuisine
Pahoa Village

LUQUIN'S MEXICAN RESTAURANT

Chili Relleno, Carnitas,
Tamales & Taquitos,
Margaritas, Beer, Wine

FREE CHIPS & SALSA with Dinner

OPEN DAILY
11 a.m. to 9 p.m.

965-9990

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& HAWAIIANA
CURIO SHOP

\$39.95
double & up
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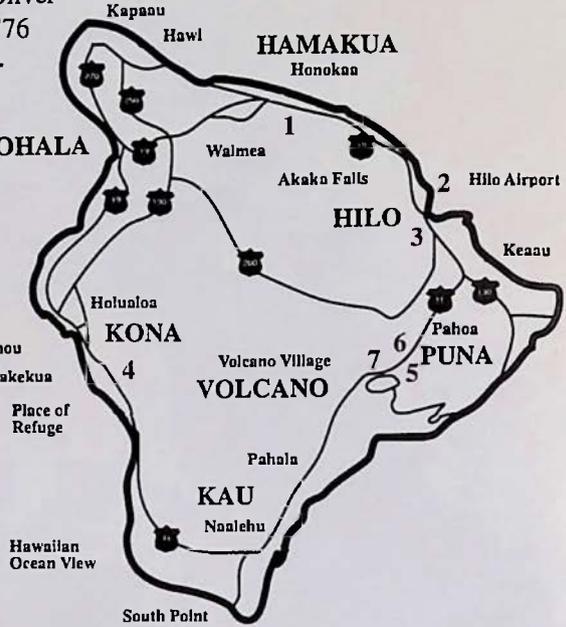
Big Island Lodging Guide

The next few pages is a regional listing of Bed & Breakfasts, Inns, and Vacation Rentals around the island of Hawaii. You are sure to enjoy their hospitality and Aloha.

1. Suds' Acres Innkeepers: Anita & Oliver
Suds, P.O. Box 277, Paauilo, HI 96776
Ph/Fax: 808-776-1611, 1-800-735-3262 e-mail: aphasis

@interpac.net

Situated on our Macadamia Nut farm on the slopes of Mauna Kea at 1800' elevation, your choice of the privacy of our cozy rustic cottage w/ complete kitchen or accomodations in our main house, each unit with color TV, microwave, coffee pots and one is wheelchair accessible. A continental breakfast provided for you to enjoy at your leisure. 5 miles to Honokaa, 15 to Golf, 30 to Hawaii's best beaches, 40 miles to Hilo, 60 to Kona. \$65 dbl.



2. Hale Kai B&B Innkeepers: Evonne & Paul Bjornen, 111 Honolii 6330 Fax (808) 935-8439

This AAA approved 4 star B&B overlooks beautiful Honolii surfing beach and Hilo Bay. All private baths, cable TV, ocean front views, pool & hot tub, full breakfast-quiet area. Guests treated as family. 100% Kona coffee served. Chosen among top 100 B&B's in USA and Canada. Rates: \$85

and up dbl. occupancy. 2 miles from Hilo. Also available is an ocean front 2 bedroom 2 1/2 bath deluxe penthouse. \$2,000/month.



3. Wild Ginger Inn 100 Puueo St., Hilo, HI 96720 Ph: (808) 935-5556, 1-800-882-1887

Conveniently located across the Wailuku River from Historic Downtown Hilo. Beautiful view of Hilo Bay with bamboo-jungle

stream area and large garden yard. All rooms in this old Plantation style building are clean with private restrooms, shower, and refrigerator. Standard rooms cost \$39-\$44, and include Hawaiian style buffet breakfast. Ask about our deluxe rooms and extended stay discounts.



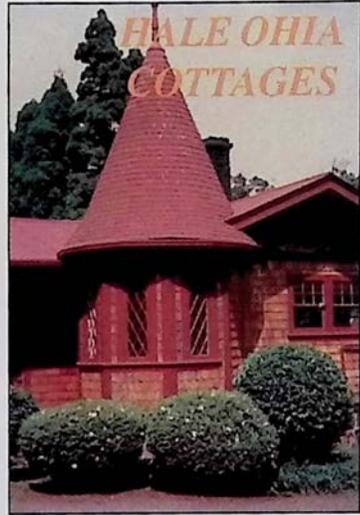
4. Merryman's B&B P.O. Box 474, Kealakekua, HI 96750 Ph: (808) 323-2276 1-800-545-4390

Charming ocean view B&B in Kealakekua, minutes from the best snorkeling. Enjoy immaculate, spacious rooms furnished w/ antiques & fresh flowers. A delightful Hawaiian breakfast of fresh fruits, chef's special & Kona coffee is served each morning. Snorkel gear & beach supplies provided.

5. Carson's Volcano Cottage Innkeepers: Tom & Brenda Carson, P.O. Box 503, Volcano, HI 96785 Ph: (808) 967-7683 1-800-845-LAVA, Fax: (808) 967-8094 email: carsons@aloha.net http://www.carsonscottage.com

Explore Hawaii's Volcano Natl. Park & stay in a fairy land forest of giant tree ferns & flowers. Private Romantic Cottages & Guest Rooms decorated with our collectables and antiques. • Woodburning stoves • Private Hot Tubs • Hearty Breakfast • Family Vacation Homes • Amenities without the price \$70 - \$145. Experience the true fantasy of Hawaii.

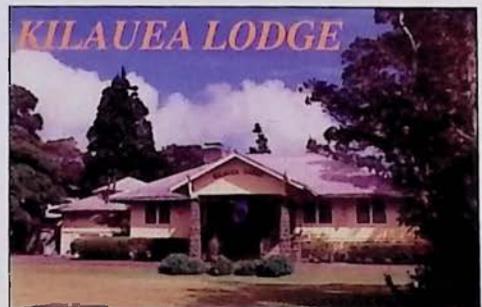
6. Hale Ohia Cottages Innkeeper: Michael Tuttle, Box 758, Volcano, HI 96785 Ph: (808) 967-7986, 1-800-455-3803

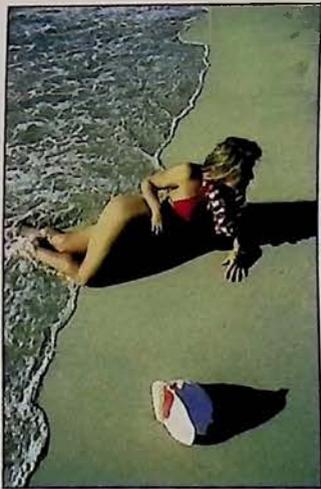


Noted in the NEW YORK TIMES, the SOPHISTICATED TRAVELER, historic hide-away, unique architecture, garden setting, fireplaces, heated Japanese Furo, breakfast brought to your room. All accommodations have private baths. One mile from Natl. Pk., Rates: \$75 to \$95.

7. Kilauea Lodge Innkeepers: Lorna & Albert Jeyte, P.O. Box 116, Volcano, HI 96785. Ph: (808) 967-7366 Fax: (808) 967-7367

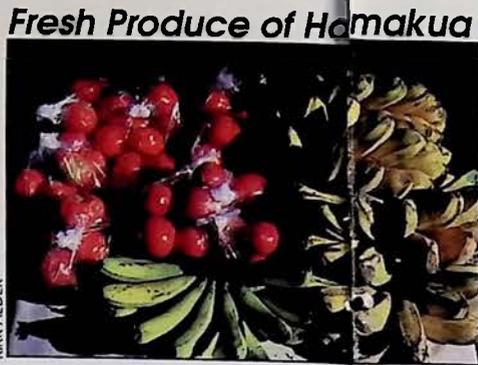
Popular mountain lodge and restaurant set on ten acres of forest and formal gardens. Romantic rooms and cottages with private baths, central heat for the cool mountain evenings, many with fireplaces. Common room with VCR, library and games. Original art. Full breakfast included. Fabulous fireside dining nightly.





