

AUGUST 1997

COMPLIMENTARY

Coffee Times



Inside this month:

**The Struggle of the
Ancient Sea Turtle
and
Hawaii's Historic
Fish Ponds**

The Alternative Guide to the Big Island of Hawaii



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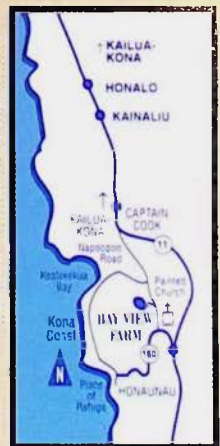


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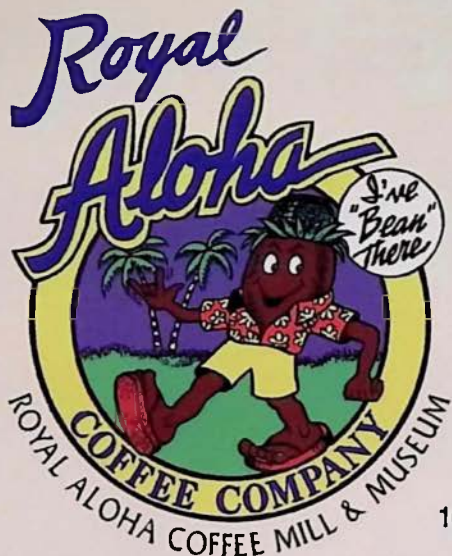
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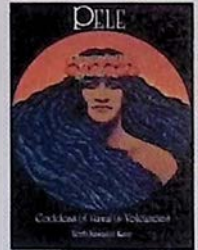
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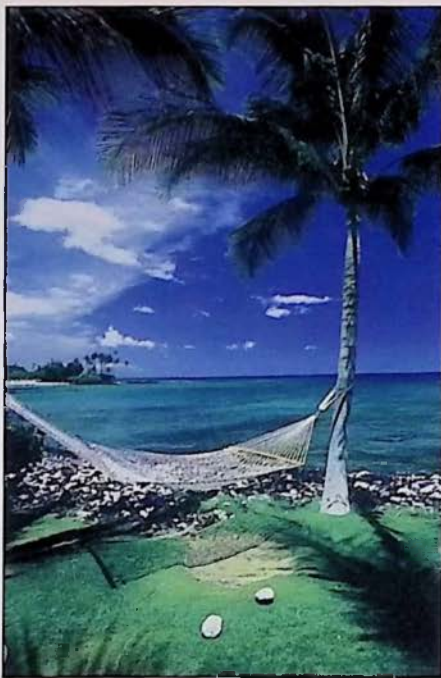
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Coffee Times

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*A comprehensive guide to touring
the Big Island of Hawaii.*

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Coffee Times

Published by Coffee Times ©

(Established 1993)

Box 1092, Captain Cook, HI 96704

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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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Coffee Times

The Aroma of History

It has been many years since Reverend Samuel Ruggles brought the first coffee plant cuttings to Kealahakua-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."

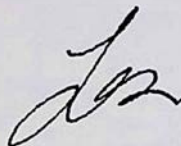
It was not until the late 1800's, the period following the California gold rush, that the coffee industry in Kona saw its first boom. In 1898 the Kona hillsides were consumed by coffee trees; over three million of them spread out over six thousand acres.

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.

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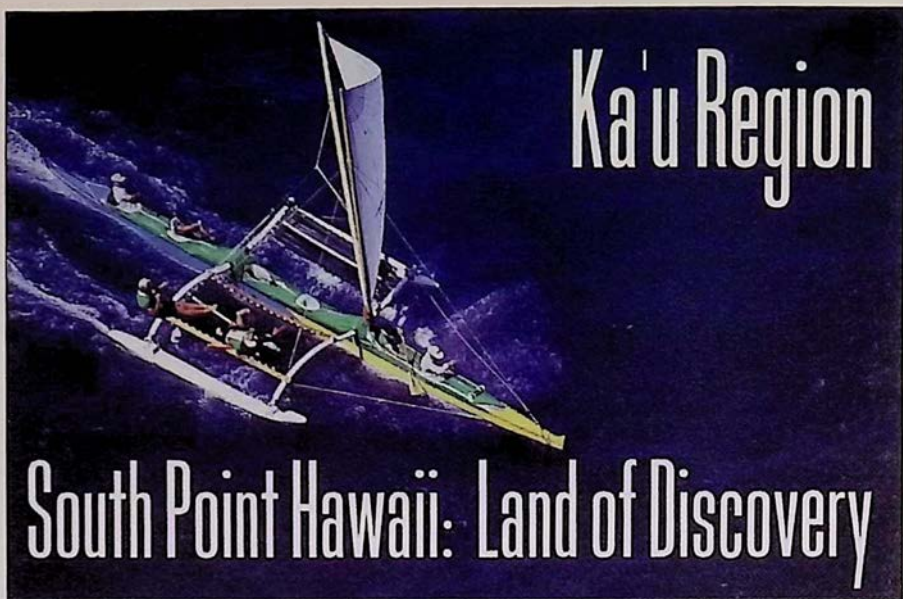
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A sailing canoe gliding over the ocean off South Point, probably the first place Polynesians set foot in Hawaii.

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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KIRK AEDER

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.

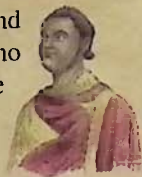
Volcanoes National Park has one entrance, off Route 11, 30 miles south from Hilo or 95 miles east from Kona. The park is open 24 hours a day all year round and requires a \$5.00 entrance fee per vehicle which is valid for 7 consecutive days. The hiker/bicyclist/bus passenger fee for people over 16 and 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

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 ambiance 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.

Koʻhala 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.

Koʻhala 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.

August

On The Island of Hawaii and in Hawaiian History

AUGUST 1, 1916

Hawaii National Parks are established in Maui and Hawaii under federal auspices.

AUGUST 2, 1787

British ship *Noota* arrives and *Kaiana* sails to China returning in 1788 with William Douglas.

AUGUST 4, 1997

Pro-Am Hawaiian Billfish Tournament, Kailua-Kona. Contact Carol Hogan at 325-7400.

AUGUST 6, 1997

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

AUGUST 8-10, 1997

Big Island Amateur Golf Tournament at Beach and Kings' Courses, Waikoloa Beach Resort. Contact Dennis Rose at 885-4647.

AUGUST 11-16, 1997

Hawaiian International Billfish Tournament. The world's largest billfish tournament. 66 teams compete for the largest fish. Kailua-Kona. Call 329-6155 for more information.

AUGUST 11, 1822

1st Christian marriage on islands.

AUGUST 11, 1855

Violent eruption of Mauna Loa, lava threatens Hilo.

AUGUST 12, 1898

In Honolulu sovereignty of Hawaii is formally transferred.

AUGUST 13, 1978

Federal and local police launch 1st of secret marijuana raids statewide. Also known as the beginning of operation "Green Harvest."

AUGUST 14, 1789

Kamehameha invades Maui.

AUGUST 14, 1945

Japan surrenders in World War II.

AUGUST 16-17, 1997

Pu'ukohola Heiau 25th Annual Cultural Festival. Each year Pu'ukohola Heiau, King Kamehameha the Great's temple of state and a national historic site, celebrates the heritage of ancient Hawaii with cultural demonstrations. Make a lei, weave a coconut frond basket, sample Hawaiian food, and enjoy learning about Hawaiian culture. Saturday begins with a traditional royal court and warrior regiment procession followed by ancient hula. Kawaihae. Contact Lorna Akima at 882-7218 for more info.

AUGUST 16-20, 1997

Cuisines of the Sun. The event high-

lights some of the world's most acclaimed chefs. 885-6622.

