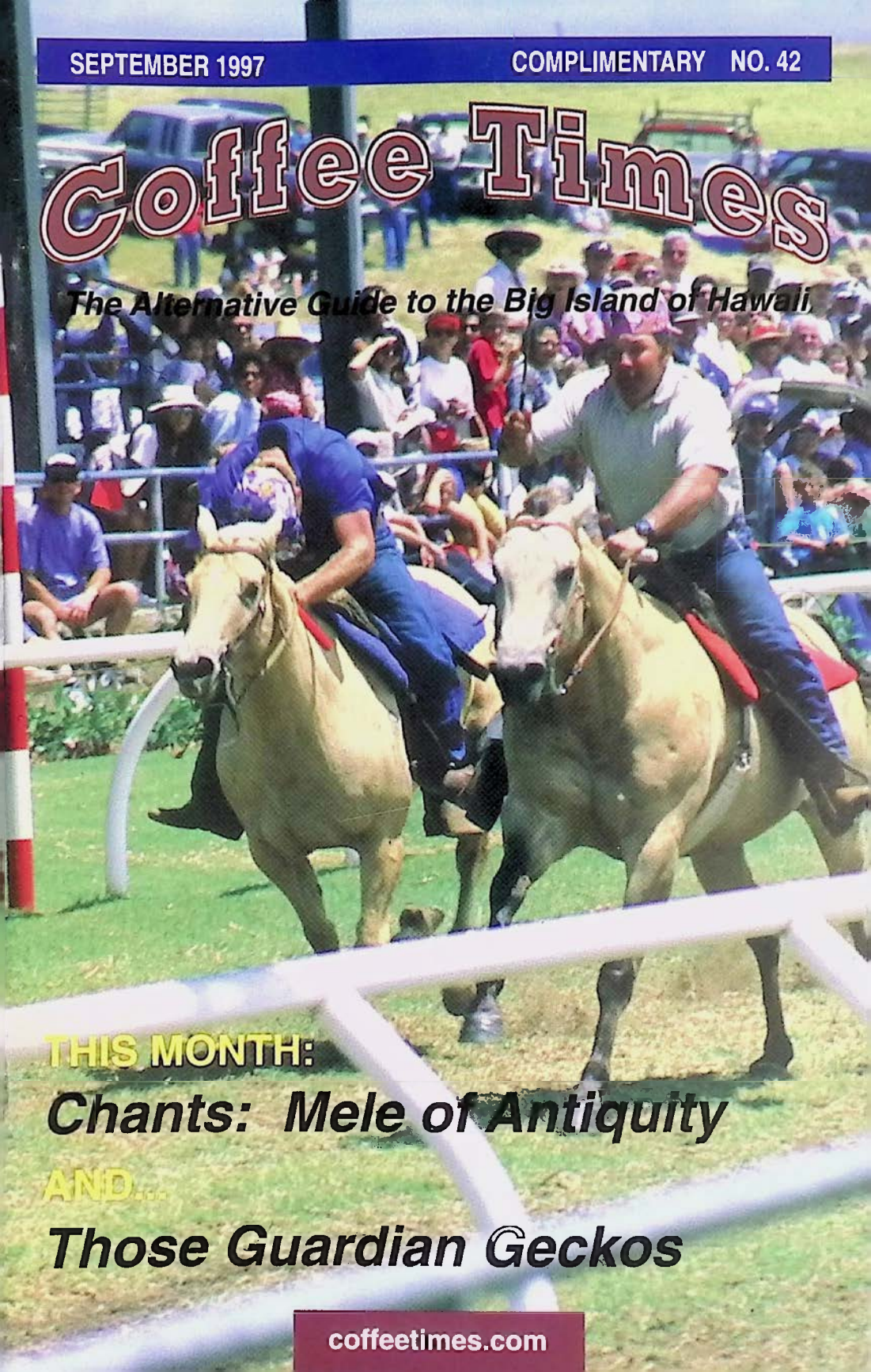


Coffee Times

The Alternative Guide to the Big Island of Hawaii



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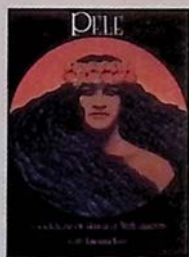
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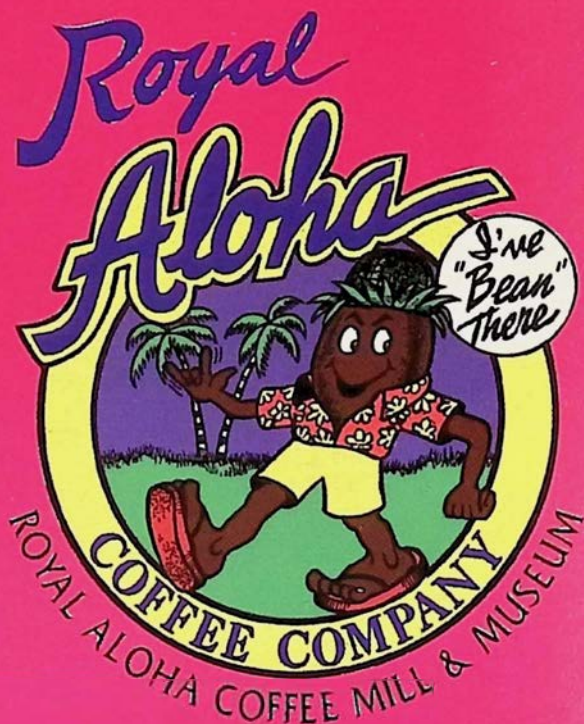
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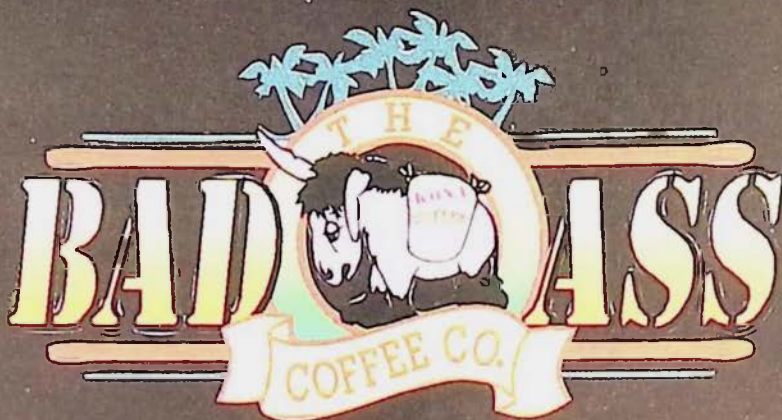


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Coffee Times

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

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**Wherever you wind up on the
Big Island, we wish you an
enjoyable stay.**

Coffee Times

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Les Drent

Publisher and Founder

COVER PHOTOS

September: Horse Racing in Waimea, *by Kirk Aeder.* **October:** Luis Cisneros of Bay View Farm, *by Les Drent.* **November:** Background: Waipio Valley *by Kirk Aeder.* Inset: Waipio Taro Farmer John Loo, *by Betty Fullard-Leo.* **December:** Vintage Aloha Shirt from Mauna Kea Galleries in Hilo, *by Les Drent.* **January:** Kayla Yadao of Waimea *by Kirk Aeder.* **February:** Kid Skipper in Kailua Bay, *by Kirk Aeder.*

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Feature Writer: **Betty Fullard-Leo**

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See their story in the September and December Coffee Times page 33

