

MARCH 1998

COMPLIMENTARY NO. 48

Coffee Times

The Alternative Guide to the Big Island of Hawaii

this month...

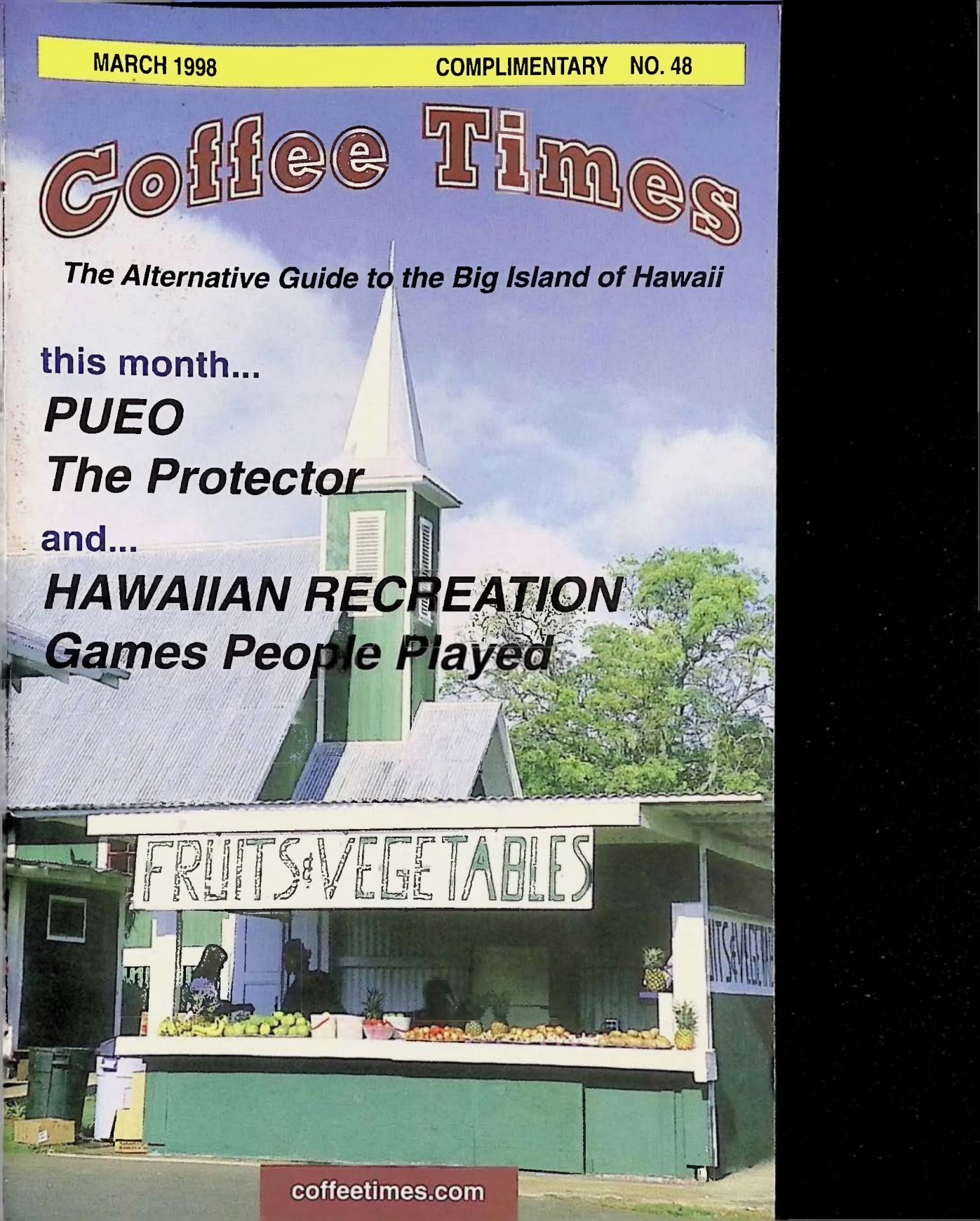
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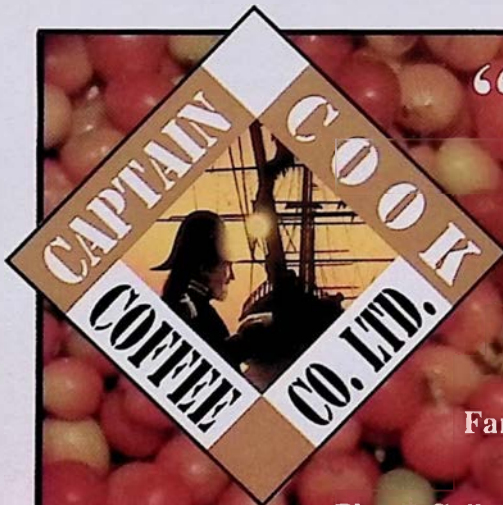