AUGUST 20, 1864

Kamehameha IV promulgates new constitution to strengthen royal powers.

AUGUST 21, 1959

Eisenhower issues proclamation to admit Hawaii to Union.

AUGUST 24, 1839

Liliha, Governor Boki's wife, dies.

AUGUST 27, 1862

Prince Albert dies.

AUGUST 27, 1891

John Dominis Holt dies.

AUGUST 30, 1850

Honolulu is officially declared a city.

AUGUST 30, 31, 1997

Third Annual Hapuna Round Up at Mauna Kea Golf Course. Contact Joe Root at 880-3481.

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 large, detailed photograph of a sea turtle swimming over a coral reef. The turtle is the central focus, shown from a side profile as it glides through the water. Its shell is dark with distinct scutes, and its flippers are spread out. The coral reef below is vibrant and textured, with various shades of brown and orange. The water is clear and blue, with light rays filtering through.

THE STRUGGLE OF THE ANCIENTS

by Sophie Schweitzer

They lived through the age of the dinosaurs. They survived the earth's age of ice. Sea turtles, the true ancients of the world, have been swimming the oceans for over 200 million years. And for the first time in all these millennia, six out of the seven species are either endangered and on the verge of extinction, or threatened to become endangered under the U.S. Endangered Species Act. At the end of the



KIRK AEDER

20th century, we are facing an imminent tragedy affecting the future of our planet in ways we cannot foresee

In Chinese mythology, the sea turtle represents wisdom. In Hawaii, legend tells about a green sea turtle, Kauila, who could change herself into a girl to watch over the children playing at Punalu'u Beach on the Big Island. When Kauila's mother dug her nest, a fresh water spring surged upward, quenching the children's thirst. Kauila is the "mythical mother" of all turtles, and perhaps of our children as well. It's also said that turtles were the guides for the first voyagers to Hawaii.

In the Hawaiian waters, living close to our shores, swims the threatened green sea turtle (*Chelonia mydas*), the petroglyphic "honu" of the Hawaiians. Not only the ali'i, chiefs and leaders in the years of monarchy, feasted on the flesh but millions of these trusting reptiles have ended up in soup pots worldwide.

Around Hawaii's coral reefs dwells also the shy, almost extinct hawksbill (*Eretmochelys imbricata*), 'ea' in Hawaiian, whose fate is linked to the continuing, be it illegal, demand for its shining tortoise shell. Prices in

Coffee Times

the hundreds of dollars lure silent hunters out of demand for decorative dishes, hair combs and jewelry. Now, only a few dozen hawksbills nest each year in Hawaii.

In deep water, away from the shores, the leatherback turtle (*Dermochelys coriacea*) feeds on its way to far away destinations. At 2000 pounds, the leatherback is

the giant of sea turtles, the largest of all sea reptiles in the world. Unlike the other turtles, it doesn't have a hard shell, but has instead a mantle of seven long keels of black rubbery skin. The leatherback doesn't nest in Hawaii.

As for the loggerhead, the two ridleys, the black turtle, and the Australian flat back, they visit Hawaii seldom, or never at all.

Hawaii's popular green sea turtle, growing up to 45 inches and weighing as much as 200 to 400 pounds by the time it reaches maturity at the average age of 25 years, has a heart-shaped gray-brown shell. Only her body-fat is green. Her head is proportionally much smaller than that of other turtles, making the dark eyes appear even larger.

Like all other sea turtles, the green turtle crawls on shore to lay her eggs. Turtles return to the place of their own birth to mate and make their nests. For most Hawaiian turtles, with several hundred females, this involves a migration to the quieter shores of the French Frigate Shoals, 800 miles northwest of Hawaii.

The nesting ritual of the sea turtle is as ancient as it is unique. When the female is ready to hatch, she

waits bobbing the surf until the calm and coolness of evening. At the right moment she moves over the sand shedding large tears with excess salt. The tears also protect her eyes from the sharp sand. With her flippers she digs a two foot deep hole, then crouches over it, and lays her eggs. During a single season she might fill three or four nests with up to 100 eggs in each. And after filling the nest with sand, she will dart back to the water, her mission complete for two to three years, when she mates again.

But not all her eggs will hatch, and not all the two inch, one ounce hatchlings will be able to run through the salty surf into the freedom of their adolescent turtle life. Rats, mongooses, people, fungi, crabs, dogs, larvae, prey on the precious eggs. The few babies that survive, have to dig themselves out of the sand and run for life.

The development of resorts, beach houses and beach lights, new vegetation, artificial sand, beach construction, as well as beach erosion, can confuse the hatchling enough for it to run in the wrong direction, towards lights and highways. At times it's unable to crawl out from the sand at all. Thousands of eggs might produce only a handful of sexually mature sea turtles!

Scientists aren't sure about the young sea turtles' behavior and patterns of habitat. Young turtles reappear on the shores of their home-to-be,

having grown up to 14 inches long. Soon they find their permanent niche. They feed and graze, adopting a vegetarian diet of sea grasses and algae.

While reefs are the turtle's playground, disaster lurks in every wave, in every splash, in every object coming their way. Some islanders still hunt for the turtle's meat. Turtles get trapped in shrimp trawls and fishing gear. They can become entangled in discarded fishing nets. They collide with boats and ski jets. Many turtles die ingesting plastic bags, the infamous six-pack beer- and soda-holders, styrofoam, tar balls, balloons, and toxic waste. Swimming through oil, a turtle loses its ability to cry away extra salt, and respiration becomes difficult.

These facts don't look promising and protective laws have

PHOTOGRAPHS:

Cover photo is courtesy of Ursula Keuper-Bennett and Peter Bennett at Turtle Trax. Interestingly, this female turtle named Goofyfoot grew a long tail and is now a male.

Inset photo on page 22 was taken by the Bennetts as well. In this photo Goofyfoot is hinting that she may be a he as her behavior becomes more aggressive. The other turtle is named Hilu and her change in sex occurred last year without any noticeable changes in behavior.

Spread photo on pages 22 & 23 and photo on opposite page were taken by Kirk Aeder along the Kona Coast of the Big Island. Still a safe haven for the green sea turtle.

caused a gradual increase in turtle numbers. But that growth has been stifled. A mysterious and debilitating disease is rapidly capturing the

humans, over 90% of the turtles are affected. Both juveniles and adults can attract the tumors. Youngsters will emaciate and die in as little as two



URSULA KEUFER-BENNETT, PETER BENNETT

This turtle named Four-Spot is a youngster. In 1992 she was healthy and showed no tumors. This is Four Spot in 1995. She was not seen in 1996.

Hawaiian green sea turtle.

Fibropapillomatosis, a virus-like invasion that causes fibrous tumors and warts, was first noted on a Hawaiian turtle in Kaneohe Bay in 1958. Similar symptoms were found and had already been described elsewhere in the 1930's, and similar tumors have also been found in loggerheads and olive ridley turtles, non-Hawaiian residents .

years. On adults, the tumors can spread slowly, causing endless suffering until the relief of death.

The virus starts out as a collection of small white lesions around neck and throat. Gradually those spots grow into two to three inch tumors protruding from eyes, mouth and neck, at times also chewing away on the inside.

The sick turtle, dependent on

A mysterious and debilitating disease is rapidly capturing the Hawaiian green sea turtle. Fibropapillomatosis, a virus-like invasion that causes fibrous tumors and warts, was first noted on a Hawaiian turtle in Kaneohe Bay in 1958.