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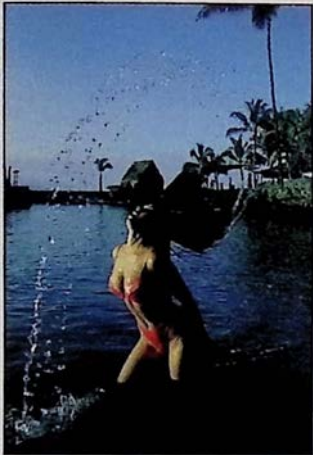
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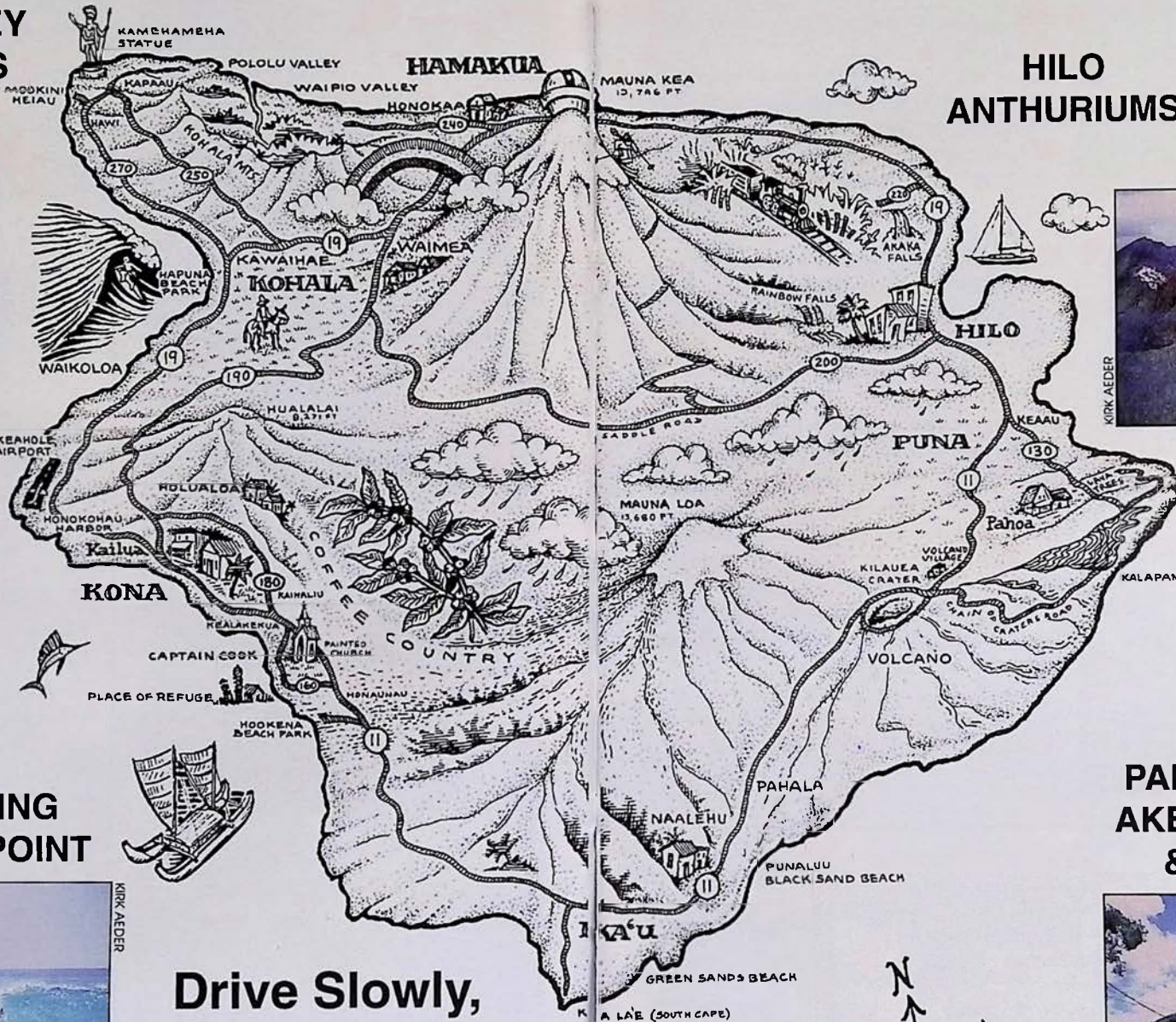
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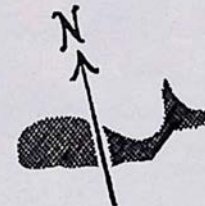
VOLCANOES NATIONAL PARK

BODY BOARDING MAGIC SANDS POINT



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Drive Slowly, There's a Lot to See

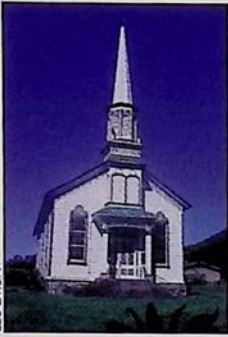


PAHOA'S HISTORIC AKEBONO THEATER & VILLAGE INN



KIRK AEDER

KA'U REGION
South Point U.S.A.



LES DRENT



LES DRENT

Left: *Kauaha'ao Congregational Church in Naalehu. Right:* *Naalehu Fruit stand is the place to go for the freshest island fruits.*

The actual place where Polynesians first stepped foot in Hawaii will always remain a mystery, but it was probably somewhere 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 archaeo-

logical 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 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 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

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Naalehu Fruit Stand

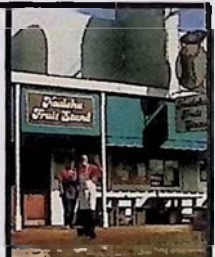
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Places of Interest

At **Naalehu Fruit Stand**, owners John and Dorene Santangelo prepare home-made 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. Next to Naalehu Fruit Stand is the **South Point Properties**, the southern most real estate office in the USA. The office offers free maps to travelers and advice to buying real estate in Hawaii.



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.



Offering a laulau (ti wrapped food) to Madame Pele, the goddess of the volcanoes.

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.

VOLCANO HAWAII

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**

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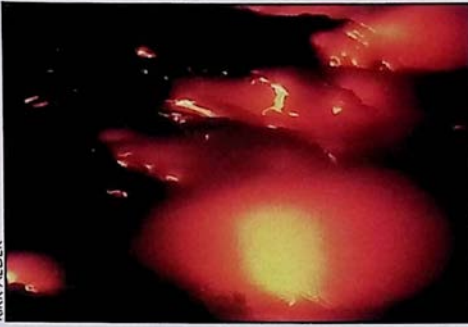


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Above: Depending on eruption status visitors can often view the volcano's lava flows.
Right: An ohia lehua blossom in full bloom.

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 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 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**.



LES DRENT

FOR SPECIFIC PARK INFORMATION

Call Volcanoes National Park
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Places of Interest

park. Because of the remote location of Volcano, the numerous Bed & Breakfasts existing in the region are a popular choice among visitors seeking lodging in this region. 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.

Lodging, gas, camping supplies and dining all can be found in Volcano Village just a short drive from the



PUNA and PAHOA

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 cross-road 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

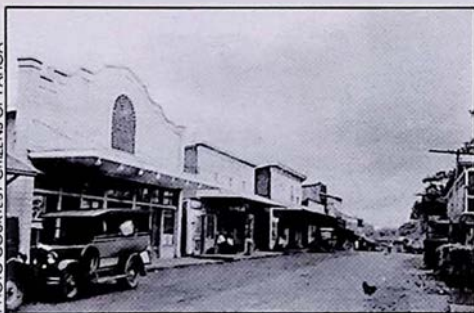
Places of Interest

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 **Paolo's** diners have a chance to taste authentic cuisine from the Tuscany region of Italy prepared by an Italian chef/owner, whose name is no other than Paolo. Next door to Paolo's is **Sawasdee Thai Cuisine** owned and operated by Sombat Saenguthai, who prefers to go by the name "Mac" to friends and guests. Mac's menu is extensive and she offers plenty of tasty choices for vegetarian diners. If you wish to experience yet another international style of cuisine why not try **Luquin's Mexican Restaurant**, the busiest dining spot in Pahoa. 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.

PHOTO COURTESY CITIZENS OF PAHOA



Above: Downtown Pahoa as it looked during the 1920's.

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.

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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. Pahoia has the reputation of holding some lively and entertaining performances both on its Main Street and at the **Akebono Theater**, Hawaii's oldest theater.

The countryside surrounding Pahoia 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.

HILO & EAST HAWAII

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**



COURTESY OF AKAKA FALLS INN & GIFT GALLERY



LES DRENT

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 to walk far to see one of the

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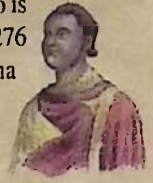
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call ahead to order your picnic lunch

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 also hosts two B&B style rooms for guests. 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.



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 network of smaller waterfalls and colorful tropical foliage to the plummeting Akaka Falls. Its accessibility and grand size



KIRK AEDER

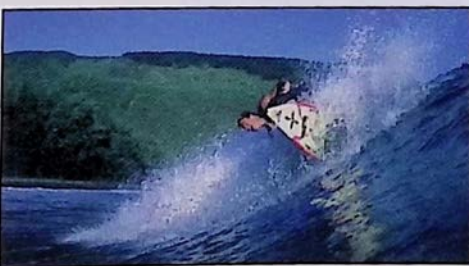
Photos: Facing page photos are Akaka Falls, and Sonja and Anthony Martinez from Akaka Falls Inn & Gift Gallery in Honomu. Above this page is Hilo's historic Lyman House. Below a surfer enjoys a sunny morning session at Waipio Valley.

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.

HONOKAA-HAMAKUA

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

continued on page 34



KIRK AEDER

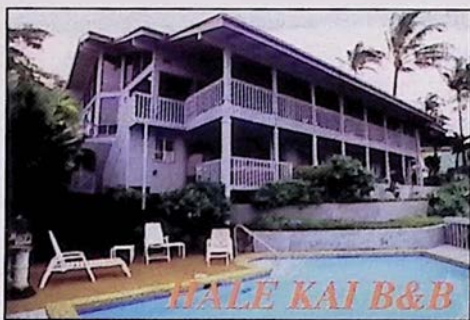
Big Island Lodging Guide

ENJOY YOUR STAY!

HAMAKUA REGION

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:
aphesis@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 accommodations 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.