Soft Sands of Hapuna Beach

KIRK AEDER



Fresh Produce of Hamakua

KIRK AEDER

Hilo's Palace Theater



KIRK AEDER

A

W

A



Hot Lava



KIRK AEDER

H

A

L

Kona Coffee Cherries



KIRK AEDER

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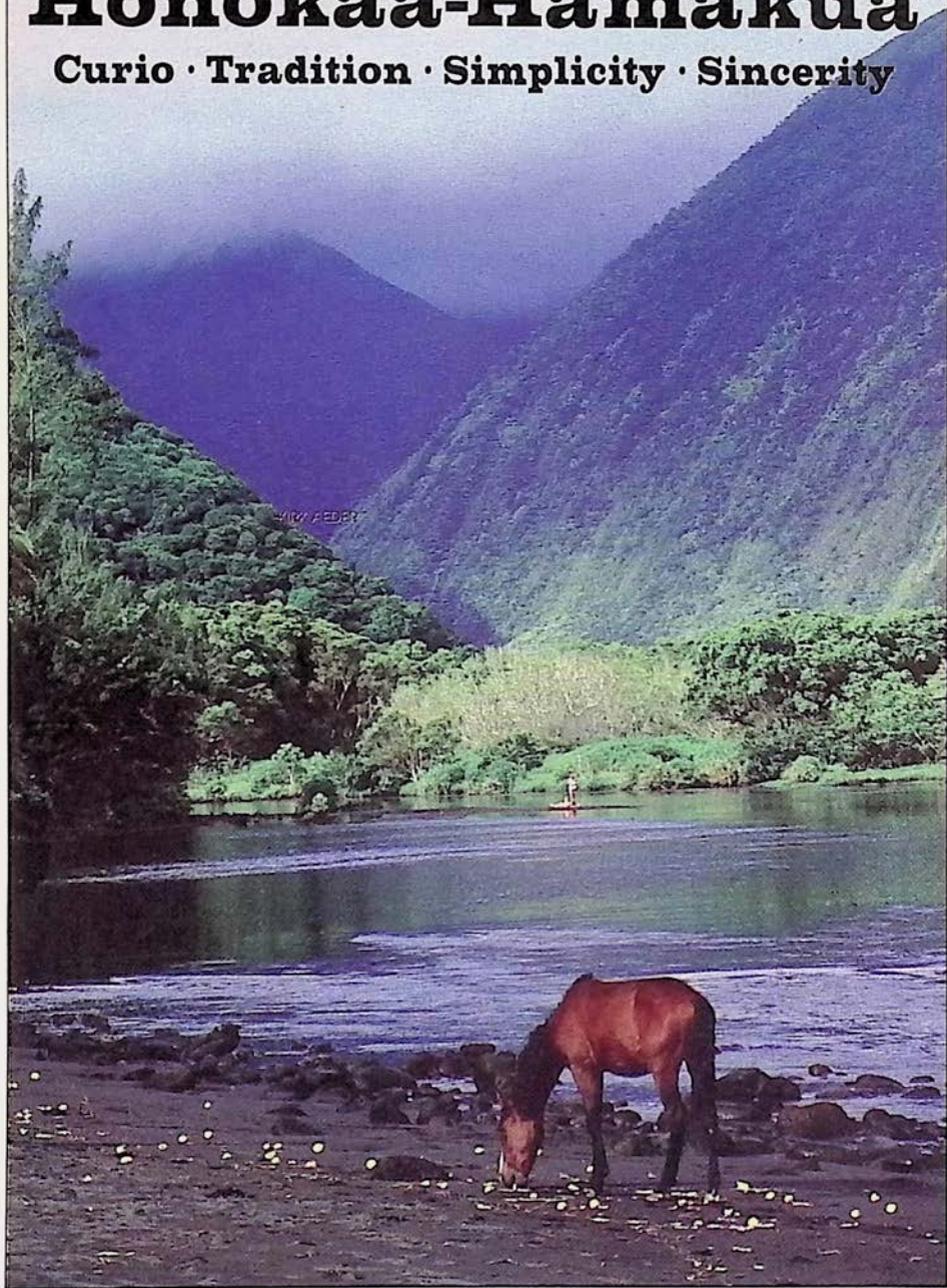
A

South Point Wave



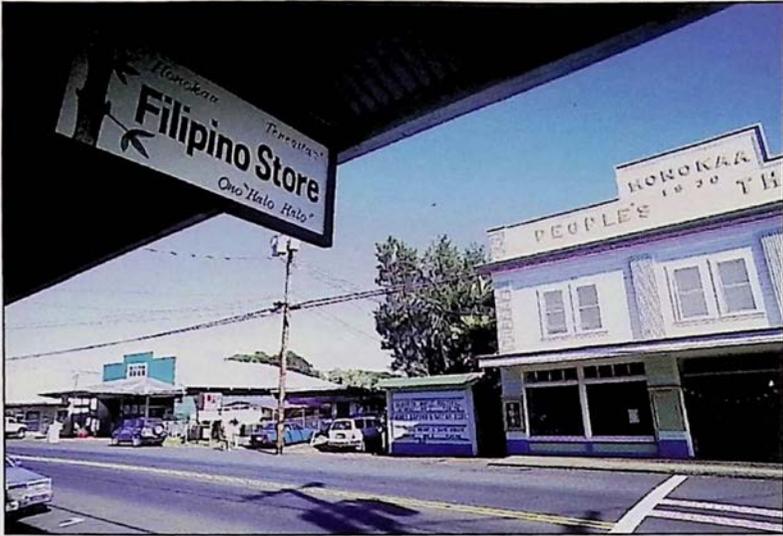
KIRK AEDER

Sugar · Nuts · Waterfalls · Tranquility
Honokaa-Hamakua
Curio · Tradition · Simplicity · Sincerity



For years the town of Honokaa sat idle, its home town theater empty, local store fronts ghostly quiet, and streets devoid of the bustle that

once rumbled down **Mamane Street** during the boom days of the **Hamakua Sugar Company**, an industry that for the last century has been the life blood



KIRK AEDER

Photo on opposite page is Waipio Valley and one of the many wild horses that roam the valley floor. Above is Honokaa's People Theater as seen from the steps of the Filipino Store. Below is a church in Honokaa.

of the people in this region. Since the decreasing activity of sugar production over the years and the recent decision to halt sugar production altogether, the local citizens of Honokaa have redirected their energy and begun one of Hawaii's most spirited movements of rejuvenation.

In the old days during the earlier part of the twentieth century it was only by train that one could reach the town of Honokaa, which was the third largest city in the territory of Hawaii. From Hilo, vacationers and soldiers on leave from Uncle Sam's army would take the train ride north to Honokaa where night life was king. A dance hall

was even built above the **Botelho building**, the first car dealership in the town.

Included in this new Honokaa is the town's farmers market that has become a weekly event in the downtown area in front of the Botelho Building. The market is open each

Saturday of the month. As Hawaii's old theaters are becoming more and more popular, the citizens of Honokaa enjoy their own **People's Theater**. The doors of the theater are opened for feature films every Friday, Saturday and Sunday evening at Honokaa's historic theater.

Outside of Honokaa town heading north to

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Aerial view of waterfalls in the valleys between Waipio and Pololu.

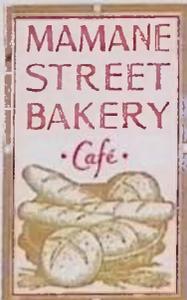
Waipio Valley the landscape changes dramatically. A series of deeply cut valleys edge the coastline all the way to Pololu Valley, the tip of the North Kohala region. No roads exist here only rough trails leading up and down the valley rifts which should not be traveled by inexperienced hikers. The hike to Pololu Valley from Waipio takes even the most experienced hiker several days to complete.

Legend has it that it was in Waipio Valley, "the land of the falling

water", that the great **King Kamehameha**, as a young boy, received his leadership training and first learned to surf. Today, family ohanas, "houses", still dot the landscape which is separated by a river that leads into the open sea. Local farmers and their families continue to make their way of life from farming **taro** and fishing off the sandy shores of this peaceful and remote valley floor.

Outside of Waipio Valley and Honokaa town are other early and small settlements of the Hamakua region such as **Paauilo, Kukuihaele and Laupahoehoe**. These towns are all filled with a rich and local culture that happily survives in this region of the Big Island. The Hamakua Coast is a jungle of botanical splendor.

Old doors and new businesses will continue to open in Hamakua as a period of positive change continues to sweep through the land.



FINE QUALITY BAKERY & ESPRESSO BAR

Located minutes from Waipio Valley. Fresh pastries, macadamia nut desserts, cookies, croissants, foccacia's, fresh sandwiches daily.

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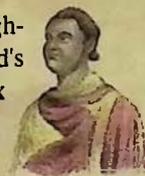
(808) 775-9478



Mamane Street, Honokaa

Places of Interest

Outside of Honokaa town on Highway 19 is one of the Big Island's busiest local dining spots, **Tex Drive In**. This local diner is a



popular place to stop for locals and visitors alike as it features both Hawaiian and American cuisine. The menu includes everything from hamburgers to malasadas, including fresh fish plates and rice. Service is quick and the atmosphere bustles making Tex a fun and tasteful stop for lunch. Before heading on to Waipio Valley make sure you stop in at **Mamane Street Bakery** for a mouthwatering treat. Owner/baker Ely Pessah, keeps his bake case filled with breads, pastries, and other delectables like Portuguese Sweet Bread and Money Macadamia Nut Bran Muffins. The aluring smell of freshly brewed espresso and cappucino also lingers. Also, try Ely's famous macadia nut pie by the slice, its great!

Visitors wanting to see some of the very best in art should make **Amaury Saint-Gilles Contemporary Fine Art** a definite stop on their tour along the Hamakua Coast. New shows regularly feature original work from Hawaii & the Pacific Rim, many showing exclusively at this Honokaa gallery run by its' namesake owner, author of a half-dozen books on Japanese arts. Also located in Honokaa is the **Bad Ass Hawaiian Macadamia Nut Factory** which is located down the hill from Jolene's Kau Kau Korner. Hawaii's oldest macadamia nut mill allows visitors the opportunity to view the inner workings of a macadamia nut factory. Macadamia nut creations fill the store shelves and will undoubtedly make your taste buds dance when you try them. Also featured is the factory's own bake shop as well as a complete line of Bad Ass Coffee.