During the 1980's and 90's, the killer disease has grown in such magnitude in the green sea turtle population that in certain areas, mostly close to shore and heavily used by

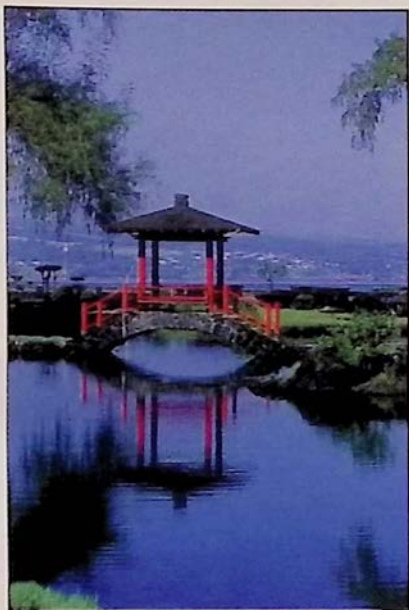
"cleaning stations" where surgeon fish nibble the algae off its shell, starts avoiding these places. Uninvited guests attack its tumors filled with

continued on page 43

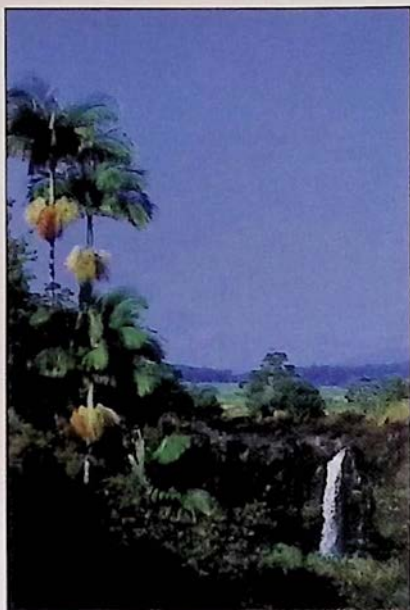
EAST HAWAII

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 AEDER

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 **Honumu** 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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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

PO Box 190, Honomu, Hawai'i 96728-0190
(808) 963-5468

28-1676 Mainstreet Honomu

Gift & Art Gallery • Deli • Picnic Lunches

call ahead to order your picnic lunch

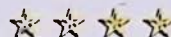
IN HILO

2 BD
2 1/2 Bath
Condo
also
available

**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 **Kalapanan** 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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HISTORIC PAHOA
BUILT IN 1910
P.O. BOX 1987
PAHOA HAWAII 96778

LODGING & HAWAIIANA
CURIO SHOP

\$39.95
double & up
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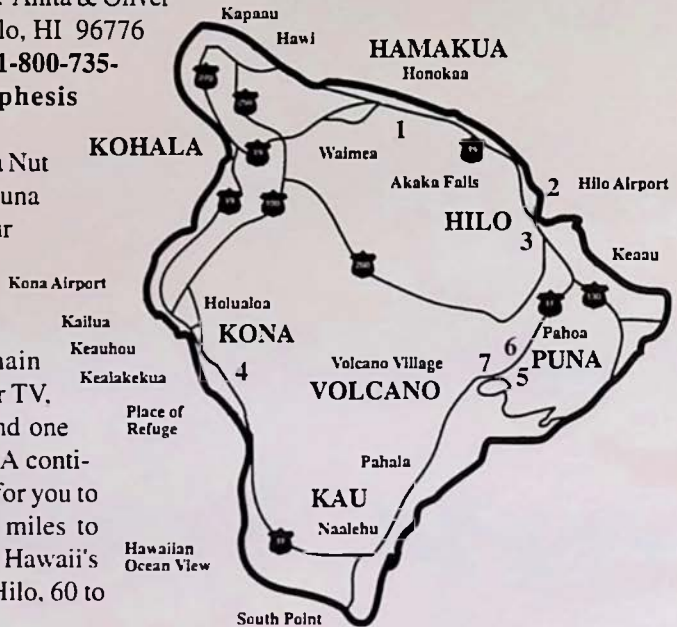
Big Island Lodging Guide

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.



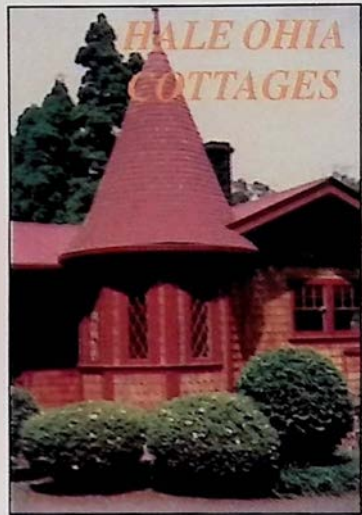
4. Merryman's B&B P.O. Box 474, Kealahou, HI 96750 Ph: (808) 323-2276 1-800-545-4390

Charming ocean view B&B in Kealahou, 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.

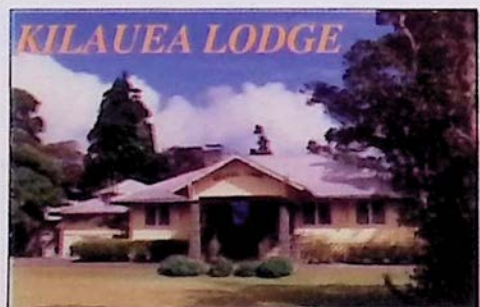
6. Hale Ohia Cottages Innkeeper: Michael Tuttle, Box 758, Volcano, HI 96785 Ph: (808) 967-7986, 1-800-455-3803

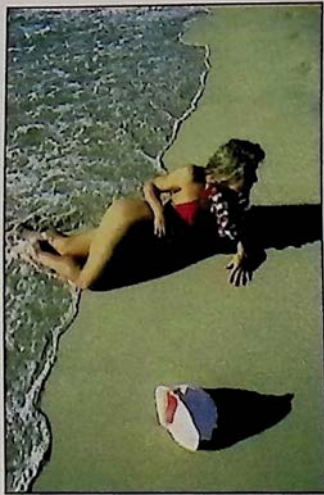


Noted in the NEW YORK TIMES, the SOPHISTICATED TRAVELER, historic hide-away, unique architecture, garden setting, fireplaces, heated Japanese Furo, breakfast brought to your room. All accommodations have private baths. One mile from Natl. Pk., Rates: \$75 to \$95.