HILO REGION

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

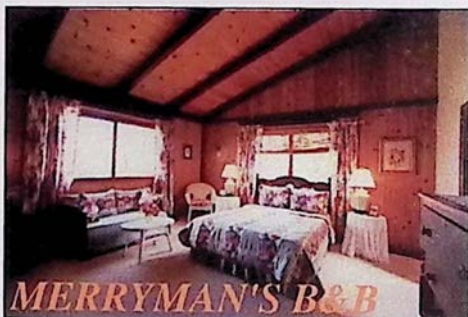


River from Historic Downtown Hilo. Beautiful view of Hilo Bay with bamboo-jungle stream area and large garden yard. All rooms in this old Plantation style building are clean with private restrooms, shower, and refrigerator. Standard rooms cost \$39-\$44, and include Hawaiian style buffet breakfast. Ask about our deluxe rooms and extended stay discounts.

KONA REGION

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 im-



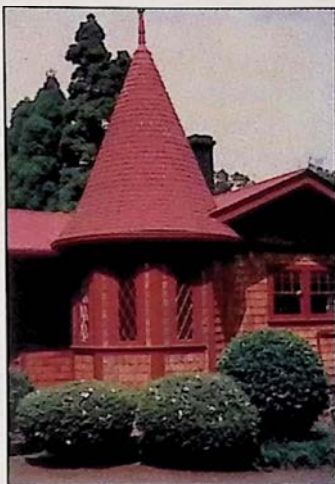
maculate, spacious rooms furnished w/antiques & fresh flowers. A delightful Hawaiian breakfast of fresh fruits, chef's special & Kona coffee is served each morning. Snor-

kel gear & beach supplies provided.

VOLCANO REGION

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

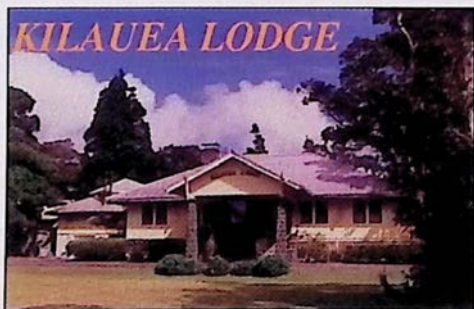
Noted in the NEW YORK TIMES, the SOPHISTICATED TRAVELER, historic hide-



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.

6. 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.



Big Island Business Listings

ART

Kailua Village Artists. Keauhou Beach Hotel & King Kamehameha's Kona Beach Hotel, Kailua-Kona, HI 96740. (808) 322-4255 Keauhou Beach, (808) 329-6653 King Kam. *Kailua Village Artists art co-operative offers fine art originals, prints and crafts by Big Island artists at affordable prices.*

COPIES/PACKING/SHIPPING/GRAPHIC DESIGN

Copy Post Plus. Keauhou Shopping Center, 78-6831 Alii Drive, H6, Kailua-Kona, HI 96740. Tel: (808) 322-0813, Tel: (808) 322-6619, Fax: (808) 322-1844. *Your one-stop P.O. Box rental, gift wrapping, packing, shipping, faxing, laminating, copying, laser color copying and graphic design center!*

MAIL ORDER

Double Brush. Cheryl Murakami, P.O. Box 505, Keaau, HI 96749-0505. (808) 966-6048 *Sushi & Tropical Candles - Original Designs. Hawaii Made. Write for FREE brochure. Double Brush, P.O. Box 505, Dept. 139, Keaau, HI 96749-0505. Ph./Fax: (808) 966-6048.*

Exotic Hawaiian Flowers. P.O. Box 4843, Hilo, HI 96720-0843. Ph: (808) 959-9141 Fax: (808) 959-8878. *Exotic Hawaiian Flowers Shipped Fresh to Any U.S. Address. 1-800-700-6755, <http://planet-hawaii.com/exotic> email: exotic@aloha.net P.O. Box 4843, Hilo, HI 96720-0843.*

Pele Plantations. P.O. Box 809, Honaunau, HI 96726. Call & Fax 800 366-0487 / 808 328-2028. *No map needed! Mail order and local delivery of 100% Kona coffees including estate-grown, organics, and peaberry, plus dry-roasted and chocolate covered macnuts and chocolate coffee beans. Complimentary gift packaging and custom baskets. Private labeling available.*

OCEAN ADVENTURES

Sea Quest Rafting. P.O. Box 390292, Kailua-Kona, HI 96739. Ph./Fax: (808) 329-7238. *Sea Quest Rafting Adventures...6 guests maximum, explore sea caves and lava tubes. Great snorkeling, gear, snacks! Kona (808) 329-7238, email: equest@kona.net*

Call (808) 326-7637 to be listed here.

September

Hilinama *Wet weather, rough seas and wind. Lobster kapu lifted. Potatoes and tubors harvested. Sugar tassel opens.*

On The Island of Hawaii and in Hawaiian History

SEPTEMBER ALL MONTH

Aloha Festivals

Month-long events highlight Hawaiian culture. contact (808) 325-5000 for a complete event schedule.

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 ali 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.

SEPTEMBER 2, 1838

Future Queen Liliu'okalani is born.

SEPTEMBER 4-7

Big Island Farm Fair. Old Kona Airport Park, Kailua-Kona. Admission-Contact Big Island Farm Bureau for more information at 968-6951.

SEPTEMBER 4, 1866

1st daily newspaper begins "*The Hawaiian Herald*"

SEPTEMBER 7, 1873

King's household troops mutiny in barracks.

SEPTEMBER 9, 1859

William Pitt (John Pitt) Kinau dies.

SEPTEMBER 11, 1849

Liholiho & Lot Kamehameha, w/Dr. Judd depart for U.S. & Europe.

SEPTEMBER 12, 1873

Kingdom's household troops disbanded by King.

SEPTEMBER 13

Jeep tour to Pu'uwa'awa'a Ranch. Call the Kona Historical Society at 323-3222 for tickets and information.

SEPTEMBER 14

Peaman International Biathlon/Relay, 3/4 mile swim, 4 mile run. 8am. Kailua-Kona Pier.

SEPTEMBER 15, 1821

1st Christian meeting house dedicated - present site of Kawaiaha'o Church.

SEPTEMBER 16, 1823

Keopu'olani Kamehameha II & III's mother - is first Hawaiian baptized (on deathbed).

SEPTEMBER 20, 1870

Ilakaleleponi Kapakuha'ili Kalama, favorite wife of Kamehameha III, dies.

SEPTEMBER 19-30

Knock Knock, an outrageously funny comedy performed by the Aloha Community Players. Aloha Theater, Kainaliu. 8pm

and 3pm. \$10 and \$8. 322-9924.

SEPTEMBER 21

Sam Choy Poke Recipe Contest at Hapuna Beach Prince. Contact Gloriann Akau at (808) 885-8086 for further info.

SEPTEMBER 21, 1842

12th company of missionaries arrives onboard the 'Sarah Abigail'.

SEPTEMBER 22, 1870

Princess Likelike & Archibald Cleghorn

are married.

SEPTEMBER 27, 1841

Kauoku'iiki dies, King Kalakaua's grandmother.

SEPTEMBER 29, 1819

1st whaler ships (officially) arrive in Hawaiian islands.

SEPTEMBER 30, 1878

1st group of Portuguese workers arrive in Hawaii.

Heather's Taste of Hawaii

Kahlua Pecan Squares

Recipes provided exclusively for Coffee Times by Heather Campbell of the Four Season's, Hualalai.

Enjoy!

HEATHER

Ingredients:

- 1 3/4 cup all purpose flour
- 1/2 cup powdered sugar
- 1/2 cup unsalted butter
- 1 large egg
- 2 cups pecan halves

Preheat oven to 320°. Grease and line a 12 x 10 x 1 1/4 inch baking tray with baking parchment. Place the flour & sugar in a bowl. Add the butter and lightly rub until the mixture resembles dry bread crumbs. Add the egg & mix thoroughly. Turn the dough onto a lightly floured surface and knead lightly. Press the mixture onto the prepared tray. Sprinkle the pecan nuts over the base and pour the filling (see recipe below) over the top. Bake in preheated oven for 35 to 40 minutes or until a knife inserted in the top comes out clean. Cool before cutting into squares.

Ingredients:

filling

- 4 large eggs
- 1/3 cup light brown sugar
- 1/2 cup light corn syrup
- 1/4 cup pure maple syrup
- 1/3 cup Kahlua liqueur

Whisk the eggs with the brown sugar until smooth & lump free. Add the syrups & Kahlua to the egg mixture & whisk in well.

Nani Lim playing an ipu heke (gourd drum) and chanting on the Big Island of Hawaii. photo by Betty Fullard-Leo



CHANTS: MELE OF ANTIQUITY

by Betty Fullard-Leo

*At the time that turned the heat of the earth,
At the time when the heavens turned and changed,
At the time when the light of the sun was subdued
To cause night to break forth,
At the time of the night of Makali'i (winter)
Then began the slime which established the earth.
The source of deepest darkness.
Of the depth of darkness, of the depth of darkness,
Of the darkness of the sun, in the depth of night,
It is night,
So was night born.
(From the Kumulipo)*

In 1897, the dethroned Queen Liliu'okalani translated the Kumulipo, an ancient Hawaiian creation chant, from a Hawaiian text published by her brother King Kalakaua in 1889. The preface to her slim volume, written by Kimo Campbell, considers ulterior motives the two monarchs might have had for their interest in the Kumulipo. King Kalakaua was elected to his office and may have wanted to provide a more substantial and dignified presence by using this genealogy chant to establish himself as a descendant of the ancient chiefs of Hawai'i.