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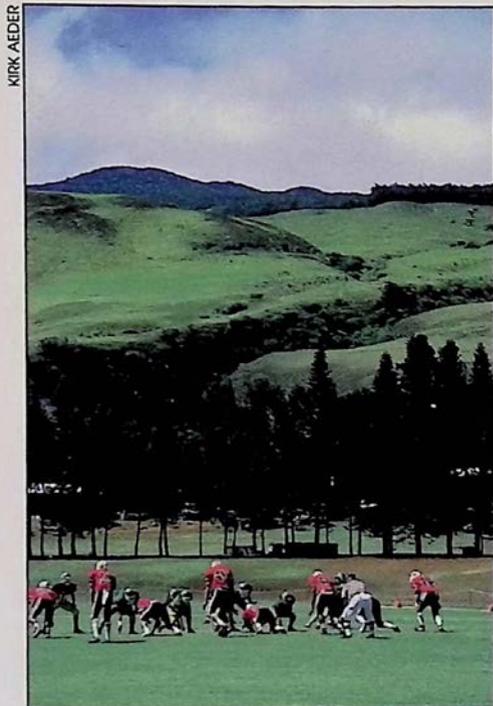
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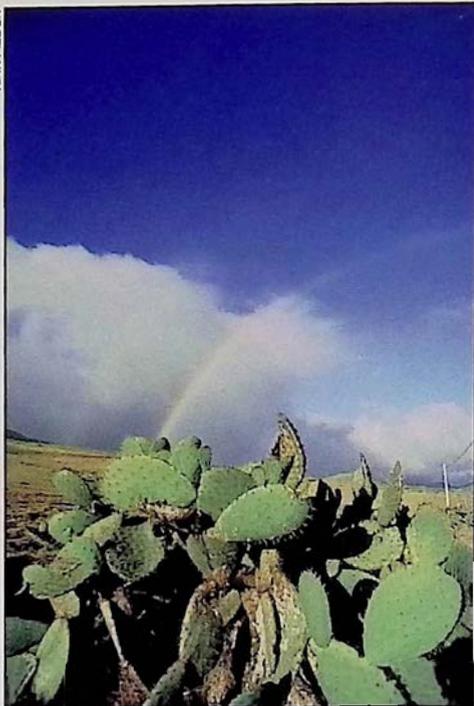
775-7743

Upcountry Waimea

Hawaii's Paniolo Town



KIRK AEDER



KIRK AEDER

Above photos are of a high school football game at Hawaii Preparatory Academy in Waimea and a rainbow and cactus in the high country of Mauna Kea. Opposite page photo was taken along Saddle road where the land is mostly used for ranching.

Between snow capped **Mauna Kea** and the Kohala mountains the green hillsides of North Kohala roll along under wispy white clouds, and afternoon rainbows that frequently stream their way from the skies above Waimea. Inside this landscape herds of grazing cattle can be seen meandering their way through sloping pastures filled with cactus and dry underbrush as Hawaiian cowboys called **paniolo**s still ride horseback and

work the ranges.

Ranching began in this region of the Big Island after King Kamehameha appointed, in 1815, a young seaman named **John Parker** to hunt and shoot the herds of wild cattle whose population had grown uncontrollably since their introduction to Hawaii in 1793. Parker, who accomplished his mission, managed to domesticate a herd of his own before marrying a Hawaiian chiefess. The

Vast Upcountry Pasture Lands and Ranching, Under a Snow Capped Mountain

Places of Interest

Begin your tour of Waimea with a cup of coffee and a bite to eat at **The Waimea Coffee and Company** located on Hwy. 19 at Parker

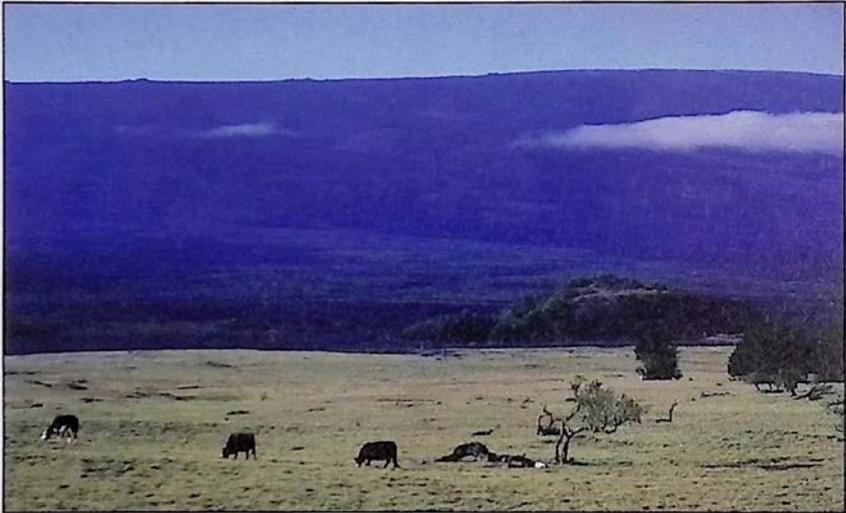


Square. The coffee shop boasts the Big Island's largest selection of gourmet coffees from around the world as well as a healthy selection of breakfast and lunch items which includes croissants, pastries, soup du jour, sandwiches, salads and a gourmet groceries pantry.

marriage helped Parker to acquire the land that would later be used to found his 250,000 acre ranch in 1847. Today's existance of Parker Ranch as one of the largest ranches in the United States gives the outsider an idea of the magnitude of its size.

Today, the town of Kamuela, more often referred to after its district

name Waimea, is a town that still surrounds itself with a ranching lifestyle. The brightly colored Victorian houses and shops, tidy yards filled with flowers and skeleton remains of wagons and wheels gives visitors the opportunity to see yet another sphere of the diversity of cultures that exist in Hawaii.



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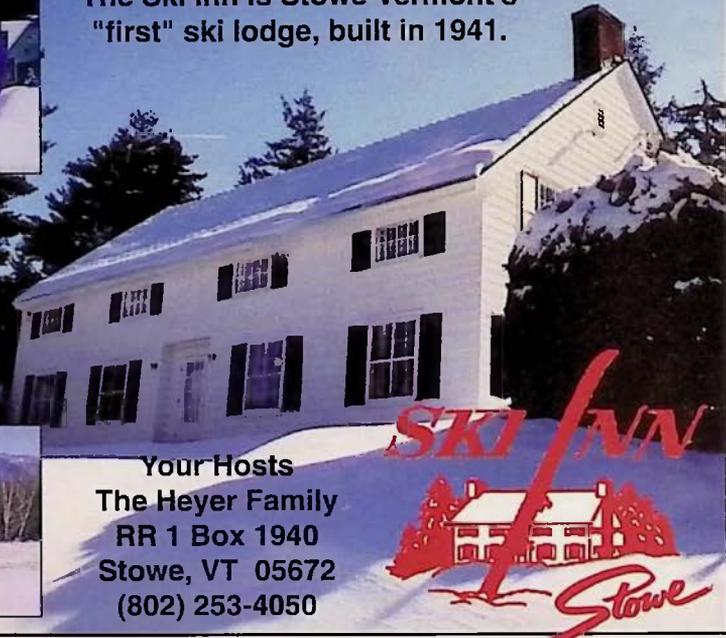
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continued from page 26

in Hawaii, that was a route to hell. Gradually, both the Hawaiian canoe and the water sports surrounding it, disappeared. An underground movement, loyal to its past, lived on.

King David Kalakaua (1874-1891), known as the Merrie Monarch and determined to bring the Hawaiian culture back to life, named his own birthday, November 16, as the official annual regatta day. After his death, in 1891, interest declined once more, other western sports seeming far more interesting than the old Hawaiian ways of the water.

In 1908, the Outrigger Canoe Club was founded. A few water-enthusiasts had remembered the importance of keeping the old knowledge alive. Those early years of the Canoe Club included sailing competitions as well as board surfing and swimming, but it seemed that more and more attention drew toward the slender paddling canoe.

Since then, paddling, canoe racing, and recently also sail racing, have grown once again into one of the most popular activities in the Hawaiian islands. Children go out on their boogie boards as soon as parents allow and Hawaii has more than 60 canoe clubs and more than 5000 people are actively involved in the sport.

Long-distance races are growing in popularity. What started out as a single event, the Molokai-

Oahu race, a grueling channel-crossing, is now one of the most noted annual events. On the Big Island the Queen Lili'uokalani Race between Kailua and Honaunau in Kona has become an 'ocean mark', attracting canoes and their owners from all over the islands.

The Hokule'a, named after the zenith star of the Hawaiian sky at night, was built in 1974, according to remaining descriptions of old, double-hulled canoes. Over 60 feet long, the Hokule'a and the Polynesian voyages it has made are more than nostalgic

adventures.

The canoe has become a spiritual symbol of inspiration and remembrance. It connects Hawaii with a past that was almost forgotten, but



must survive. Since the Hokule'a several other models have been built.

Paddlers listen again to the voice of the ocean, building their canoes, while never ceasing to sharpen strength and stamina. Hulls are made of fiberglass, but not much else has changed.

What makes the canoe Hawaiian? Definitions and rules of competition adapt. But the law of the Hawaiian waters, the pulse of the surf rushing through blood, the knowledge that timing is everything and that life depends on the mercy of the ocean, that will never change. To live in Hawaii, is to learn the ways of the ocean.