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

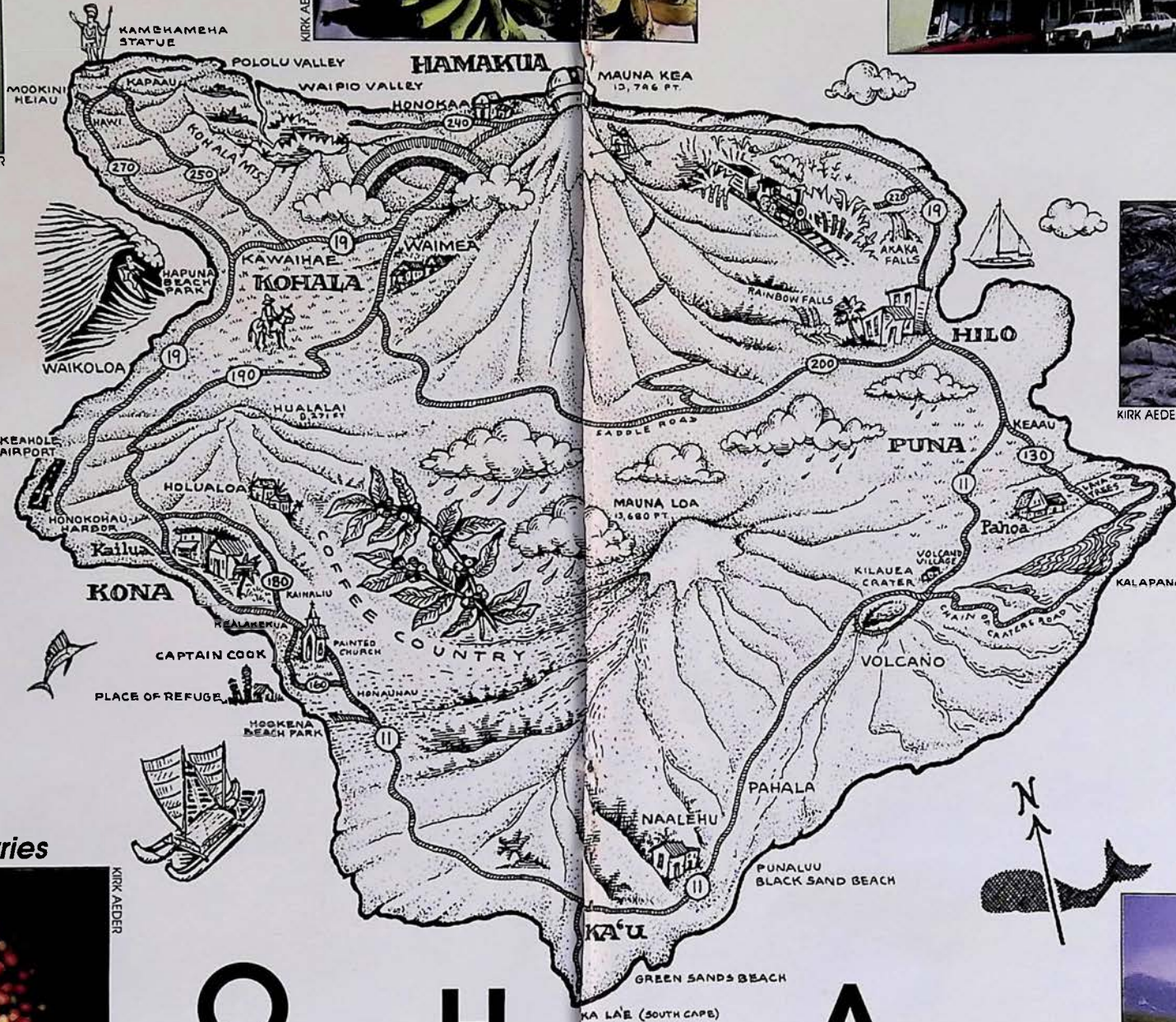


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Hot Lava



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Kona Coffee Cherries



KIRK AEDER

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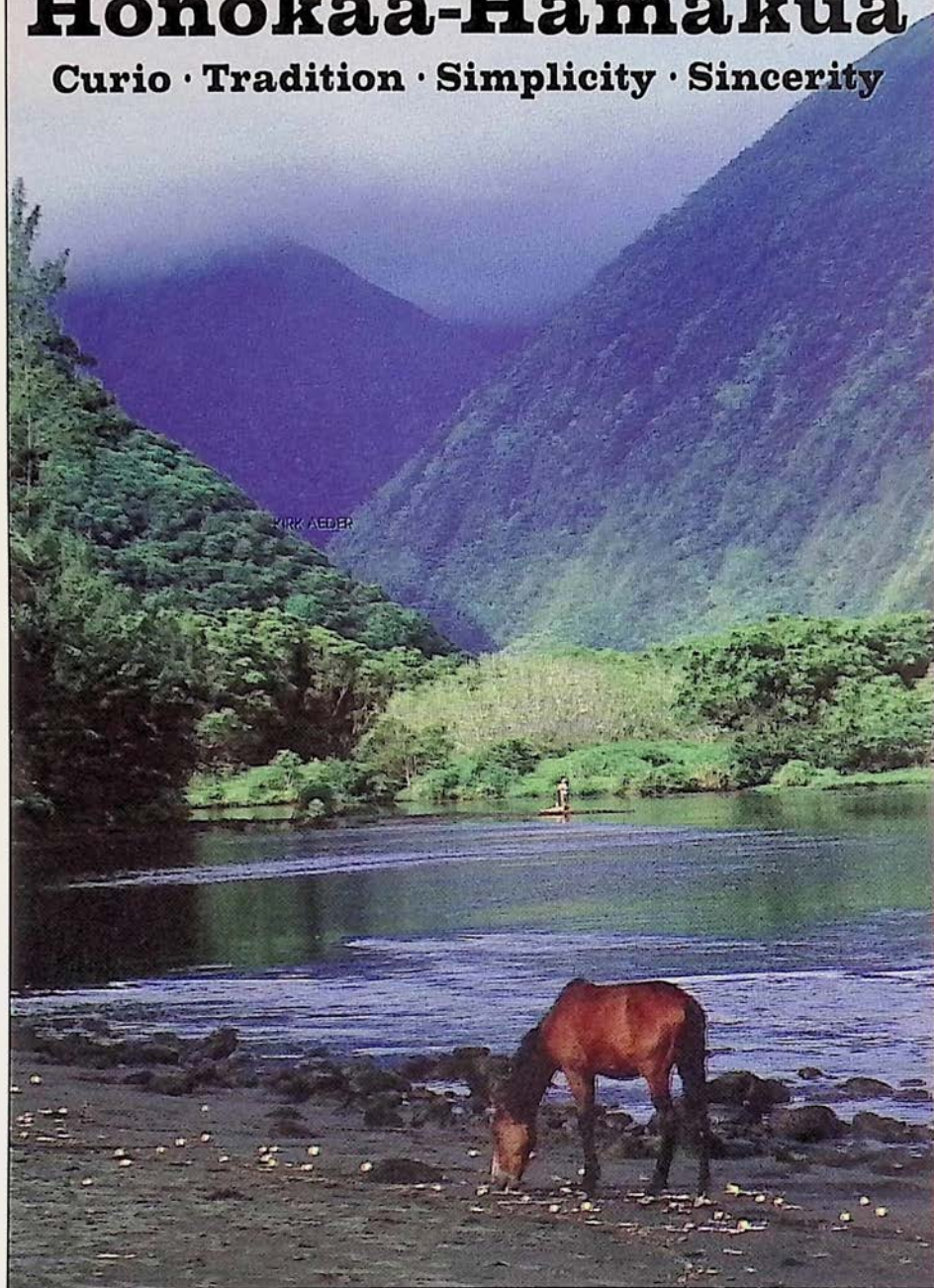
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South Point Wave



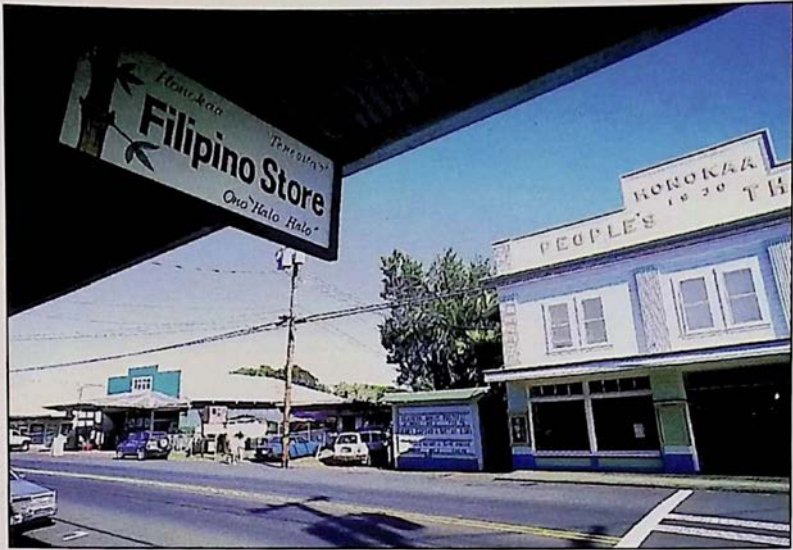
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Sugar · Nuts · Waterfalls · Tranquility
Honokaa-Hamakua
Curio · Tradition · Simplicity · Sincerity



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

KIRK AEDER





KIRK AEDER

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 **Paaui**, **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.