Liliu'okalani, the author postulates, published the manuscript both for her personal satisfaction and to refute a popular pro-annexation argument that Hawaiians were ignorant savages who had no culture prior to the arrival of Captain Cook.

The complexity of the chants of ancient Hawai'i reveals a race of quick-witted people, poetic and finely attuned to nature in their imagery, themes and kaona (hidden or double meanings). The Kumulipo, a genealogy chant, is only one of many kinds of lyrical chants composed by the ancients.

Chants fall into two broad categories, mele oli and mele hula. In pre-contact Hawai'i, mele was the word for "poetic language;" it has since evolved to mean song. In early Hawai'i, there was no melodic singing such as Westerners were accustomed to. Special bards, or haku mele, spent years learning to compose, recite and teach others to perform the ancient chants. Chanters began training as children. One popular training competition involved two youngsters lying chest down facing the sun beside a placid pool of water. Each inhaled, the slowly whispered, "na'u-u-u-u," while a third judged who could sustain the hum the longest by watching the rippling water. Breath control came from the chest, and training sessions could go on for hours with a student imitating the sound of breaking waves or the roar of a waterfall.

Mele oli are chants unaccompanied by any instrument that are generally performed by one individual; while mele hula are chants accompanied by dance or

by dance and musical instruments. Mele hula are often performed by more than one person.

According to Big Island chanter and University of Hawai'i associate professor Doctor Kalena Silva, "Within these categories are dozens of kinds of chants, formal and informal for specific occasions: mele pule or prayer chants; mele inoa, an individual's name chant; mele koihonua, which recounts a person's genealogy; mele he'e nalu, a surfing chant. There were chants of angst,

Hidden meanings, such as rain as a metaphor for love, could make a chant both a recounting of an actual event within a family's history, or it could tell of the love and passion that one person might feel for another, depending on who heard and understood the chant.

As the missionary influence became stronger in the Islands and the use of the Hawaiian language was forbidden in public schools in 1896, the art of chanting diminished. Fortunately, in the last decade, a renaissance of pride in the Hawaiian culture and the

The power (mana) of a chant, lies in its hidden meanings, or kaona. Hidden meanings, such as rain as a metaphor for love, could make a chant both a recounting of an actual event within a family's history, or it could tell of the love and passion that one person might feel for another, depending on who heard and understood the chant.

chants to grumble or praise, chants of affection, chants to make a request of someone..."

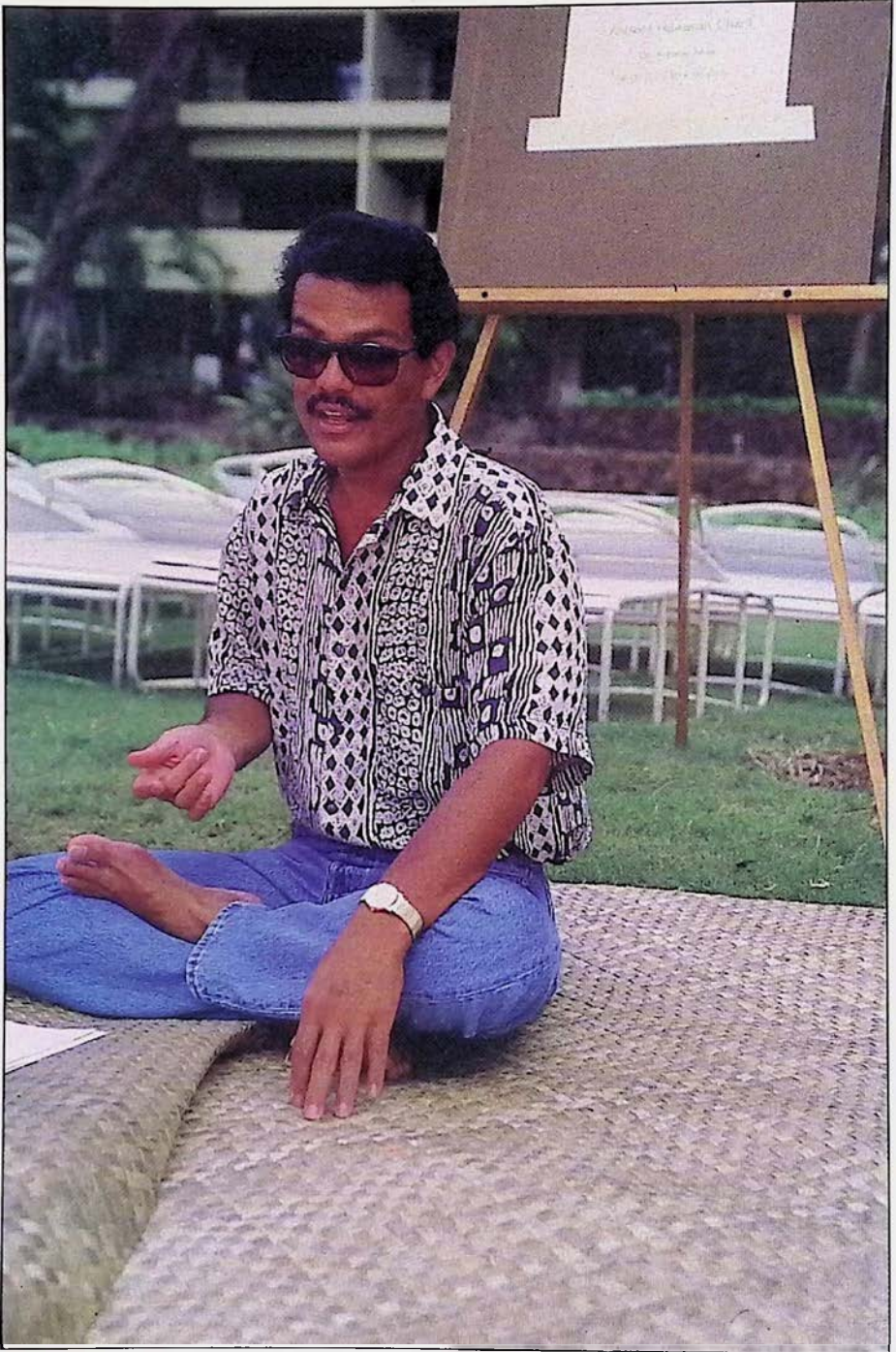
Rules governed the styles of performance and are still matched to the purpose and meaning of various chants today. Says Doctor Silva, "The kepaKepa style was commonly heard. It sounds like speech—rapid, rhythmic recitation—and can be used for anything from game chants to prayer chants." Love chants are suited to ho'aeae phrases, which are soft and short with drawn-out vowels. Wailing or lamenting chants called ho'ouweuwe are rendered in a heavier voice with the vowels protracted. A koihonua style with words pronounced distinctly suits genealogical chants.

The power (mana) of a chant, lies in its hidden meanings, or kaona.

rebirth of the Hawaiian language through immersion classes for youngsters have brought about a revival of chanting. Unfortunately, many of the old chants have already been lost forever.

Doctor Silva has given introductory chanting workshops at Mauna Kea Beach Hotel for the annual ho'olaulea (celebration) staged during the Memorial Day weekend and for other special events, and he teaches the art to students enrolled in the Hawaiian studies program at UH-Hilo, where he serves as chairman of the department. For dedicated students, teachers are at last coming forward, and as language skills improve, people are once again appreciative of this higher form of the Hawaiian language.





BETTY FULLARD-LEO

University of Hawai'i associate professor, Doctor Kalena Silva, pictured above, gives Hawaiian chanting workshops at the Mauna Kea Beach Hotel on the Kohala Coast.

GUARDIAN GECKOS

by *Sophia Schweitzer*



Ten years ago, on the Puna side of this island, I spent my first few nights in Hawaii sleepless and stunned. It wasn't just the sudden transition from stark northern Europe to the lush and humid tropics that kept me awake. I found myself to be a captive audience to the most bizarre spectacle between creatures that I had ever seen.

A chirping sound, the kissing of lips, or perhaps the smacking of cheeks followed by a rapid pitter-patter would startle me awake, and in the dim light of a lantern I would suddenly see a little lizard attack a crusty cockroach somewhere on the wall.

The two battled, and the sound of hard-shelled cockroach wings being bashed against the ceiling by a graceful gecko, hardly larger in size, held me in awe. The struggle was ruthless and final. In the morning only a few hairy legs bore witness to the unpredictable laws of the jungle.

Not knowing anything about

gecko mythology, I named geckos the guardians of my new home. With an instinctive revulsion for cockroaches I developed great devotion for these small lizards of Hawaii.