Coffee Times

Behind the Magazine



Kirk Lee Aeder is a world renowned ocean sports photographer who moved to the Big Island nearly four years ago. He previously lived for ten years on Maui. Besides his stunning photography of the Hawaiian Islands, Kirk travels regularly to far off places like Japan where he shoots photos for a variety of travel magazines. As a photo journalist, he is currently the overseas editor for *Surfing World* magazine in Japan, and has been published frequently in American publications like *Sports Illustrated*, *Outside*, and *Endless Vacation*.



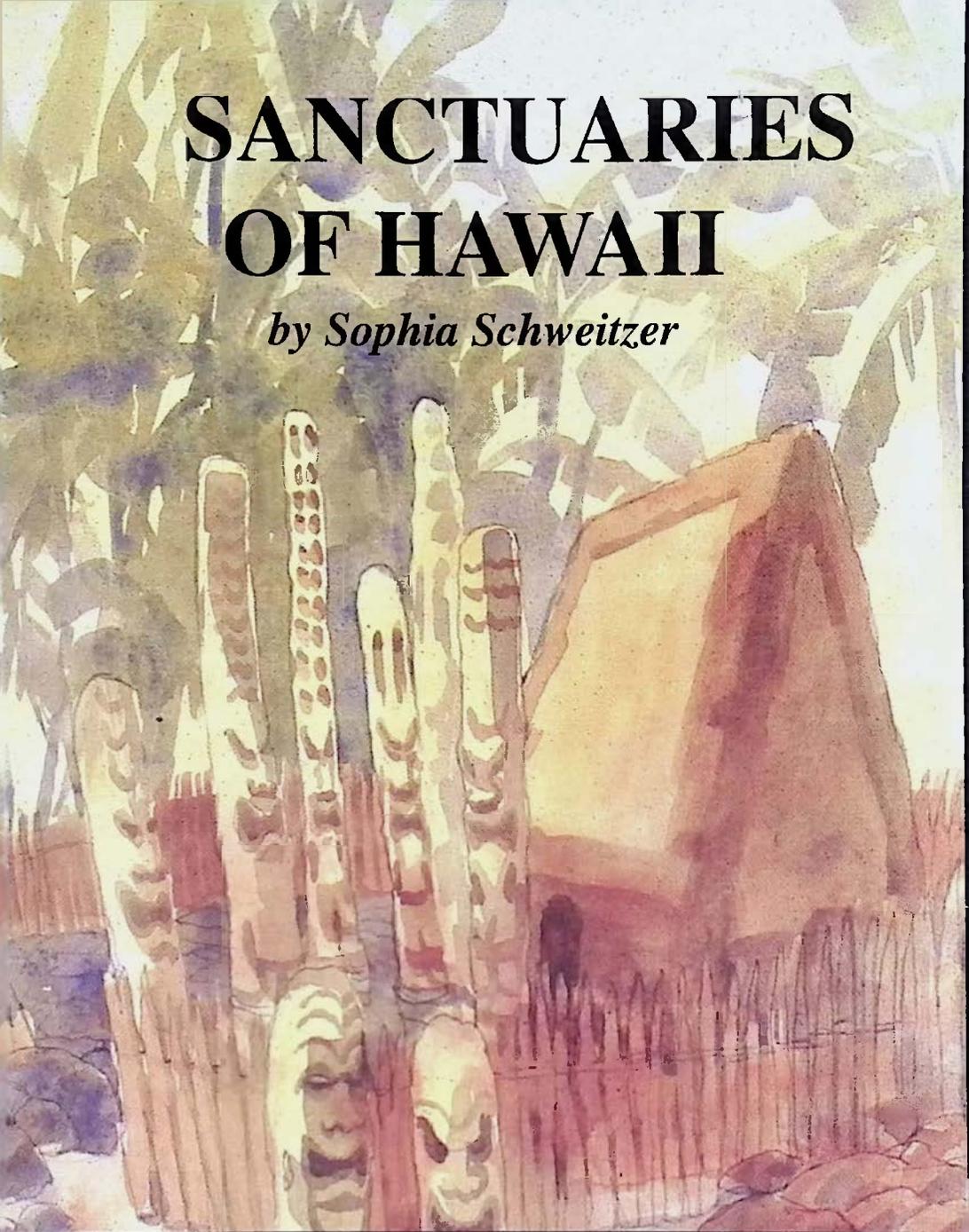
Betty Fullard-Leo, as a freelance writer, has been covering Hawai'i culture, travel, art, food and lifestyle for fifteen years. A 1980 graduate of the University of Hawaii school of journalism, she is contributing food editor for *Hawaii* magazine, and a frequent contributor to other Hawaii-focused magazines, books and newspapers, such as *Aloha*, *Spirit of Aloha*, *Fodor's Guides* and *Los Angeles Times* special sections.



Sophia Schweitzer lives in North Kohala on the Big Island of Hawaii and is a freelance writer. She writes about food, health, travel, and Hawaiian history. She also writes fiction and teaches math to the young people of Kohala. Her business, *The Write Answer*, provides research, resume and biographical services.



Les Drent, a proud member of the notorious generation X, is founder and publisher of *Coffee Times*, the alternative guide to the Big Island of Hawaii. He is a New Hampshire native and 1991 graduate of the College of Wooster and has lived in the village of Holualoa on the Big Island of Hawaii for the past five years. Besides publishing Les also roasts, sells, and is a proud advocate of 100% Kona coffee. In his free time he enjoys surfing, travel and an occasional game of inline hockey at Old A's.



SANCTUARIES OF HAWAII

by Sophia Schweitzer

PAINTING BY KATHLEEN PETERSON

When the first Polynesians came to the Hawaiian islands they respected the god's forces of lava, sun, ocean and wind. They understood that angry gods summoned tidal waves and earthquakes. Satisfied gods provided safe fishing and a bountiful harvest.

The ali'i (chiefs and royalty), direct descendants from the gods, carried the gods' mana (spirit, divine power). They were the instruments for the will of the gods. To ensure divine support, an elaborate system of kapu (taboo) evolved. A mistake, as seemingly insignificant as walking in the shadow of a chief, could result in capital punishment.

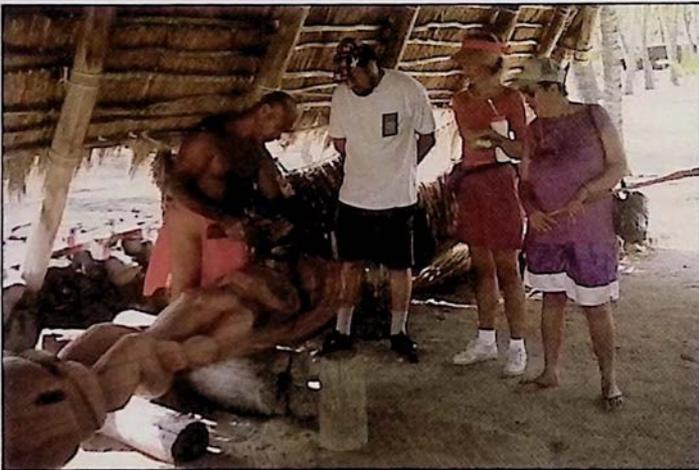
To give the gods a tangible place for prayer and invocation, the kahunas (priests) and ali'i carved images, according to their own interpretations and needs. The ki'i were wooden statues, often tall and frightening. Filled with divine power, they watched, enforcing the kapu.

Despite his divine connections however, the chief and his people

find forgiveness, escaping death for the kapu he had broken, where a warrior could find healing and respite, where women, children and elderly people could find a safe haven from the battles outside.

The pu'uhonua offered more than physical protection. It was a sanctuary of supernatural power. At each pu'uhonua the ruling chief built a heiau (temple) in his own name. Ki'i saw to the sacredness of the land. The pu'uhonua's greatest power was that of unquestioned forgiving. Here was no punishment for crimes and sin, here ruled no justice or revenge. No matter what the crime might have been, the pu'uhonua offered refuge. A person ready to leave, started out clean.

The Pu'uhonua O Honaunau,



LES DRENT

Self guided tours of the Place of Refuge, now a National Park, are available daily. In this photo a man works on a tiki carving.

were dependent on each other. There had to be places where a crime against the gods could be forgiven and where harm could not pass.

Throughout the Hawaiian islands, chiefs established pu'uhonua (places of refuge, literally meaning 'hill of earth'), where a criminal could

in south Kona, is the last remaining historical site of a place of refuge on the Hawaiian islands. Giant ki'i statues tower over the indented bay just south of Kealahakua. Ruins of the oldest platform date back to 1475. Around 1550 the A-le'ale'a Heiau was built, replaced in 1650 by the Hale O



KIRK AEDER

Tiki Carvings at the Place of Refuge.

Keawe (the house of Keawe). Keawe and his descendants were buried and deified here.

The massive Great Wall, the most impressive monument of ancient Hawaii, shelters the sanctuary. This unequaled feat of heavy lava rocks, 10 feet tall, over 1000 feet long, and 17 feet wide, might have been constructed as early as the first platform.

In 1819, King Liholiho abolished the system of kapu. Christianity swept over the islands, leaving no space for the adoration of gods. Ten years later, in 1829, Queen

Ka'ahumanu, widow of King Kamehameha I and newly devoted Christian, ordered the destruction of all sites centered around the system of kapu and the heathen gods.