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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 alluring smell of freshly brewed espresso and cappuccino 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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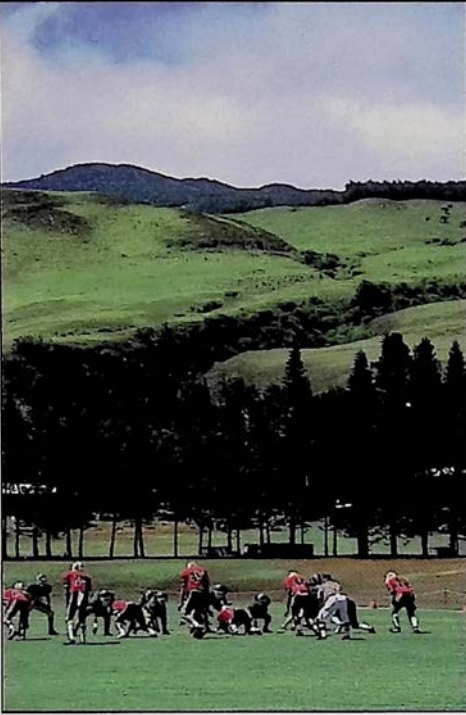
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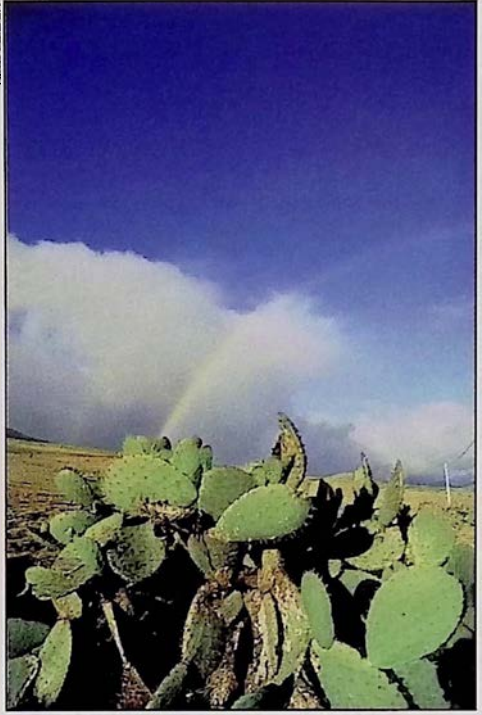
Upcountry Waimea

Hawaii's Paniolo Town

KIRK ALDER



KIRK ALDER



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

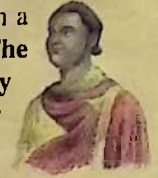
work the ranges.

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

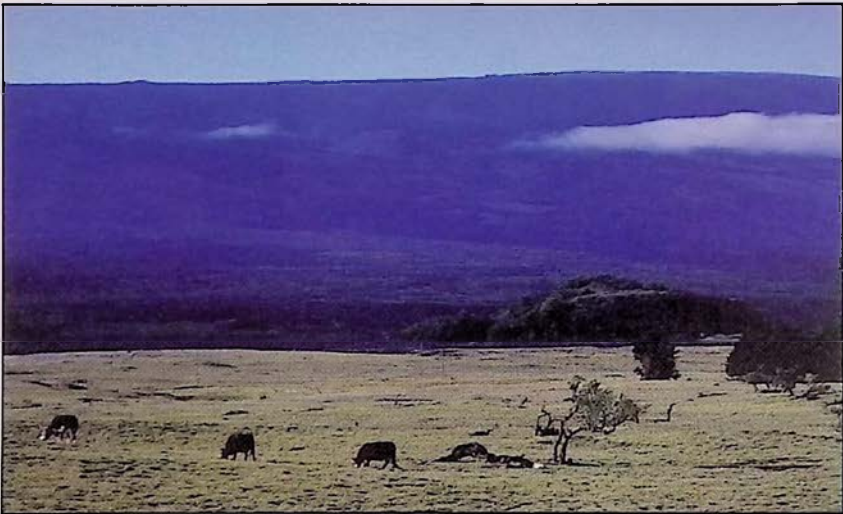


Square. The coffee shop boasts the Big Island's largest selection of gourmet coffees from around the world as well as a healthy selection of breakfast and lunch items which includes croissants, pastries, soup du jour, sandwiches, salads and a gourmet groceries pantry.

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.



WARNING:

Watch for falling fruit while driving around the Big Island.

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Reef Exploration



Horseback Ride



Circle Island by Airplane



continued from page 26

parasites and the growing algae on its carapace makes swimming increasingly difficult.

With tumors growing on the eyes and the mouth the green sea turtle finds it difficult to either see or eat. Gradually the ancient turtle wastes away, till one day, it is no more.

While we don't know what the immediate cause of fibropapillomatosis we also don't know why it is spreading simultaneously and just as fast in the Caribbean and Florida. We don't even know if the virus, or what we think is a virus, could harm humans as well. What we do know is that it is related to what we humans have done to our planet.

Studies indicate a direct connection between chronic stress on the turtle, environmental factors (pollutants, increased solar radiation, temperature changes) and the disease. Pollutants in the water may weaken the animal's immune system and a decreasing shark population might allow those weaker turtles to survive and to further spread the disease. The damage we have done to our reefs combined with the pollution of our waters might have created a thriving climate for the lethal papillomatosis.

Government and nonprofit agencies are doing what they can to help the problem and here in Hawaii, George Balazs at the National Marine Fisheries Service in Honolulu, has labored over the most complete and scientific laboratory reports. He has also generously helped other groups and individuals on the islands, including myself as a writer, to learn the facts and to learn what we can do to help the green sea turtle. For a great site on the web, look for <http://www.turtles.org/>.

As far as watching the green turtles here in Hawaii, don't be shocked by what you might see. Above all, if you decide to visit with a turtle, there are ways in which you can keep the turtle calm and relaxed, which might help in preventing the spread of disease. Swim above or alongside it, so its vulnerable belly is not exposed and don't ever touch, disturb, or harass the turtle. Did you know that a relaxed turtle can stay under water easily for 40 minutes to 5 hours and that a turtle under stress can drown within a couple of minutes?

The sea turtle mirrors the health of our planet and the struggle for survival for these ancient creatures is in our own hands.



SAVE THE TURTLES

Efforts to save the green sea turtle are underway and financial donations to the project can be sent to either of these non-profit organizations.

CONSERVATION INTERNATIONAL

Attn: Marine Turtle Newsletter)

1015 Eighteenth Street, NW Suite 1000, Washington, DC 20036

THE HONU PROJECT

P.O. Box 61499, Honolulu, HI 96839

<http://www.turtles.org>

Email: howzit@io.org

Coffee Times

Behind the Magazine



Kirk Lee Aeder is a world renown 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.

Big Fish in Little Ponds

by Betty Fullard-Leo



KIRK AEDER

In ancient times Hawaiians devised sluice gates to prevent fattened fish from escaping the ponds. These fish were most often fed sweet potato, taro and breadfruit. The reconstructed fish ponds photographed above and on the next page can be found at the Mauna Lani Bay Hotel & Bungalows.

Fishponds, loko i'a, encircle the shores of the Hawaiian Islands, their origins shrouded in legend and inconclusive carbon dating. Some, with walls of basalt and coral, rest like necklaces of glistening black pearls against the blue shoulders of the sea, rimming green and golden shorelines. Others, loko pu'uone, natural anchialine ponds, scallop the shore inland, their levels rising and falling with the tide as the water seeps through porous lava or circu-

lates through sluice gates cleverly devised in some ancient time to prevent fattened fish from escaping.