Which is just as well, because they sure make themselves at home in our houses. Gecko droppings everywhere! Yet, as long as they stay out of my printer and hard drive, I'll feed them honey every night. Geckos love sugar, and, fascinating as they are, they work hard for their living, chomping all those bugs.

The geckos of Hawaii have earned a great reputation rooted in the earliest history and the first migrations to the islands. While there are over 900 species of geckos worldwide, only eight species have settled on the islands, four of these in recent years.

All geckos have immovable eyelids. The eyes with unusual vertical pupils are covered by a transparent membrane which the gecko cleans with

its long, sticky tongue. They are the only lizards who are able to make sounds, other than hissing, and their name is a direct imitation of their nightly chatter.

Highly specialized toe pads covered with microscopically small suction cups allow geckos to run easily on smooth surfaces, such as glass, and ceilings. Yet despite their speed they can't help displaying a clownish waddle in their tireless effort to pull their clinging feet free.

The geckos in Hawaii all belong to the family Gekkonidae and are mostly nocturnal. The first geckos might have traveled to Hawaii as stowaways aboard the first Polynesian canoes. They have been on the islands for perhaps 1500 years! It is also possible that eggs might have floated onto shore independently, even earlier perhaps, since the eggs are tolerant to salt water.

For centuries, those first geckos comprising four different species, thrived on the islands. The mourning gecko, the stump-toed gecko, and the Indo-Pacific gecko were gregarious and lived close to humans, in urban areas. The tree gecko lived a solitary existence in forests and meandering valleys near streams.

Sometime during or after World War II a fifth gecko species arrived, the house gecko. This aggressive little lizard, although just as useful and adorable as its relatives has driven most other geckos away from humans into the wilderness during the last 30 years or so.

House geckos feast on juvenile geckos, including their own. They are less afraid when they are preying. Add to this that the earlier geckos, with the exception of the Stump-Toe, are parthenogenic or unisexual. They are, in fact, all female, laying fertile eggs without the help of a male. The House Gecko, however, has

males and females, and the males are simply too strong, too big, and too aggressive. The friendly females, despite seniority, don't stand a chance and are forced to find their meals elsewhere. So much for equality.

Over the last decades three more species, colorful and spectacular in their appearance, are making their home here. Most likely a few of them escaped as pets. With glamorous greens and flecks of orange and gold their brilliant bodies set them apart from the loyal brown-hued geckos.

One of them, the nocturnal tokay gecko is one of the largest gecko species in the world growing up to 14 inches. It greedily feeds on mice and small birds, as well as other lizards, representing another danger for the older geckos.

Recently, introduced large Asian birds are also after the innocent gecko. It's hard to believe, but the early Polynesian geckos are increasingly uncommon!

While the exotic, brightly attractive reptiles are slowly expanding their territory on the islands, it is all too easy to forget about the importance of the original, little lively lizards. They are modest representatives of the great magical lizard, the powerful mo'o. They are guardians, not just against bugs.

The mo'o is an ancient mythological being which appears in legends throughout Polynesia. For the Polynesians, geckos were perfect mirror images of this dragon-like monster. It was believed that the great mo'o could simply use the body of the gecko for one of its many manifestations.

Naturally the gentle, little geckos were deeply respected. They were sacred. The vigilant geckos, with their ability to change colors and to drop wiggling tails when threatened, resembled the mo'o and filled a crucial role in Hawaiian religion.

The mo'o was part of an



SEAN MCKEOWN

The Indo-Pacific Gecko.

intricate communication system with the gods. The Hawaiians, like many cultures, depended on sorcery as a means of mediation between divine and human worlds. They needed symbols which showed the effectiveness of their prayers and their rituals. They needed images to which they could adhere magical powers.

The wrath of the gods could bring death. Their joy brought life. And so it was vital to Hawaiian society that at someone's death family members would appease the gods.

The deceased were closer to the gods than the living and so they could contribute to the gods' power in the protection of the surviving household. To achieve this, their spirits had to be strengthened. The dead person had to be set up, with the right prayers and the right worship, to become a guardian spirit, most traditionally in the form of a power animal.

The lizard or mo'o, shape-shifting and agile, was one of the oldest and most powerful of guardian spirits along with the shark, the owl and the hawk.

These guardian spirits were called aumakua in Hawaiian. Mortals did not harm or eat their living representatives, and their wisdom came through in visions and dreams.

The mo'o has been described as a lizard of monstrous size somewhere between 12 and 30 feet, with a glistening black body. It lives in fish ponds, quaffs the sacred and intoxicat-



SEAN MCKEOWN

The Mourning Gecko.

ing awa root in great delight, and can be seen when the first flames of a fire light the altars where it dwells. When there is foam on the fishpond, you know the mo'o is home and any fish caught there will taste bitter.

So old is the mo'o as guardian spirit and protector, that it appears in the Hawaiian creation legends in the garden of the first man and the first woman.

In one early legend the mo'o is the oldest of four sisters. Beautiful Moho-lani (Divine mo'o) is the only one who finds a husband. Of course her sisters are jealous and in conspiracy with two sirens they spirit the husband away to the depths of the ocean. But with the help of the guardian spirits, Moho-lani's son glances quickly over the sea with his lightning body. He finds and restores the lost husband and destroys the evil sisters. Their scattered remains will forever grow as barren trees on the beach. As for the sirens,

the son turned them into mackerels.

King Kamehameha I conquered and united the Hawaiian islands in the name of the mo'o-woman Kiha-Wahine. He deeply believed in the powers of his aumakua. He set up her image, dressed in yellow and tapa, in the heiau in Kohala, demanding that all who passed her, even those in canoes sailing by off shore, should prostrate in her worship.

The mo'o guards not only individuals and families, but also districts and places. Apparently at the



The House Gecko.



The Orange-Spotted Day Gecko

bottom of two pools in Puna the remnants of petrified mo'o shapes are still visible and it is said that anyone wishing to swim here must first dive down and touch the enchanted rocks. It is also believed that when you crush a gecko egg outside, you will fall over the cliffs.

The mo'o changes shape at will and isn't always a friendly spirit. Often she is pictured as a gorgeous, seductive woman whom no man can resist. The poor guys don't know that she wants to gobble their flesh. She lures the husband away from the wife with the intention to devour him after a passionate affair. Eventually the husband either gets homesick or he wakes up to the danger he is in. He can only escape by creating an impossible task for the mo'o--maiden. In one story he asks her to fill a gourd in which he has secretly drilled holes with snow-water from the goddess Poliahu on the top of Mauna Kea.

With new migrations arriving on the islands, and traditions changing over time, the role of the mo'o also changed. In the later legends around the fire-goddess Pele and her sister Hi'iaka, the mo'o has been transformed in a whole family of evil water spirits. In the form of heavy fog and sharp rain they attack Pele's volcano. One time, when Hi'iaka leaves Pele in search for Pele's lover, unfriendly water spirits challenge her with torturous obstacles before she can complete her mission. The mo'o no longer mediates with the gods.

There is one beautiful story in which the mo'o is neither a small, evil spirit, nor the apotheosis into a great, protective aumakua, nor a dangerous monster. It was recorded by Mary Kawena Kupu'i of Ka'u.

Handsome Kamanu was fishing at the freshwater stream near his house when a gorgeous woman appeared. She was slender. Her

reddish hair fell over her shapely shoulders, and Kamanu, at first, was afraid. Of course he had heard of the seductive mo'o. But this woman reassured him and told him they would marry and live at the bottom of the river. They would be very happy together, she said. She even promised Kamanu she would make sure his family in the house upstream would always have fish and shrimp to eat. And so Kamanu said yes. He followed her, and even though she was a mo'o, he trusted her and loved her well..

But after a year he grew homesick and asked her permission to visit his beloved parents who probably thought by now that he was dead.

"Go visit," she said, "and when you return, I'll be waiting for you. But you must kiss no one before you kiss your father. If you kiss another one first, I have to leave you alone."

Excited, in love with his wife and eager to tell his parents about his marriage, Kamanu went home. His dog, delighted, ran out to greet him, jumped up and licked his face and lips. The family had a happy reunion and soon Kamanu returned to his wife at the river. He found her weeping.

"You have lost me," she cried, "good-bye my husband."

Kamanu waited for her. He called for her many, many days. His beautiful mo'o-woman never returned. Within months Kamanu died of grief and he was buried at the river's edge.

A caring mo'o, who withdraws.

Perhaps this is the story of the early Polynesian geckos today. Their gentle wisdom overpowered too often, they are withdrawing to the forests and the quiet rivers far away.

They are worth listening to, these magical lizards. They bring good luck, they say.



September 1997

Innovative New Dinner Menu Speaks for Itself at the Historic Aloha Theater Cafe

Every once in awhile there's something to get really excited about in the Big Island dining scene. And, it's not often that this excitement stirs from the depths of rural South Kona. Much of the notoriety in culinary excellence is usually confined to the kitchens run by the many high profile chefs that are employed by the several noted resorts that dot the Kona-Kohala coast. Recently however, this world of food excellence has taken a keen interest in the happenings of a long time local-style establishment, the Aloha Theater Cafe in Kainaliu.