The ruins of Pu'uhonua O Honaunau have remained. The secluded land on which they rest resonate with a long abandoned past. For over 300 years, chiefs and commoners respected the laws of the land here, where the restoration of balance in the sacred space of refuge, held the final rule.



HAWAII

IT'S PURE PARADISE

PHOTO BY ROBBIE POZNANSKY



ROBBIE POZNANSKY

BETTY FULLARD-LEO



KIRK AEDER



Taste of Hawaii

Macadamia Butter Pie

Ingredients:

- 1 (store bought) cookie
or graham cracker crust
- 1 (8oz.) package of softened cream cheese
- 1 (14oz.) can of Eagle brand milk
- * 3/4 cup of macadamia nut butter
- 3 tbspn. of lemon juice
- 1 tspn. vanilla extract
- 1 cup of whipping cream, or
one (4oz.) container of cool whip.

In a large bowl beat cream cheese until fluffy. Add Eagle brand and macnut butter and beat until smooth. Stir in lemon juice and vanilla. Whip cream separately and fold in last. Pour into crust and chill at least one hour before serving.

** macadamia nut butter available at specialty or gourmet food stores.*

To make homemade macnut butter simply toast one cup of diced macnuts until golden brown, about 7 to 10 minutes in a 350° oven. While warm place in a food processor or blender with two tablespoons of sugar - blend on high, adding a little water if necessary, until smooth.

Recipes provided exclusively for Coffee Times by Heather Campbell of the Four Season's, Hualalai. Friend to Les Drent, Heather's recipes are inspired by truly the world's greatest coffee, Coffee Times 100% Pure Kona Coffee.

Enjoy!

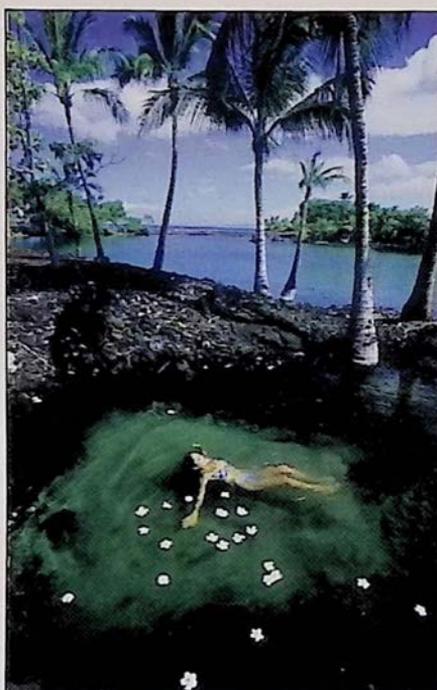
HEATHER

The Golden KOHALA COAST

Almost always under bright sunny skies the Golden Kohala Coast of the Big Island of Hawaii has for years been the tropical playground of not only ancient Hawaiian royalty but contemporary vacationers from around the world. The Kohala coast which hosts many important historical sights is also home to one of America's most highly rated public

beaches, **Hapuna Beach State Recreation Area**. Hapuna's long white sand beach, rolling surf, clear skies, and accesibility make it a popular destination for many island guests.

Among the ebony lava fields that comprise the Kohala Coast landscape are several world renown championship golf courses. From the air or from a distance the green fairways that blanket this rugged terrain soften its



KIRK AEDER

landscape. And, because of the Kohala coast's perfect sunny weather the courses are rarely closed...maybe once every five years.

Wild goat, donkeys and other four legged creatures roam the land freely and occasionally the Hawaiian short eared owl, the **pueo**, can be seen in flight.

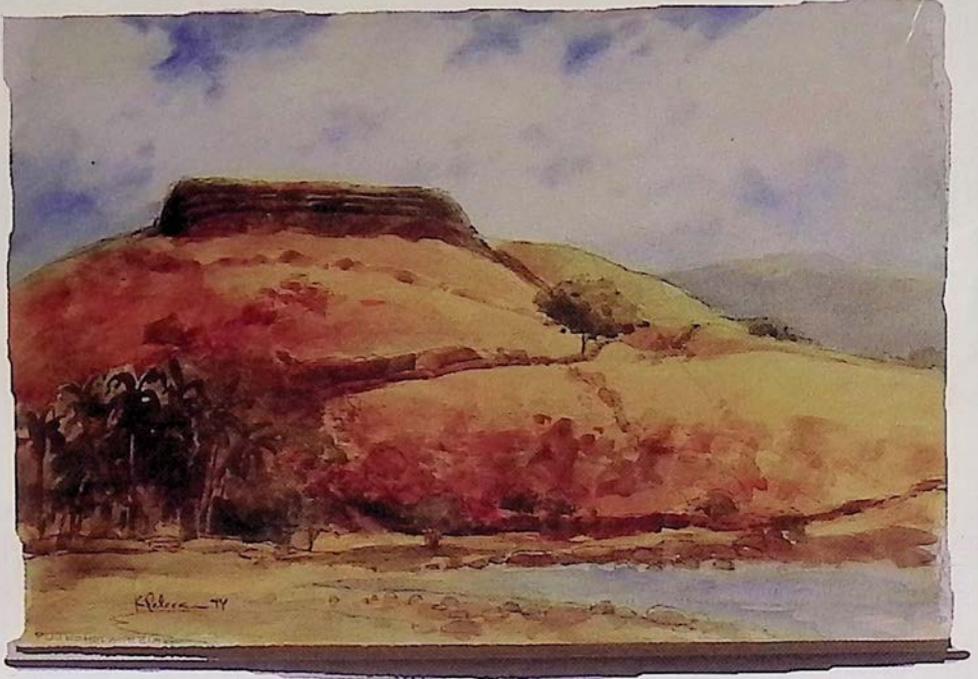
Connecting this forty or so mile coastline is the

ancient **King's Trail** which was travelled by the ruling *ali`i* as well as *malo*-clad runners who were responsible for transporting pond raised fish wrapped in *ti* leaves to the tables of Hawaiian royalty living down the coast in Kailua-Kona. The King's trail

passes through not only the several resort properties but **Pu'ukohala Heiau** and scores of **petroglyph fields**. Pu'ukohala was the last Hawaiian temple



KIRK AEDER



Photos: Previous page photos are of a woman relaxing in one of the many inland pools that exist along the Kohala coast. Below on that page is a petroglyph of a surfer, the carving's design appears to be from modern days. Above painting is of Pu'ukohala Heiau, now a National Park. It was done by Kathleen Peterson and is courtesy of Aumary Saint-Gilles Contemporary Fine Art. The photo below is of two curious wild donkeys near the Kohala coast.

built during King Kamehameha's reign of power. It was said that if Pu'ukohala was built to honor the war god **Kuka'ilimoku**, Kamehameha would be granted the power to conquer and unite the islands of Hawaii under one kingdom. After the temple's completion, Kamehameha did go on to unite the islands of Hawaii, but only

LES DRENT



after several bloody battles had been waged on outer islands. Today the *heiau*, which was the last human sacrificial site in Hawaii, is preserved by the National Park service and is open daily to the public.

The extensive petroglyph fields that are found all along the King's trail hosts its most

Places of Interest

One particular place to enjoy is the **Hilton Waikoloa Village** set amidst lush tropical gardens and tranquil lagoons on 62-acres. The hotel of-



fers 1,241 rooms, three swimming pools, exotic wildlife, Dolphin Quest, children's program, restaurants, shops, two championship golf courses, tennis, Kohala Spa and a museum walkway - it's more Hawaii than you can imagine! **The Bad Ass Coffee Company of Kawaihae** is located upstairs from Cafe Pesto in the Kawaihae Shopping Center. The shop offers bulk coffee: whole bean or ground to your request. The shop also offers New York Style sandwiches, espresso drinks, filter coffee, Bad Ass Apparel & Mugs. For Mail Order call 1-800-719-2345. Also located in the Kawaihae Shopping Center is one of the most popular restaurants on the Big Island, **Cafe Pesto**. The Pacific-Rim Italian cuisine at Cafe Pesto is the epitome of island fresh cuisine as the innovative styles of owners/chefs David Palmer and Jim Williams constantly strive for perfection. From calzones to pizza and mouth watering pastas the ingredients are island fresh. Prices are reasonable too so you have no excuses to miss the Cafe Pesto experience. Another experience not to miss is a visit to **Kona Village Resort** where guests have the opportunity to enjoy a variety of dining pleasures in a unique Hawaiian setting. Reservations required. Call (808) 325-6787 or (808) 325-5555. Refer to their ad on page 5.

popular spot near the King's Shops on Waikoloa Beach drive. Follow the signs along a short trail that direct you to the petroglyphs. Keep in mind that the preservation of these field depends on people staying on the trail while viewing these ancient rock carvings.

Besides all the cultural sights and plush resorts many popular island events also take place along this Gold Coast of Hawaii and the calendar page in the magazine will advise you of them. Enjoy it all while you wine,

dine, and play on the Kohala coast.