Studies conducted in 1903 and 1989 give vastly differing counts for these salt or brackish water pools in which early Hawaiians once practiced aqua culture. Early estimates total 158 manmade ponds, while a more recent Bishop Museum study lists 370 throughout the chain—a number which includes naturally existing fishponds as well as man-made.

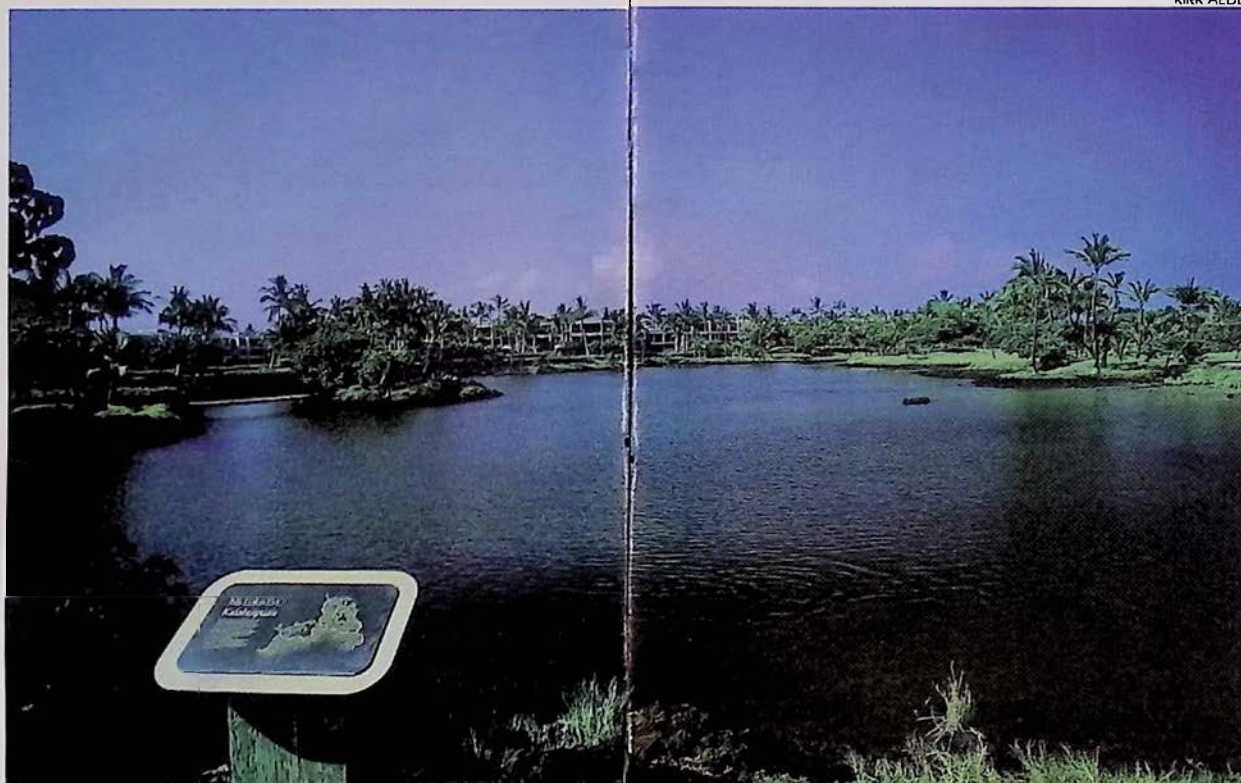
Some ponds are said to have been built in a single night by menehune as early as 1200 AD; the construction of others are verified in chants from as late as the 18th and 19th centuries. For loko kuapa, ponds that wall off semicircles of ocean along the shoreline, entire communities labored together under the command of their ali'i to fashion walls of rock three-to-nine-foot thick on top of a fringing reef.

Historian Samuel Kamakau wrote in 1869, "When the wood ('ohi'a or lama) for the makaha (sluice gate) was ready, and the proper day had arrived for its construction, the kahuna was fetched to set up the first piece of timber. For this important duty, he offered a hog and a dog suitable to this work of inspiring the increase of fish, and appropriate prayers... Then he reached for a timber and set it up for the makaha and offered the closing prayer. Then the men built the makaha, binding it together with 'ie cords. After that they arranged foundation stones with the makaha

grating, and poured in pebbles."

A small thatched guard house was erected near the makaha where the "keeper" slept during high tides to guard the fish from being stolen or killed by dogs or pigs.

Small fish entered through the gate's narrow slats to feed in the nutrient-rich pond. Sweet potatoes, taro or breadfruit were fed to the fingerlings so they would return to the same place daily. 'Ama'ama, awa, awa'aua, kaku, aholehole, 'o'opa, 'opae, mullet and puhi soon grew too plump to swim back out through the makaha. The best and the biggest fish



were easily harvested in a long net held by men at either end, while others splashed the water to drive the fish into the net.

Along the Big Island's Kohala Coast, major resort hotels have restored some well-preserved ponds and posted interpretive signs along their fringing walkways. The seven ponds of Kalahuipua'a at the Mauna Lani Resort were royal ponds that came under the control of King Kamehameha the Great when he conquered the islands between 1790 and 1810. When the king and his court were in residence at Kamakahonu at Kailua-Kona,

fish from these fishponds or from other ponds at 'Anaeho'omalua (in front of the Royal Waikoloa Resort) and on the grounds of Kona Village Hotel kept the king's table well supplied. Fresh fish were caught and wrapped still wriggling in layers of wet, green leaves. A swift runner raced with the fresh catch of the day along the King's Road, or during calm weather, a paddler quickly transported the live fish to the king's cook via outrigger canoe.

Today, kings and commoners alike can enjoy fish harvested from a pond in Hilo. The Nakagawa family has operated 50-acre Loko-Waka fishpond for two generations. Fish served at their Seaside Restaurant (808/935-8825) are caught in Hawaiian-style fish-traps and raised to eating size when they swim in from the ocean via a connecting waterway. It's fun to savor a regal meal of fried ahole, or mullet steamed in ti leaves, or combination dinners of mullet, trout, perch or catfish just as the ancient ali'i might have in days long past.