Chef Mike Bickers, a Kalapana native and Generation Xer, is an explorative risk taker and has taken a bold leap forward with his new dinner menu design. For the Aloha Theater Cafe, built in 1932, this transition meant scrapping the entire dinner menu which in the past consisted of good food but lacked the energy that makes food great.

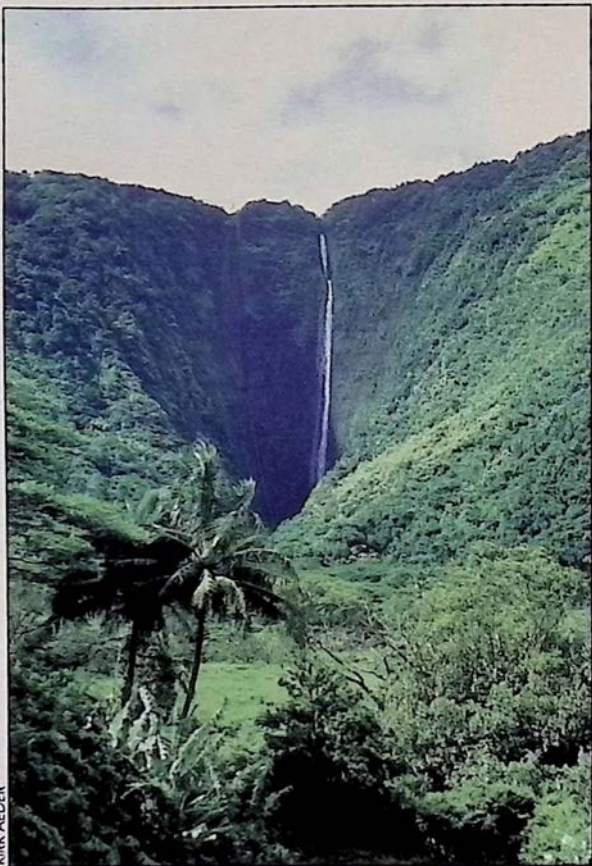


Featured plates from left to right are the grilled mango-chutney prawns with braised leeks and Maui onions, the lustful mocha almond torte, and the seared ahi on a bed of baby greens with sesame shoyu vinaigrette. Story and photos by Les Drent.

The outside lanai (porch) which runs alongside the theater is the favorite spot to dine for most and the sensation of up-country breezes are soothing. At first glance the menu draws immediate interest as it consists of a tasteful array of items like wild mushroom stuffed phyllo, grilled mango-chutney prawns, braised leeks and Maui onions, seared ahi, and Balinese baked seafood parcel with Hoisin-coconut sauce. A splendid list of specials also complements this seemingly perfect menu. Your choice of appetizers and entrees can't be wrong as the menu is constantly scrutinized by Chef Bickers. His appearance before diners on the lanai makes it perfectly clear to everyone his interest for food comes straight from the heart.

Also complementing dinner is a selective wine and beer list and a dessert menu that has for years been the highlight of an Aloha visit. As you pass the cafe's bake case just inside the front door you will know why that part of the menu has not changed and probably never will. The breads, cakes, cookies, cobblers and other goods are fresh baked by pastry chef Marion Denzler who has been with the Aloha for many years.

Open for breakfast, lunch and dinner the Aloha Theater Cafe also hosts a gift shop and an active theater run by the Aloha Performing Arts Center. The Aloha Theater Cafe is located on Highway 11 in Kainaliu just 8 miles from Kailua and is a snap to get to for either locals or tourists traveling from downtown. Their new dinner menu is a must try. For more information see their advertisement on page 11.



KIRK AEDER

Photos: Above is Waipio Valley, land of ancient kings and taro farming. Facing Page Ely Pessah and Emma Torida of the Mamane Street Bakery in Honokaa.

continued from page 19
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 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 Waipio Valley the landscape



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Cafe

**FINE QUALITY BAKERY
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Bagels and Bagel Sandwiches.




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BEST
BURGER
and Local
Favorites**



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in
Hawaiian
means
**VERY
GOOD**

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Open Daily from 5:30am - 8:30pm
THE PLACE TO STOP
between Waimea & Hilo on Hwy. 19 in 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 Honey Macadamia Nut Bran Muffins. The aluring smell of freshly brewed espresso and cappucino also lingers. Also, try one of Ely's ultimate bagel sandwiches.

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.

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



LES DRENT

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.

UP-COUNTRY WAIMEA

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.



KIRK AEDER

Horseback riders are a common sight in the paniolo town of 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 **paniolos** 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 marriage helped Parker to acquire the land that would later be used to found his 250,000 acre ranch in 1847. Today's existence 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.

NORTH KOHALA

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 Highway 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 steep and slippery and should not be hiked by amateur trailsmen. 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 **humpback whale sighting** off the coast of North Kohala. This region of the Big Island is a



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Specializing in
**North Kohala
LAND & HOMES**

Phone (808) 889-5181
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Located in the restored
Toyama Building
Downtown Hawi

P.O. Box 307 Kapaau, Hawaii 96755

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 **Kohala Pacific Realty**, where visitors are welcome to stop in for free maps of the North Kohala region. Owner John Adams and his daughter Joni are taking a different approach to real estate sales. They are promoting the renovation and preservation of many old buildings in North Kohala's towns.



KIRK AEDER



The King Kamehameha statue draped in leis in the town of Kapa'au, North Kohala.

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.

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 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.



Snorkeling off the Kohala Coast.

COURTESY OF HILTON WAIKOLOA VILLAGE



Golfers enjoy an oceanside green at the Hilton Waikoloa Beach golf course.

COURTESY OF HILTON WAIKOLOA VILLAGE



COURTESY OF KONA VILLAGE RESORT

Men remove a ti wrapped pig from an imu (ground oven) at the Kona Village Resort luau. The Village makes a perfect setting for one of the island's most popular feasts. Open to the public guests should call ahead for reservations when attending the luau.

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'ukohola Heiau** and scores of **petroglyph fields**. Pu'ukohola was the last Hawaiian temple built during King Kamehameha's reign of

power. It was said that if Pu'ukohola 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 comple-

The bayou is by you.

*Classic French Creole.
Lunch daily. Dinner
Tuesday—Saturday.
Reservations 883-9644*

Located at the Waikoloa
Village Golf Club.

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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 offers 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! 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 owner/chef David Palmer 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. Located at the beautiful Waikoloa Village Golf Club, **Roussels** features French Creole, in a comfortable, casual atmosphere. Serving lunch daily and dinner Tuesday through Saturday. See their ad below for more details.



tion, Kamehameha did go on to unite the islands of Hawaii, but only 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.

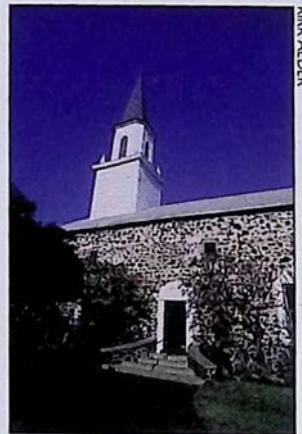
The extensive petroglyph fields that are found all along the King's trail hosts its most popular spot near the King's Shops on Waikoloa Beach drive. Follow the signs along a short trail that direct you to the petroglyphs. Keep in mind that the preservation of these field depends on people staying on 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.

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 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

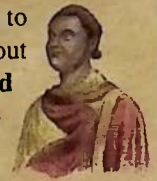


KIRK AEDER

Kailua-Kona's
Mokuaikaua Church

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.



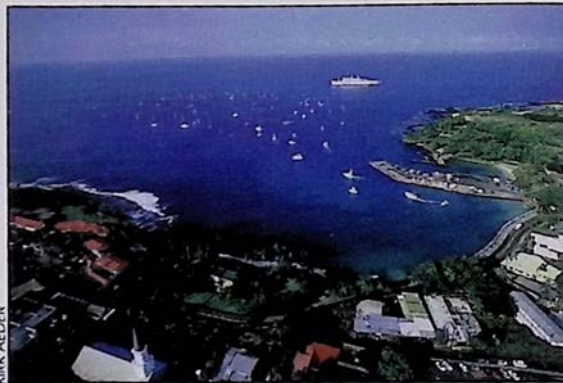
public. Occasionally, throughout the week, some of Hawaii's youngsters can be seen in the courtyard under the shade of giant banyan trees practicing hula under the direction of a *kumu hula* (teacher of hula).

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. **Mark Twain** even wrote of Kailua-Kona in 1866, "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."

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



KIRK AEDER

Aerial view of the village of Kailua-Kona and Kailua-Bay. The annual Gatorade Ironman race begins here.

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 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

KEEP KONA COUNTRY!

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.



The rustic up-country Holuakoa Cafe.

HOLUALOA

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.



SOUTH KONA

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'u'honua O Honaunau* (Place of Refuge) National Park, or the Painted

*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

Tikis at the Place of Refuge National Park in Honaunau.

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 **Hikiiau 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

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.