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Friendly North Kohala

Art Galleries, Fine Dining, Cafes, Quaint Shops, Kamehameha Statue, Pololu Valley

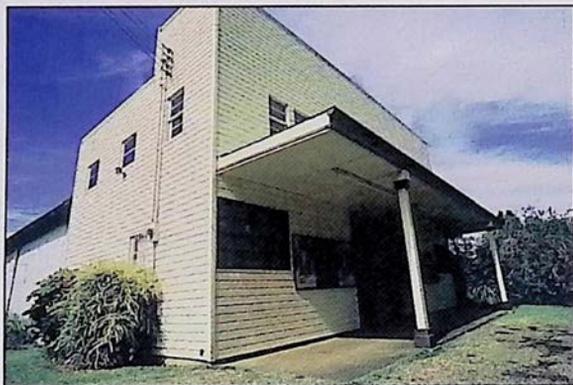


Above left: Joan Channon (right) and Aunt Mary (left) of Bamboo Restaurant in Hawi town. The restaurant features Pacific rim cuisine and hosts live entertainment on occasion. Above right: The view looking into Pololu valley. Below: the Hawi theater.

Following highway 270 north visitors will encounter a landscape filled with historical landmarks that include the original **King Kamehameha, statue, Kalahikiola Church, and Mo'okini Heiau** which is regarded as the oldest pre-Western contact temple of worship. In the year 1758 King Kamehameha was believed to have been born at Mo'okini. Also to be found in the North Kohala region are the remnants of a once thriving sugar industry of the 1880's which is still visible in the many old storefronts of **Hawi & Kapaau towns.**

When you're done visiting the

towns of Hawi and Kapa'au Hwy. 270 will lead you through North Kohala's fertile pasture lands, dense forests, and ultimately to **Pololu Valley**, which offers one of the best scenic view lookouts on the island. If the road were to continue on past Pololu Valley you would eventually end up at Waipio Valley at the northern end of the



Hamakua coast. Separating these two valleys are several other magnificent valleys accessible only by foot or horse. If you plan to

hike beyond Pololu be prepared for a long trek and bring plenty of water and supplies. The trails are narrow and

Places of Interest

The towns of Hawi and Kapaau are now preserved by a new generation of Hawaii businesses which have their own distinct local offerings.



In Hawi is the **Bamboo Restaurant** & the **Kohala Koa Gallery**. Inside what was once the grand old Takata store, Bamboo combines Pacific Rim dishes with farm fresh herbs and local fish to create an innovative style of cuisine. The atmosphere is cozy and authentic with live entertainment on weekends. Inside the Bamboo you'll find the Kohala Koa Gallery, featuring the works of over 40 additional island artists. On the other side of the street from Bamboo is **Kohala Pacific Realty**, where visitors are welcome to stop in for free maps of the North Kohala region. Owner John Adams is taking a different approach to real estate sales. He is promoting the renovation and preservation of many old buildings in North Kohala's towns.

steep and should not be walked by amateur trailmen. While driving along the coastline of North Kohala remember that if the skies are clear, you may be able to catch a view of the **island of Maui** looming on the other side of the **Alenuihaha channel**, which separates Maui from the Big Island. Between the months of December and April visitors are almost guaranteed a

DON RICH



humpback whale sighting off the coast of North Kohala. This region of the Big Island is a particularly favorite spot for our migrating friends from the north.

Come and enjoy this peaceful region of Hawaii. You will be amazed at the ancient and modern wonders it

has in store for you.

bamboo
RESTAURANT

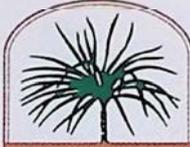
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The Village of Holualoa

Art & Espresso

Days pass slowly in the artist's retreat town of Holualoa, almost like the gentle mountain breezes which weave their way through the groves of coffee trees lining the slopes of Mt. Hualalai. Steeped in natural beauty and tradition, this little mountainside coffee town blends a touch of today's art with a passion for the simpler life of the past. The village's many private galleries showcase the works of many local artists in a wide array of mediums.



When you are done visiting the galleries, the friendly local espresso bar, **Holuakoa Cafe**, will undoubtedly snatch an hour or two from your day and maybe more if you decide to indulge in the homemade cake and



pastry selection. Owner Meggie Worbach personally works the espresso bar every day of the week except for Sundays. Her espresso drinks are, hands down, the best on the island and Meggie's German heritage makes her a fanatic for perfection. Perhaps the most unique feature about the cafe are the European visitors it attracts. It seems like there is always a foreign voice being heard at Holuakoa. For many visitors who don't speak English Holuakoa is an extra nice stop on their vacation.

Make it a point to wander up for a visit to Holualoa you will love this adorable country town.

Holuakoa Cafe

ESPRESSO BAR

HOURS:

Mon-Sat 6:30am - 5pm

Closed Sunday

322-CAFE

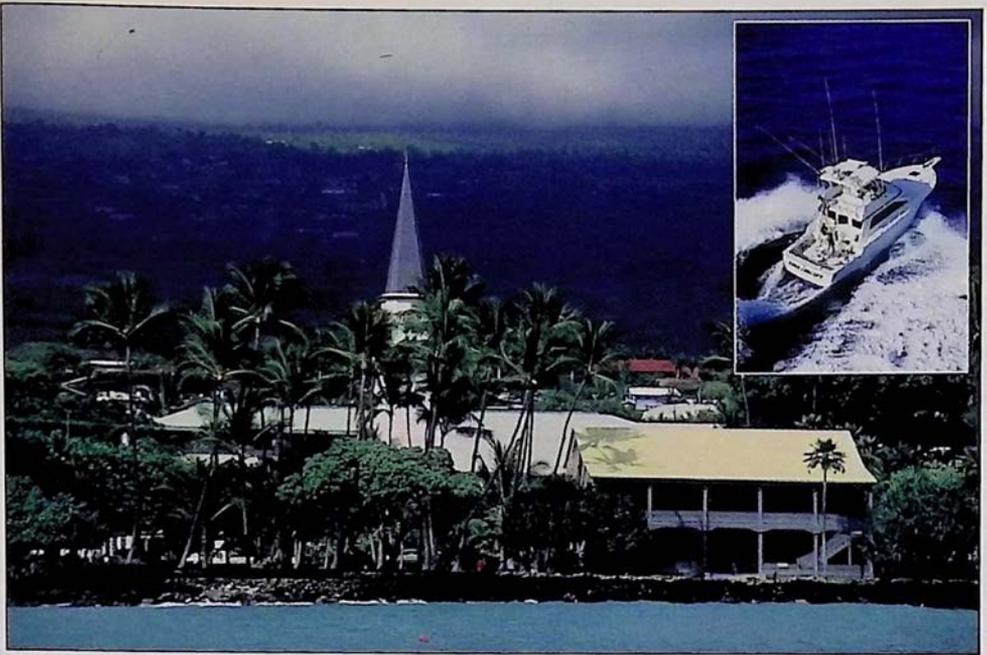


Holualoa, Hawaii
96725

100% Kona Coffee and Coffees From
Around The World • Pastry • Salad
Light Fare • Indonesian Imports • Gifts
Enjoy a wide selection of my Kona
coffee drinks while you converse
with friendly locals and island travelers.
Or, simply relax in the cafe's
tropical garden.

Aloha, *Meggie*





KIRK AEDER

North Kona

Undoubtedly the busiest part of the Big Island is the district of North Kona and the seaside village of Kailua. Nestled in this busyness are a few significant historical and cultural landmarks. Beside the Kailua pier is *'Ahu`ena Heiau* built in 1817. This ancient temple which was built on a rock platform was dedicated

to patron spirits of learning, the arts, and healing. King Kamehameha also made his home here in a thatched hut where he could maintain control over boats entering and leaving the bay. Kamehameha also monitored the farming pursuits of his village from *'Ahu`ena*. Also on Alii Drive is *Mokuaikaua Church*. Built in the

We landed at Kailua (pronounced Ki-loo-ah), a little collection of native grass houses reposing under tall coconut trees, the sleepest, quietest, Sundayest looking place you can imagine. Ye weary ones that are sick of the labor and care, and the bewildering turmoil of the great world, and sigh for a land where ye may fold your tired hands and slumber your lives peacefully away, pack up your carpetsacks and go to Kailua! A week there ought to cure the saddest of you all.

Mark Twain, 1866

1820's *Mokuaikaua* was the first Christian church to be built by western missionaries. Across the street is *Hulihee* Palace, a nineteenth century vacation home to some of Hawaii's monarchy. *Hulihee* was built in 1838 and today serves as a museum open daily to the public. Occasionally, throughout the week, some of Hawaii's youngsters can be seen in the courtyard under the shade of giant banyan trees practicing hula under the direction of a *kumu hula* (teacher of hula). Later in the nineteenth century Kailua was a village that was used primarily as a sea port for shipping cattle, coffee and sugar off island. Most of the population in Kona lived in the mountainside towns between Honaunau and Holualoa along a stretch of road still called Mamalahoa Highway. The town of

Kailua, for the most part, was always a sleepy kind of village. Up until the early 1970's the population was no more than 700 people, today the population of Kailua is around 35,000 and growing rapidly. Directly contributing to this outbreak of growth is the recent influx of realtors, developers and land speculators that pay little or no attention to the sanity of the place. Looking beyond the trafficky bustle of Kailua there are many wonderful opportunities for personal dining, shopping and tour experiences around the town. This district of North Kona also hosts some of the Big Islands most beautiful white sand beaches. A short drive north of Honokohau Harbor on Queen Ka'ahumanu Highway are the beaches of *Makalawena*, and *Mahai'ula*. These beaches require a



MIK AEDER

Photos on previous page are of a fishing boat heading out of Kailua Bay and Mokuaikaua Church and Hulihee Palace as seen from Kailua Pier. This page above is Kona's Shane Dorian now competing on the professional surfing tour.