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*A comprehensive guide to
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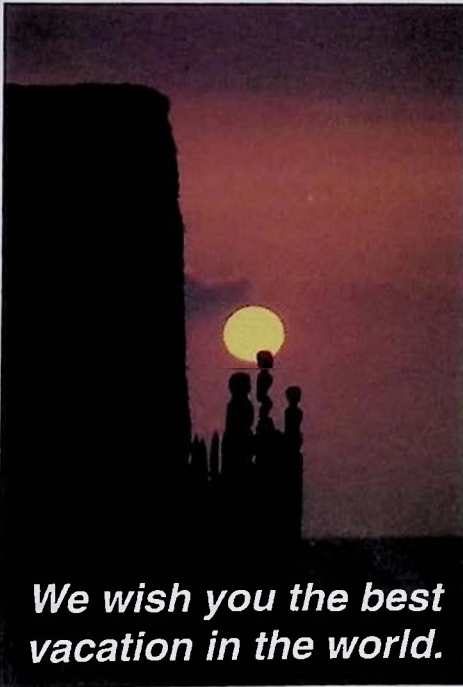
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Feature Writer: **Sophia Schweitzer**
Feature Writer: **Betty Fullard-Leo**
Computer Services: **Andrew Nisbet**
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COVER PHOTOS

March: Big Island Fruit & Vegetable Stand, *by Kirk Aeder.* **April:** Hula Ceremony at Volcanoes National Park, *by Kirk Aeder.* **May:** Lauhala Festival at Keahou Beach Hotel, *by Les Drent.* **June:** Fishing at Place of Refuge in Honaunau, *by Kirk Aeder.* **July:** Surfing the Big Island, *by Kirk Aeder.* **August:** Young Hula Dancer, *by Kirk Aeder.*