A copper line engraving of an early Hawaiian village in South Kona. circa, 1820's

Places of Interest

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

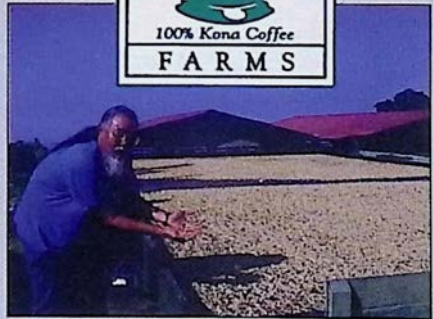
Tues.-Sat. 9:30am, Fri. 9:30am, 1:30pm

For Reservations Call 323-2005

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



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 Captain Cook, HI
 96704
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COMPLIMENTARY FARM TOUR

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a product of Naalehu Fruit Stand

Coffee Times

100% PURE KONA COFFEE

Grown since 1828 Kona Coffee is widely acclaimed as one of the world's finest. Unlike the rest of the world Kona coffee farmers still hand pick and sun dry their coffee. This extremely labor intensive process by independent farming families has greatly contributed to the gourmet reputation of Kona coffee. In 1866 Mark Twain stated, in his "Letter 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."



Today, Mexican coffee pickers help local farmers to hand pick the Kona coffee crop.

100% PURE KONA PEABERRY

Peaberry Kona coffee offers connoisseurs one of the finest and perhaps rarest coffee beans in the world. Only an estimated 4 percent of the annual Kona coffee harvest yields a Peaberry grade of coffee. Peaberry occurs when a coffee tree is stressed in its growing environment, resulting in an individual coffee cherry producing only one round and very dense bean rather than the usual two beans. The taste of Peaberry in the cup is simply exquisite.

\$23.00 lb. \$110.00 5 lbs. \$210.00 10 lbs.

100% PURE KONA FANCY

After many years of roasting, sampling and selling many different grades of 100% Pure Kona coffee the Fancy grade of Kona has proven itself time and time again to yield the finest and most consistent cup of coffee. Its clean grade, density, size, and aroma have set it apart from other Kona grades. Considered by many to be the best whole bean coffee available in Kona.

\$22.00 lb. \$105.00 5 lbs. \$200.00 10 lbs.

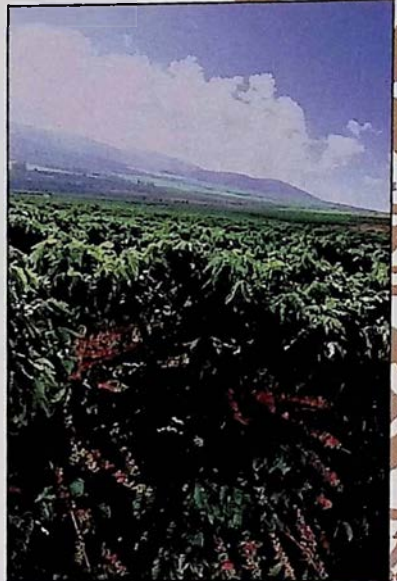
CALL 1-800-750-KONA

ALL COFFEE IS FRESH ROASTED TO ORDER ONLY.
(please specify medium, or dark roast with each coffee ordered)

100% Kaanapali Estate Coffee

(Island of Maui)

Like fine winemakers who search for the perfect match between grape and growing conditions, turning an ordinary wine into one of the finest vintages in the world, so is the quest to produce a bountiful range of unique, distinctive, high quality coffee from the Kaanapali Estate in Maui. Their pioneering varietal research began with an expert team of growers, researchers, and cuppers who analyzed 12 test plot locations throughout the Hawaiian Islands; each planted with 18 different varieties of *Coffea arabica*. The result... the best growing conditions of the West Maui Mountains and some of the finest *Coffea arabica* varietals including: Moka, Red Catuai, Typica, and Yellow Caturra.



MOKA

A very lively cup with wild, slightly exotic chocolate aroma and subtle winery flavors.

\$15.00 lb. \$70.00 5 lbs. \$130.00 10 lbs.

RED CATUAI

This "Cabernet" of coffees imparts rich, nutty and buttery characteristics. A full bodied coffee with a silky smooth finish.

\$15.00 lb. \$70.00 5 lbs. \$130.00 10 lbs.

YELLOW CATURRA

A vibrant, clean, and crisp cup of coffee. Producing beautiful spicy, tangy and elegant flavor characteristics.

\$15.00 lb. \$70.00 5 lbs. \$130.00 10 lbs.

TYPICA

A traditional Hawaiian favorite. These beans produce gentle floral aromas and a smooth seductive finish.

\$15.00 lb. \$70.00 5 lbs. \$130.00 10 lbs.

100% Kauai Coffee

100% Kauai Coffee

The warm Pacific sun, rich volcanic earth and abundant mountain water of Kauai combine to create perfect conditions for growing great coffee. The consistency of this high quality coffee is the result of a carefully selected arabica bean with a mild, well balanced taste and enticing aroma.

\$14.00 lb. \$65.00 5 lbs. \$120.00 10 lbs.

SPIRULINA PACIFICA

Nature's Most Perfect Food



Kona's own Spirulina Pacifica is the world's one and only certified organically grown and processed algae. This dried water vegetable provides a remarkable combination of beta carotene, chlorophyll, B-vitamins, complete protein, GLA, and a host of enzymes and minerals. Spirulina is remarkable in that it provides more concentrated nutrition than any other whole food. People from all walks of life, including athletes, seniors, and those with special nutritional needs, are benefitting from the whole food nutrition supplied by Spirulina.

Cold Pressed 500 mg Organic Hawaiian Spirulina Tablets

\$27.00 (400 tabs./ 1 bottle) **\$125.00** (5 bottles) **\$230.00** (10 bottles)

Shipping weight is 1 pound per bottle

Organic Hawaiian Spirulina Powder

\$40.00 (16 oz) **\$190.00** (5 lbs.) **\$360.00** (10 lbs.)

Shipping weight is 2 pounds per 16 oz. bottle

WASHED 100% HAWAIIAN CANE SUGAR

FROM THE ISLAND OF MAUI

The only remaining 100% Hawaiian washed raw sugar available to the public is by far, hands down, the best tasting sugar found anywhere in the world. Used locally by Island juice companies this sugar will compliment your cup of coffee like no other or bring the sweet taste of Hawaii to your baked goods. It's sad to see Hawaii's sugar Kingdom in decline and this local industry replaced by artificial sweeteners, but the real taste of Hawaiian sugar can and will never be duplicated.

100% Washed Hawaiian Cane Sugar

\$3.00 lb. **\$12.00** 5 lbs. **\$20.00** 10 lbs.



Cards

CALL 1-800-750-KONA

Coffee Times

100% KONA MACADAMIA NUTS

In 1881 Mr. William Purvis sailed away from the Australian shores to plant the first macadamia nut in Waipio Valley on the Big Island of Hawaii.

Coffee Times 100% Kona Whole Grade Macadamia nuts are grown exclusively by independent farmers in the Districts of North & South Kona.

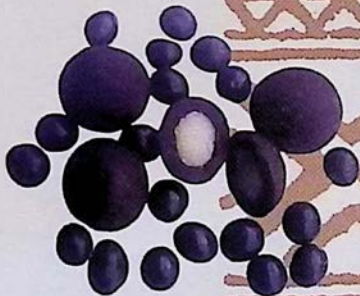


100% Kona Macadamia Nuts

\$13.00 lb. \$60.00 5 lbs. \$110.00 10 lbs.

CHOCOLATE COVERED HAWAII

We all know how good fresh roasted 100% Kona Peaberry Coffee and 100% Kona Macadamia Nuts are, now imagine them draped in rich gourmet dark chocolate. Created by Kona candy maker, Michael Blair, these local style chocolates are almost too good to imagine.



Chocolate Covered

100% Kona

Macadamia Nuts

\$8.50 8 oz. \$16.00 1 lb. \$75.00 5 lbs.

Chocolate Covered

100% Kona

Peaberry Coffee Beans

\$8.50 8 oz. \$16.00 1 lb. \$75.00 5 lbs.

COFFEE TIMES T-SHIRTS AND MUGS

Logo Shirts

\$15.00/1 \$28.00/2 \$52.00/4

10 oz Logo Mugs

\$10.00/1 \$18.00/2 \$32.00/4

Shipping weight is 1 pound per mug or shirt and be sure to select large or extra large on shirt orders.



2 to 3 DAY DELIVERY ANYWHERE IN THE U.S.A. Call For International Shipping Rates

Coffee Times

Hawaiian Tropical Flowers

It doesn't get any fresher than this. Coffee Times is proud to offer you its full line of Hawaiian tropical flowers and leis. In just 48 hours you can experience the floral delight of our island of Hawaii. Our locally grown flowers are long lasting and easy to arrange. Our flowers will brighten up your home or office with the warmth of Aloha!