KEEP KONA COUNTRY!

Places of Interest

If you're looking for a great place to relax and enjoy a coffee check out any one of the three Alii drive **Bad Ass Coffee Stores**.



They specialize in only top grade 100% Kona coffee and Hawaiian grown coffees. Purchase by the pound or by the cup. Their North Kona stores can be found in Waterfront Row, at the Keauhou Shopping Village and in the upcountry village of Kainaliu. **Biker's Brew coffee** specializes in 100% Kona coffee and you can get your motor running by stopping in the village of Holualoa and purchasing a pound at Holuakoa cafe. Their coffee is also available through mail order.

short hike to access them. Easier to reach and located on Alii Drive to the south are **Kahalu'u Beach Park** and **Magic Sand's**. Both these beaches provide ample parking and do not require a hike.

Around these historical sights are a whole host of restaurants and shopping opportunities and hundreds of

visitor and local businesses keep the streets and sidewalks around Kailua busy with activity throughout the year. Cruise ships lay at anchor off the shores of Kailua-Bay and many tour and activity companies provide visitors with ample opportunity for hiking, sailing cruises, snorkeling and scuba adventures.



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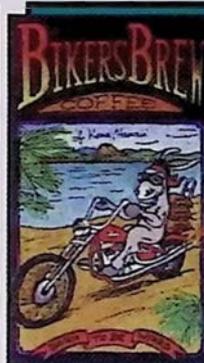
BAD ASS MACADAMIA NUT FACTORY
HONOKA'A • 775-7743

WATERFRONT ROW
ALII DRIVE KAILUA, KONA • 326-4637

THE BAD ASS WAREHOUSE
DOWNTOWN ALII DRIVE • 329-8871

KEAUHOU SHOPPING CENTER
KEAUHOU • 322-0100

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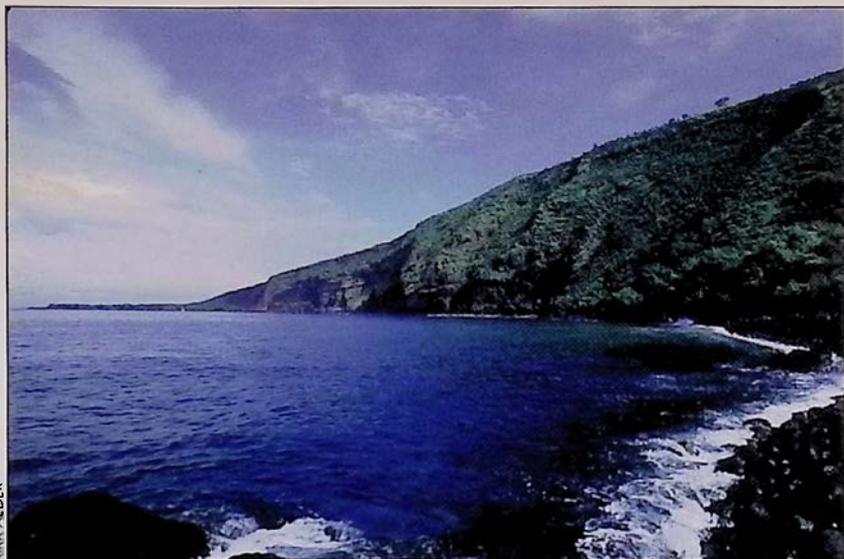
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SOUTH KONA

Kona Coffee Farms • Kealakekua Bay •
 Captain Cook Monument • Pu`uhonua O
 Honaunau • The Painted Church



KIRK AEDER

There is, perhaps, no other region on the Big Island shrouded in more history than the district of South Kona. Whether it be the origins of Kona coffee, the ancient Hawaiian village setting of *Pu`uhonua O Honaunau* (Place of Refuge) National Park, or the Painted Church nestled along the hillside overlooking Kealakekua Bay, the spot where the famous English explorer Captain Cook met his fate in 1779, South Kona will keep the historically minded visitor busy weaving their way through its network of mountain roads.

Coffee first came to Kona in 1828 when the **Reverend Samuel Ruggles** brought plant cuttings to Kealakekua. The early Japanese

farmers cultivated many of Kona's first farms and engineered the system of milling and processing this prized coffee.

On highway 160 amidst coffee farms and high on the slopes of Kealakekua Bay is **The Painted Church**, where sometime between 1899 and 1904, Father John Velge, a Catholic missionary from Belgium painted images on the interior walls of the church depicting the biblical scenes of heaven and hell.

At the bottom of Napoopoo Road is **Hikiau Heiau** at Kealakekua Bay, and a white stone monument across the bay that marks the spot where **Captain Cook** was killed in 1779. The story behind Cook's death

Places of Interest

When traveling through South Kona you definitely do not want to miss the opportunity to visit one of the region's working Kona coffee



farms. On Painted Church Rd, you will pass **Bay View Farm and Mill**, family owned and operated by New Hampshire native Andy Roy and his wife Rosalyn. Over the distant hum of pulping and grading machines the sweet and damp smell of freshly milled coffee cherry fills the air during the fall and winter coffee season. Bay View has a coffee sampling room and gift shop along with their milling operation and guests have the opportunity here to 'cup up' some 100% pure Kona coffee. In Kealahakua, **Greenwell Farms** also offers visitors a personal guided tour of their farm. The Greenwell family has been involved with the Kona coffee industry for over a hundred years and descendants to the founder, Henry Nicholas Greenwell, still work the farm. The tour of the farm concludes with a cupping of the farm's Estate Kona coffee and the opportunity to purchase some of this fabled family coffee. Also located in this region of South Kona is the **Captain Cook Coffee Company** dating back to 1898. The mill is currently owned by Mark Mountanos and Steve McLaughlin of San Francisco. Mark is the fourth generation of his family to operate the company. Captain Cook is primarily a processor, miller and exporter of Kona coffee but has also expanded its business into retail and offers mail order buyers an 800# to call for roasted coffee. Refer to their ad on page 58. The **Kona Historical Society**, located in Kealahakua, has made available to visitors two different walking tours. One being a historic coffee mill tour and the other a tour of alii drive.

Kona Historical Society Museum

Historic Kailua Village Walking Tour

Tues.-Sat. 9:30am, Fri. 9:30am, 1:30pm

For Reservations Call 323-2005

Museum located on Hwy. 11, one-half mile south of rural Kealahakua.



Box 398
 Captain Cook, HI
 96704
 (808) 323-3222



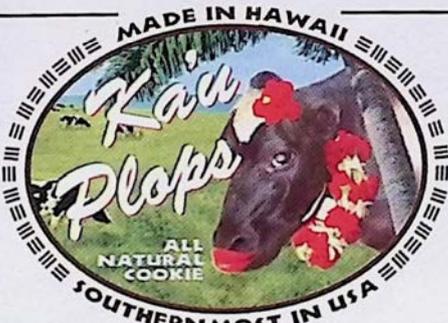
COMPLIMENTARY FARM TOUR

tour of farm & mill concludes with a free cupping of our Estate 100% Kona coffees

(LOCATED BEHIND THE KONA HISTORICAL SOCIETY GROUNDS ON HWY 11, between mile marker 110 & 111 in KEALAKEKUA) closed Sundays

(808) 323-2862

P.O. Box 248, Kealahakua, HI 96750



COMING TO A CORALE NEAR YOU!

a product of Naalehu Fruit Stand

was that it was the result of a failed attempt by Cook and his soldiers to exchange the high chief Kalaniopuu hostage in return for a cutter that was stolen the night before. Cook, who had come south to the Hawaiian Islands seeking shelter for the winter months, was in search of a northwest passage to England.

A lower coastal road connects Kealakekua Bay to *Pu'uhonua O Honaunau* (Place of Refuge) National Park. In the early years of Hawaiian civilization it was to the Place of Refuge that people who broke *kapu* (sacred laws) would attempt to flee. If the *kapu* breaker could reach this sanctuary his life would be spared. Some of these *kapu* that governed the common people

included not being allowed to walk in the footsteps of the chiefs or to touch their possessions. Other rules forbade commoners from eating foods reserved for offering to the gods, and women were not allowed to eat with the men.



The gathering of wood, seasons for fishing and the taking of animals as well as the *hula* were also controlled under the *kapu* system. Other features at the park are *lokos* (ancient fish ponds), *hales* (thatched roof structures that served as homes), *heiaus* and ancient rock walls. Visitors are usually provided with live demonstrations of ancient Hawaiian

crafts such as the building of canoes and tikis at the park.



Photo on page 44 is of Kealakekua Bay. The photo of the woman and coffee cherry on top of this page was taken at a local coffee mill and below this page is a snorkeler touching an eel in Kealakekua Bay.