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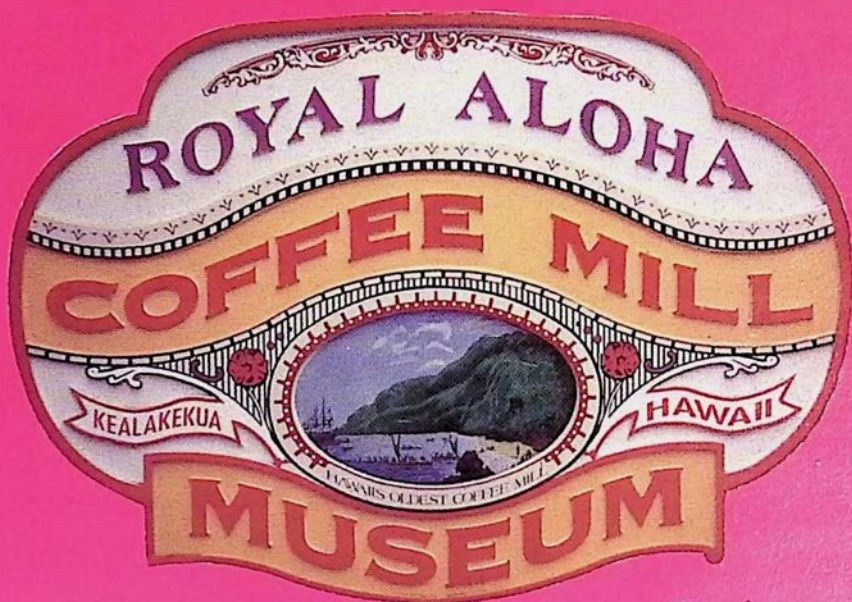
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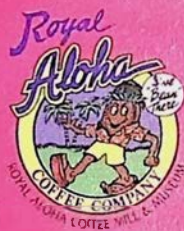
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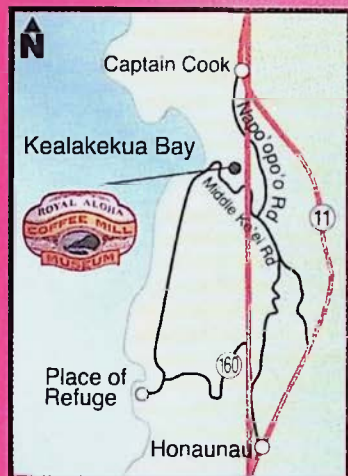
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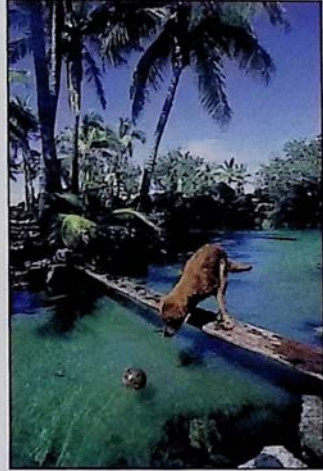
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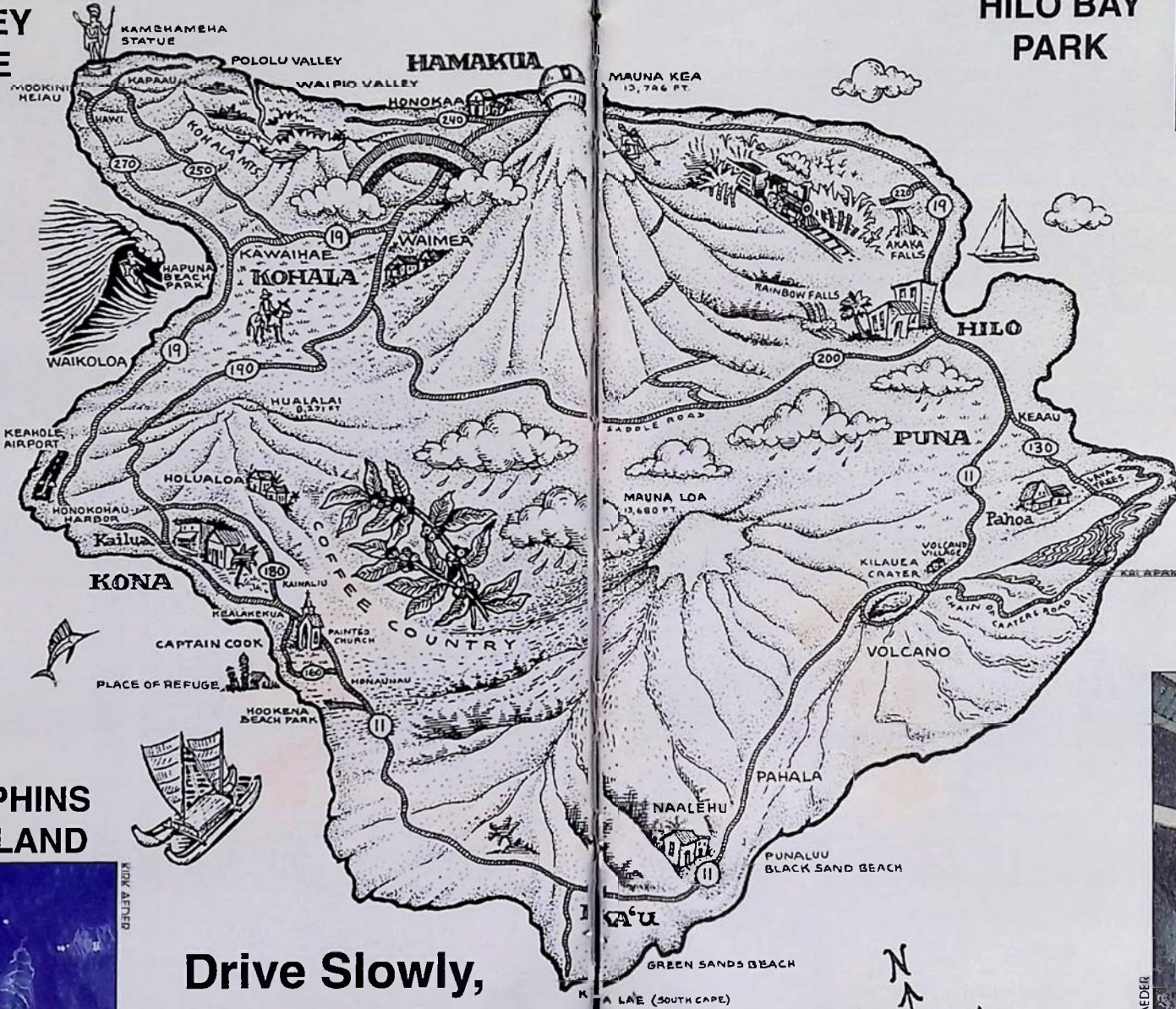
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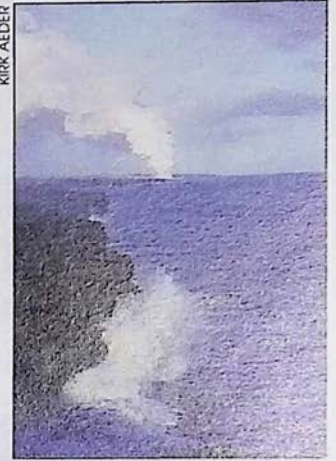
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**PAHOA'S
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KA'U REGION South Point U.S.A.