Jerry Garcia Remembered

GRATEFUL DIVER

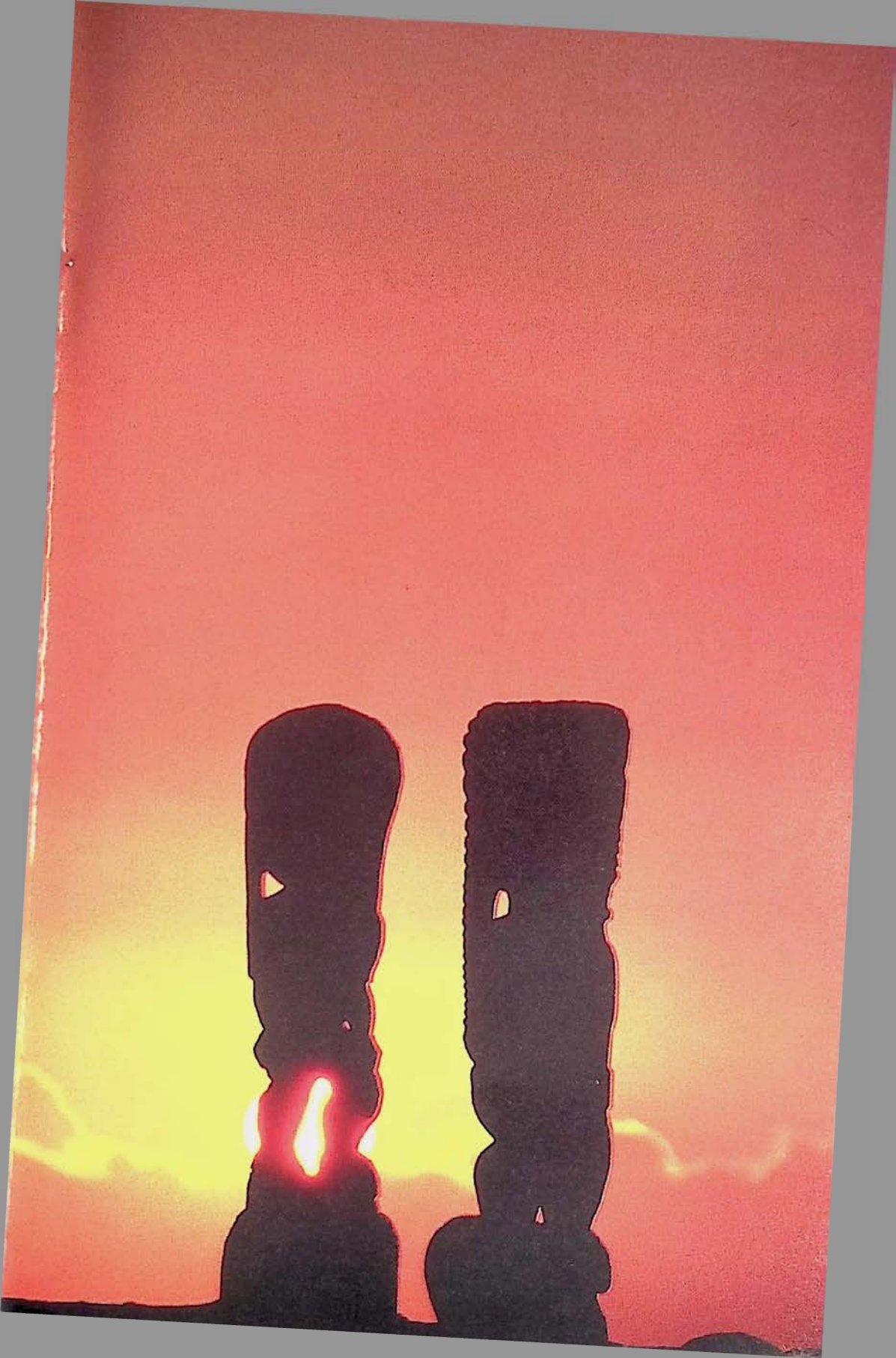
An avid scuba diver, the late Jerry Garcia dived off the Kona Coast 500 times. So at ease in the underwater world, Garcia set the record at Jack's Diving Locker with the longest air time on one air tank, 109 minutes. Garcia and the Grateful Dead joined the Kailua dive shop in its campaign to protect Kona reefs from

KELLER LAROS



Jerry diving off the Kona Coast

the dragging anchors of dive boats. The group donated \$10,000 to the cause with Garcia testifying before Hawaii's State Land Use Commission. The effort resulted in installation of 46 special mooring buoys, some installed by Garcia. The rock legend said that next to music, diving made him happiest.





Taste of Hawaii

Coconut Carrot Muffins

Ingredients:

- 2 cups all purpose flour
- 1 tspn. baking powder
- 1 tspn. cinnamon
- 1/4 tspn. powdered ginger
- 1/4 ground nut meg
- 1/4 tspn. salt
- 1 cup packed brown sugar
- 3/4 cup white sugar
- 1 cup sweetened coconut
- 1 cup shredded carrot
- 1 small green apple, peeled & chopped
- 1/2 cup chopped walnuts
- 1 cup vegetable oil
- 3 large eggs
- 1 tspn. vanilla

Preheat oven to 375°. Sift first six ingredients. Mix in both sugars, coconut, shredded carrot, apple & nuts. Whisk separately oil, eggs & vanilla until well blended. Add to dry ingredients & mix well. Pour into greased muffin pan & bake until golden brown - about 20 to 25 minutes.

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!

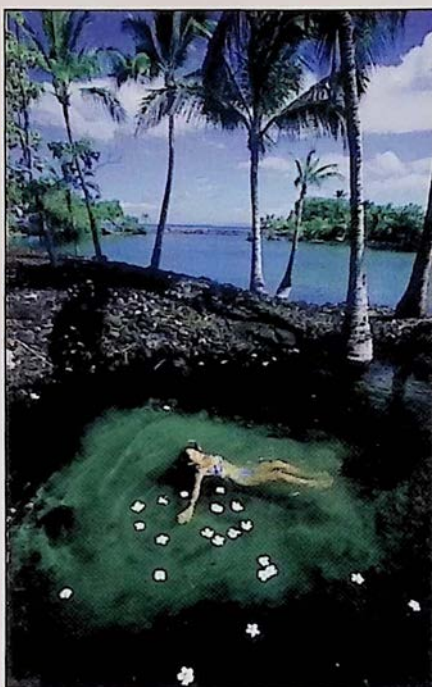
HEATHER

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 accessibility 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.

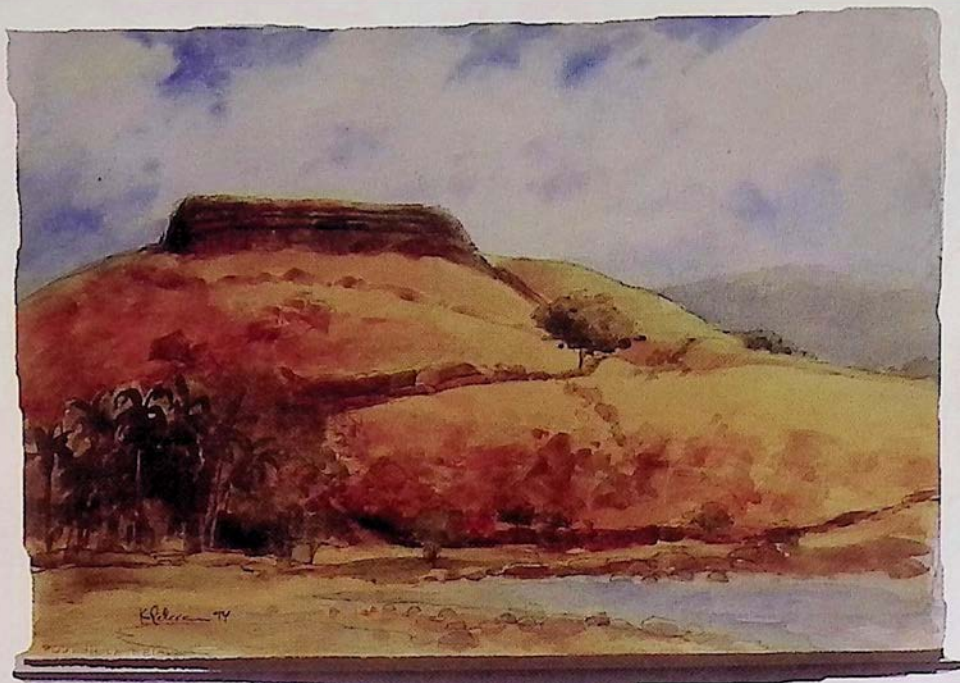
Connecting this forty or so mile coastline is the

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



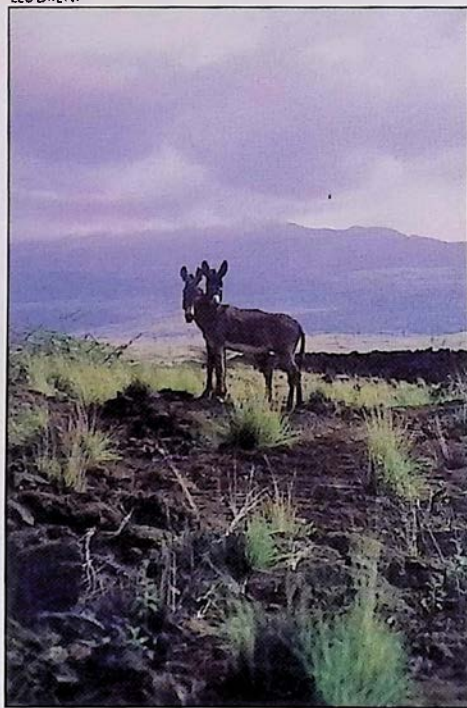
KIRK AEDER



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

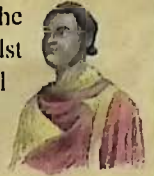


after several bloody battles had been waged on outer islands. Today the *heiau*, which was the last human sacrificial site in Hawaii, is preserved by the National Park service and is open daily to the public.