Dendrobium Orchids

- CTF 1 6 dendrobium sprays, 6 greens \$27.00
- CTF 2 12 dendrobium sprays, 6 greens \$37.00
- CTF 3 24 dendrobium sprays, 6 greens \$56.00

Oncidium Orchids

- CTF 4 6 oncidium sprays, 6 greens \$37.00
- CTF 5 12 oncidium sprays, 6 greens \$55.00
- CTF 6 24 oncidium sprays, 6 greens \$93.00



Orchids

Anthuriums

- CTF 7 12 small anthuriums, 6 greens \$31.00
- CTF 8 24 small anthuriums, 6 greens \$45.00
- CTF 9 12 large anthuriums, 6 greens \$37.00
- CTF 10 12 large anthuriums, 12 small anthuriums, 6 greens \$48.00
- CTF 11 24 large anthuriums, 6 greens \$54.00

Anthurium & Dendrobium Orchid Mixes

- CTF 12 3 dendrobium sprays, 6 anthuriums, 6 greens \$31.00
- CTF 13 6 dendrobium sprays, 6 anthuriums, 6 greens \$36.00
- CTF 14 12 dendrobium sprays, 12 anthuriums, 6 greens \$54.00

Anthurium & Oncidium Orchid Mixes

- CTF 15 3 oncidium sprays, 6 anthuriums, 6 greens \$36.00
- CTF 16 6 oncidium sprays, 6 anthuriums, 6 greens \$47.00
- CTF 17 12 oncidium sprays, 12 anthuriums, 6 greens \$73.00



Antheriums

FedEx

Federal Express

**SHIPPING COSTS ARE
ALREADY INCLUDED IN
PRICES. NO EXTRA
COSTS INVOLVED.**

Hawaiian Mixes

- CTF 18 3 orchids, 6 anthuriums, 3 birds of paradise, 6 greens **\$37.00**
CTF 19 3 orchids, 9 anthuriums, 2 haledonia, 6 greens **\$44.00**
CTF 20 12 orchids, 12 anthuriums, 2 haledonia, 1 bird of paradise, 1 protea, 6 greens **\$73.00**
CTF 21 6 orchids, 12 anthuriums, 2 haledonia, 6 greens **\$42.00**
CTF 22 12 orchids, 12 anthuriums, 4 haledonia, 6 greens **\$68.00**
CTF 23 18 orchids, 18 anthuriums, 4 haledonia, 4 protea, 6 greens **\$110.00**

Hawaiian Mix



Hawaiian Leis

- CTF 24 Dendrobium orchid lei (white or lavender) **\$27.00**
CTF 25 Vanda orchid lei **\$27.00**
CTF 26 Double orchid lei (vanda or dendrobium) **\$36.00**
CTF 27 Vanda Mauna Loa lei **\$45.00**
CTF 28 Tahitian ginger lei **\$45.00**
CTF 29 Ti leaf with orchid lei **\$31.00**



Haku

- CTF 30 Haku with white orchids and natural Hawaiian greens **\$45.00**
CTF 31 Haku with rosebuds and orchids and natural Hawaiian greens **\$48.00**
CTF 32 Haku with 4 - 5 different Hawaiian flowers and natural Hawaiian greens **\$53.00**

Maile Leis

- CTF 33 Traditional Hawaiian green leaf lei (perfect for weddings, birthdays, graduations and special events) **\$31.00**



A Note About Our Flowers...

All flowers are grown exclusively on the Big Island of Hawaii by local farmers only. They are packed and rush shipped for freshness. Flowers do not come arranged as shown above, but include full arranging instructions in each box. Mahalo!



CALL 1-800-750-KONA

Coffee Times

**SATISFACTION
GUARANTEED**



ORDER BY MAIL

Product	Style or Roast	Lbs.	Price
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

Delivery Charges \$ _____

In U.S. please add \$3.50 for 1st pound and \$1.50 for each additional pound
(Call for international shipping fees)

GRAND TOTAL \$ _____

Please mail with check or money order to:
Coffee Times, P.O. Box 1092, Captain Cook, HI 96704

Pay by Credit Card



Cards

(MC) (VISA) (AM EX)#: _____ Exp. Date: ____ / ____
circle one

Name: _____ Signature: _____

Optional Billing Address: _____

Ship To: _____

Gift Note: _____



ALL GOODS (except flowers) SHIPPED 2 DAY U.S. PRIORITY MAIL

Coffee Times

No Ka 'Oi

Gift Boxes

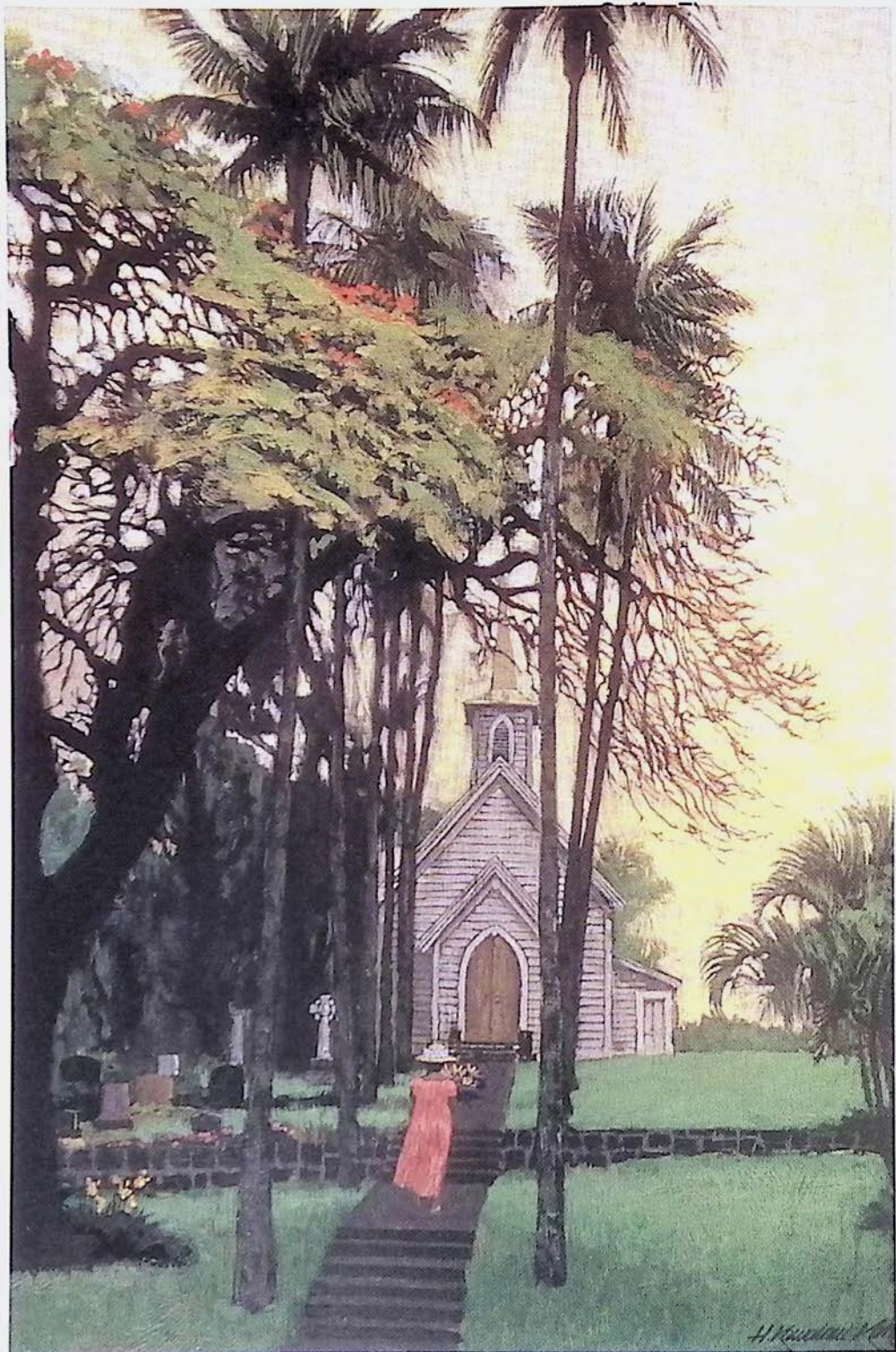


Our Gift Boxes Include: The Kona Peaberry, Kona Fancy, Maui Moka, Maui Red Catuai, Maui Yellow Caturra, Maui Typica and Kauai coffees, Hawaii Washed Raw Sugar, Kona Macadamia Nuts, Chocolate Covered Kona Peaberry, Chocolate Covered Kona Macadamia Nuts, 4 Mugs and a logo tee shirt.

1 pound of each: \$200.00 1/2 pound of each: \$125.00

Coffee is roasted fresh in either a medium or dark roast. Mugs and tee shirts are included in both pound and 1/2 pound orders. Prices include shipping.

1-800-750-KONA



CHURCH AT KAPA'AU, KOHALA, HAWAI'I ISLAND, BY HERB KAWAINUI KANE

Other words and images by Herb Kawainui Kane can be found in his book *Voyagers*. A signed copy of his book can be purchased through *Coffee Times*.