MIK AEDER

Mahana Beach, or Green Sands Beach

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 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 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

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Places of Interest

At **Naalehu Fruit Stand**, owners John and Dorene Santangelo prepare homemade specialties daily.



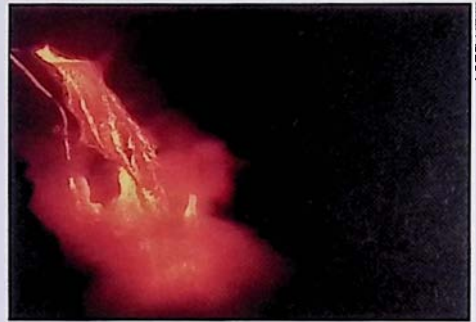
Take your meal on the road or take a picnic table seat on their front porch as you watch travelers on their way to Volcano pass by. Next to Naalehu Fruit Stand is the **South Point Properties**, the southern most real estate office in the USA. The office offers free maps to travelers and advice to buying real estate in Hawaii.

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.

VOLCANO HAWAII



KIRK AEDER

Spectacular lava view

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 \$10.00 entrance fee per vehicle which

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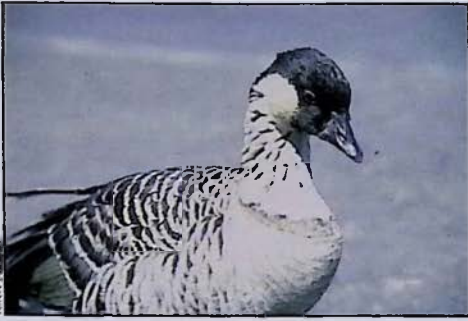


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The Hawaiian goose or nene

is valid for 7 consecutive days. The hiker/bicyclist/bus passenger fee for people over 16 and under 62 is \$5.00. 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

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Call Volcanoes National Park at
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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**.

Places of Interest

from the 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.



Places of Interest

One of the nicest things about dining out in Pahoia 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 Pahoia. 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.



PUNA and PAHOIA

For visitors who want to experience the true feeling of old Hawaii,

Pahoia 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 Pahoia has main-



Lava tree at Lava Trees State Park

tained 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 Pahoia Village one of the most pleasurable shopping and dining stops on the Big Island. Every restaurant in Pahoia is owner operated, guaranteeing diners the best in food preparation. Lodging in Pahoia is alternative as well. The historic Village Inn, built in

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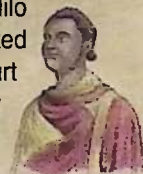
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Places of Interest

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 below. 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.



At home with Paul & Evonne at Hilo's Hale Kai Bed & Breakfast

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 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

continued on page 34



Scenic Rainbow Falls

Big Island Lodging Guide

HAMAKUA REGION

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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.

HILO REGION



2. Hale Kai B&B Innkeepers: Evonne & Paul Bjornen, 111 Honolii Pali, Hilo, HI 96720 Ph: (808) 935-6330 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. occu-

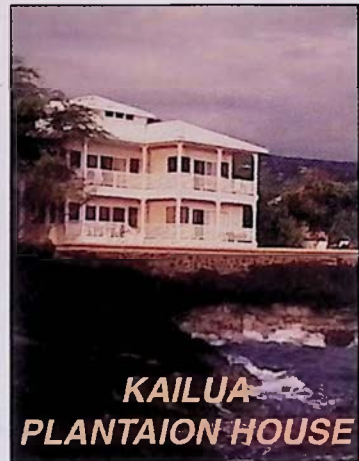
pancy. 2 miles from Hilo. Also available is an ocean front 2 bedroom 2 1/2 bath deluxe penthouse. \$2,000/month.