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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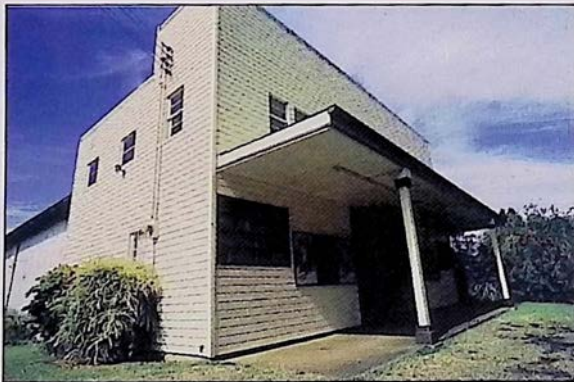


Above left: Joan Channon (right) and Aunt Mary (left) of Bamboo Restaurant in Hawi town. The restaurant features Pacific rim cuisine and hosts live entertainment on occasion. Above right: The view looking into Pololu valley. Below: the Hawi theater.

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.

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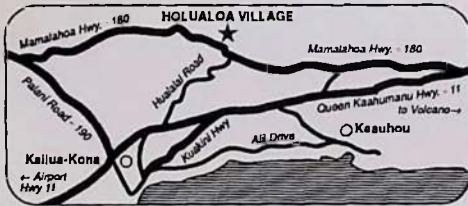
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The Village of Holualoa

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

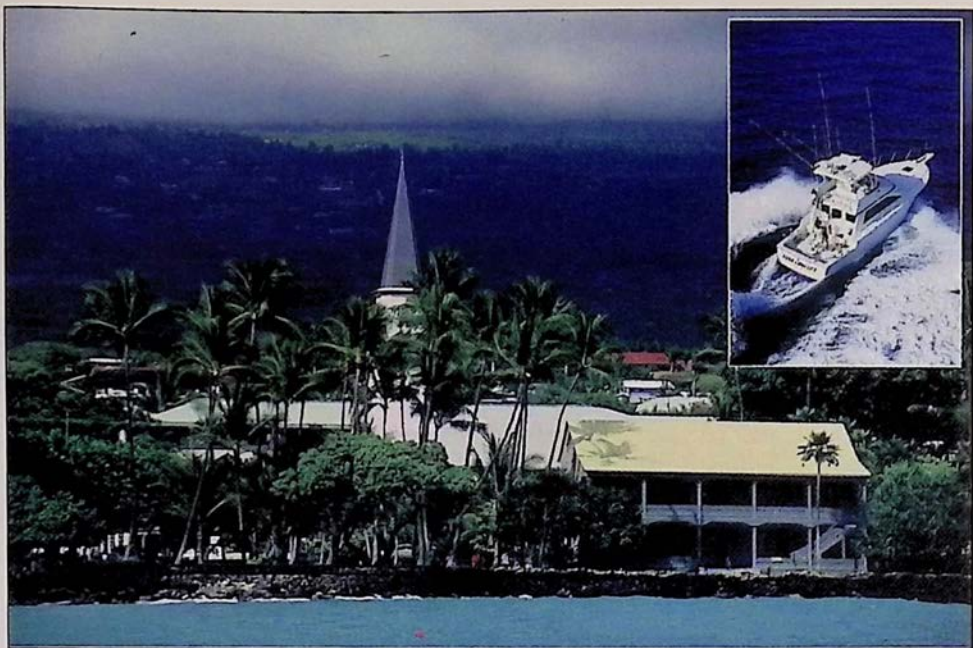
322-CAFE



Holualoa, Hawaii
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coffee drinks while you converse
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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 Honanau 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 trafficy 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



KIRK 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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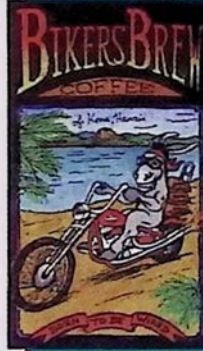
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SOUTH KONA

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



KIDK 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 Kealahou, **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 Kealahou, 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

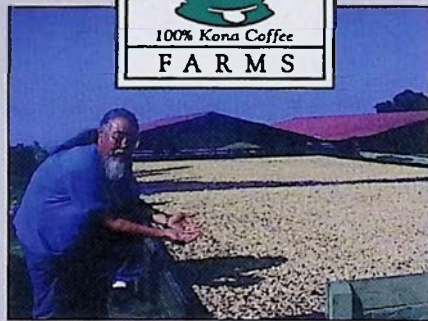
Museum located on Hwy. 11, one-half mile south of rural Kealahou.



Box 398

Captain Cook, HI
96704

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COMPLIMENTARY FARM TOUR

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

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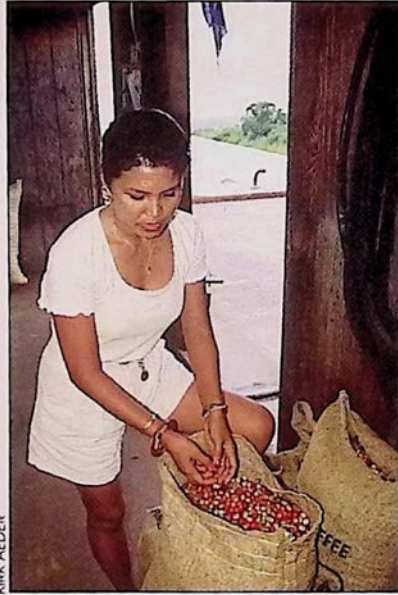
was that it was the result of a failed attempt by Cook and his soldiers to exchange the high chief Kalaniopuu hostage in return for a cutter that was stolen the night before. Cook, who had come south to the Hawaiian Islands seeking shelter for the winter months, was in search of a northwest passage to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



KIRK AEDER



KIRK AEDER

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.

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

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DL12-CT



DP6-CT

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orchid plant with basket \$19.95

DP6-CT 6" pot, blooming dendrobium
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and vase \$54.95



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rium, 3 bird of paradise, 3 pink ginger,
greens, container and foam \$69.95

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RA6-CT



OA9-CT

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anthurium flwrs., greens, container, and
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- 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.

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- 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.



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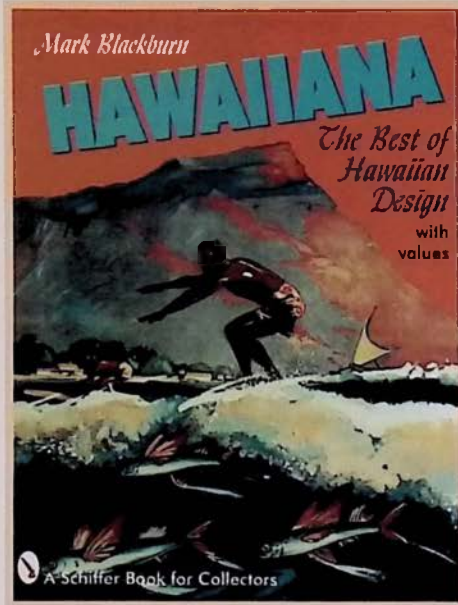
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