Hawaiian Tropicals Direct

A Little About What We Do

Nature has made the Hawaiian rainforest flowers absolutely beautiful. Our job is to preserve this beauty and deliver to you a perfect flower. To do this we work fast after we harvest to ship you the freshest product. We clear agriculture inspection and use the fastest means of transportation. We take all the care and precautions in preparing the shipment to ensure you the freshest longlasting flowers. Only the finest cut flower stems and first quality blooming potted plants are used. Our anthurium, orchid and mixed tropical flowers come with full instructions which allow anyone to create an attractive long lasting floral design. Our boxes of tropical cut flowers give the recipient the mix of greens and blooms that will become exotic displays. We are here in Hawaii to serve you night and day. Share the feeling of Aloha with the ones you care for.

1-800-840-3660 Toll Free 24 hours/day

Hawaiian Tropical Flower Boxes

Imagine the delight in receiving a box of beautiful rainforest flowers that will be enjoyed day after day. The box contents listed below have been chosen for their long vase life and their natural beauty. Enjoy!

FB2-CT 7 std. red anthurium, 3 std. dendrobium orchids, 7 greens

(17 pieces) \$29.50

FB3-CT 2 med. pink ginger, 2 bird of paradis, 3 std. dendrobium orchids, 4 std. anthuriums, 10 greens

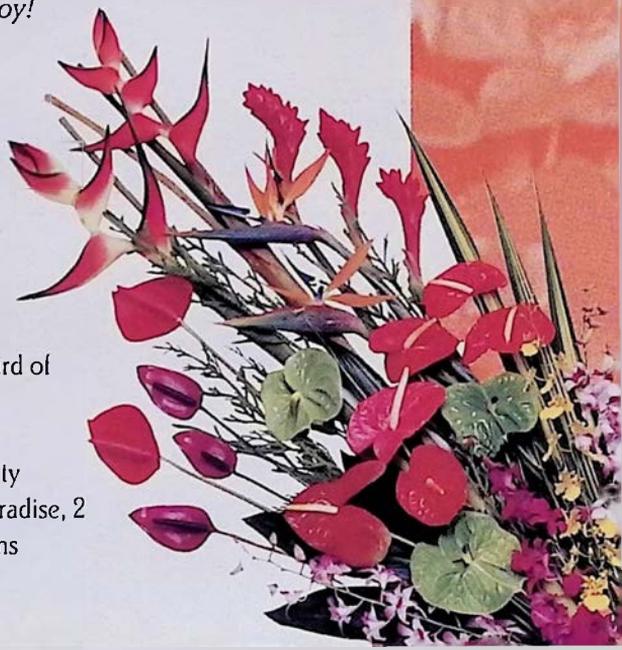
(21 pieces) \$39.95

FB4-CT 3 sm. red anthuriums, 3 novelty anthuriums, 3 std. red ginger, 2 bird of paradise, 2 heleconias, 11 greens

(24 pieces) \$49.95

FB5-CT 5 med. red anthuriums, 3 novelty anthuriums, 4 std. red ginger, 3 bird of paradise, 2 heleconia, 3 dendrobium orchids, 15 greens

(35 pieces) \$69.95



Dendrobium Flowers

DL6-CT 6 stems mixed colors dendrobium
sprays, greens, and vase \$24.95

DL12-CT 12 stems mixed colors dendrobium
sprays, greens, and vase \$39.95

DW12-CT 12 stems white dendrobium
sprays, greens, and vase (24 pieces) \$42.95



DL12-CT



DP6-CT

Potted Orchid Plants

DP4-CT 4" pot, blooming dendrobium
orchid plant with basket \$19.95

DP6-CT 6" pot, blooming dendrobium
orchid plant with basket \$27.95



OB12-CT

Oncidium Flowers

OB6-CT 6 oncidium sprays, greens, and
vase \$29.95

OB12-CT 12 oncidium sprays, greens,
and vase \$54.95



OP6-CT

Blooming Potted Oncidium Orchids

OP4-CT 4" pot, blooming yellow
oncidium orchid plant with basket \$19.95

OP6-CT 6" pot, blooming yellow
oncidium orchid plant with basket \$27.95

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1-800-840-3660 Toll Free 24 hours/day

"Hawaiian Aloha"
Tropical Flower Mix

HA2-CT 3 ea. anthurium, 3 ea. ginger, 2 ea. bird of paradise, greens, vase and foam \$44.95



HA2-CT



HS3-CT

"Hawaiian Sunset"
Tropical Flower Mix

HS2-CT 3 ea. pink ginger, 2 ea. bird of paradise, 6 ea. dendrobium orchids, 3 ea. anthurium, greens, container and foam \$59.95

HS3-CT 6 oncidiums, 5 pastel anthurium, 3 bird of paradise, 3 pink ginger, greens, container and foam \$69.95



RA6-CT

Anthurium Flowers

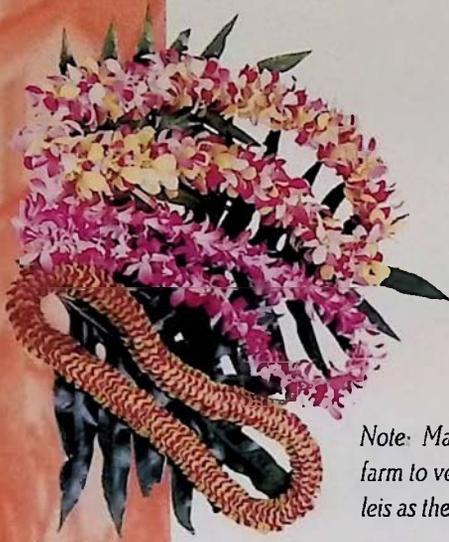
RA6-CT 6 red anthurium flowers, greens, container, and foam \$29.95



OA9-CT

Obake & Mixed
Anthuriums

OA9-CT 3 obake; 3 midori, and 3 pastel anthurium flwrs., greens, container, and foam \$49.95



Traditional Orchid Leis

LL6-CT 60 blossom lei, 42 in. long pastel \$14.95

LW6-CT 60 blossom lei, 42 in. long white \$15.95

LL13-CT 130 blossom lei, 42 in. long pastel \$25.95

LW13-CT 130 blossom lei, 42 in. long white \$27.95

LL60-CT Lip only of 600 blossoms, 42 in. long pastel \$90.00

LW60-CT Lip only of 600 blossoms, 42 in. long white \$99.00

Note: Max capacity to make lip leis is three per day. Please contact farm to verify availability of lip leis. Allow 2 days for shipment of all leis as they are made on receipt of orders to ensure freshness.

General Ordering Information

Whenever possible we ship by Federal Express standard over night service which usually provides one to two day delivery west of the Rockies and two to three days to the east.

- Allow us a minimum of 48 hours to complete a delivery. We should have 15 days notice prior to Christmas, Mothers' Day, and Valentines' Day.
- Shipping charge is \$10.00 for the first item to a specific address and \$4.50 for each additional item to the same address. Add \$10.00 for each shipment to Alaska.
- Our product is guaranteed to arrive in perfect condition. The guarantee is voided and a \$10.00 rerouting charge will be billed to the sender if an incorrect address is provided us. No P.O. Box numbers, rural route addresses, or hospital addresses are to be used. Because of the nature of our product you must contact us with any problems within 10 days.
- Flower sizes and colors may vary according to seasonal availability. Standard containers are black or white. Please Note: All flowers do not come arranged as shown in these pages. They are shipped in a box with container and full arranging instructions.



Cards

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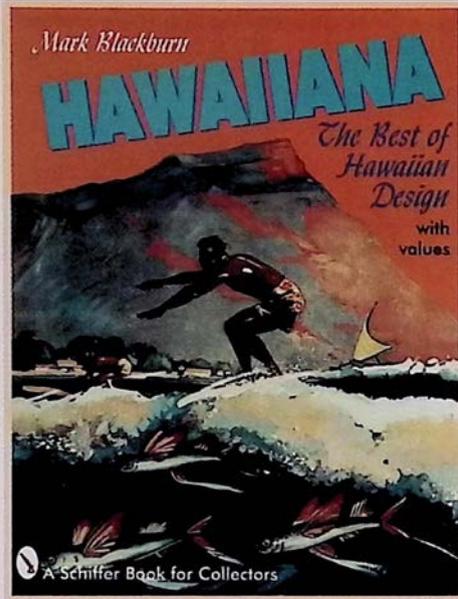
A New Book

HAWAIIANA:

The Best of Hawaiian Design

by Mark Blackburn

This beautifully illustrated book contains over 600 color photographs and an instructional text that capture the romance and allure of the Hawaiian Islands during their years as a territory of the United States, from 1900 to 1959. The objects shown in the book are all from collections in Hawaii: Aloha attire, jewelry, paper goods and prints, dolls, woodenware, and souvenirs. This is the first comprehensive



overview of Hawaiian objects and designs to be published, containing both the typical and the inspired patterns that are so eagerly sought after world-wide by collectors and designers alike; from Hawaii—the paradise

of the Pacific.

Author Mark Blackburn, a major collector of Hawaiiiana from Hilo, Hawaii, identifies and values the items individually, making this a useful as well as a beautiful book.

Size: 8 1/2" x 11"	Values with captions	256 pp.
ISBN: 0-7643-0109-8	hard cover	\$59.95

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In 1795 Kamehameha landed a huge invasion fleet on Oahu and through fierce fighting drove the army off this thousand-foot cliff (*pali*).