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



Kailua Plantation House Innkeepers: Paul & Judy Lawler, 75-5948 Alii Drive, Kailua-Kona, HI 96740. Ph: (808) 329-3727

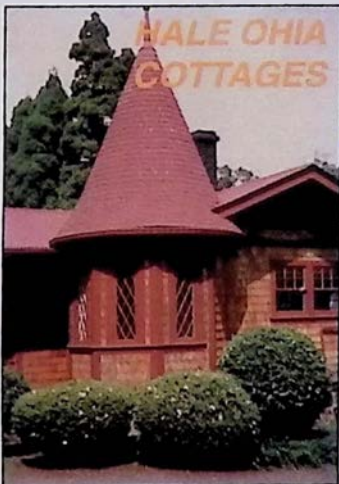
Enjoy luxurious accommodations with the coziness of an ocean front B&B. This elegant mansion is located just outside of the heart of Kailua. Each individually decorated suite boasts a private bath, cable TV, telephone, refrigerator, private lanai and access to oceanfront dipping pool and spa. Each day begins with Kona coffee and a full gourmet breakfast. Rates: \$145-\$235.



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

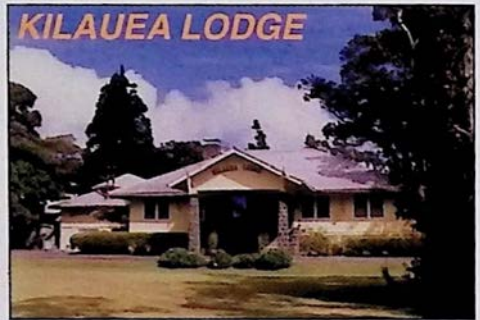
Charming ocean view B&B in Kealahou, minutes from the best snorkeling. Enjoy immaculate, spacious rooms furnished w/antiques & fresh flowers. A delightful Hawaiian breakfast of fresh fruits, chef's special & Kona coffee is served each morning. Snorkel gear & beach supplies provided.

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 hideaway, 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.

ENJOY YOUR STAY

March

Nana *Much to see. Plantlife is growing strong in the forests and lowlands. Fishing is good.*

In Hawaiian History

MARCH 2, 1901

The Inter-Island Telegraph Company is Opened.

MARCH 4, 1881

King Kalakau'a arrives in Yokohama on SS Oceania.

MARCH 5, 1792

Vancouver's ships arrive at Kealakekua Bay- 1st of 3 visits.

MARCH 6, 1834

O'ahu Amateur Theater puts on first production.

MARCH 7, 1935

Hawai'i's own Tom Blake invents Sailboards. First official race held in March 1941.

MARCH 9, 1891

Princess Ka'iulani proclaimed heir apparents to Queen Lili'uokalani.

MARCH 10, 1832

John Dominis Holt - Future husband of Queen Liliu'okalani, secretary to Kamehameha IV & O'ahu Governor under Kamehameha V is born.

MARCH 11, 1881

King Kalakau'a meets with Emperor Meiji- makes alliance.

MARCH 11, 1959

Enabling Act (for Statehood) is passed by Senate.

MARCH 12, 1959

U.S. Congress sends bill to President Dwight Eisenhower recommending statehood.

MARCH 13, 1877

Ali'i Kana'ina Father of Lunalihō dies.

MARCH 14, 1779

Cook's Expedition, now by Capt. Clerke

leaves Hawai'i.

MARCH 16, 1899

Princess Ka'iulani dies at age 24.

MARCH 16, 1980

Hokule'a makes 2nd voyage to Tahiti.

MARCH 17, 1814

Kauikea'ouli is born and will become Kamehameha III.

MARCH 18, 1866

Samuel Clemens (Mark Twain) arrives on islands to write series of private letters.

MARCH 19, 1904

Waikiki aquarium is opened.

MARCH 21, 1927

Hawaii's 1st territorial airport opens, now called Honolulu International Airport.

MARCH 23, 1828

3rd company of missionaries arrive on the *Parthian*.

MARCH 24, 1820

1st company of missionaries arrive.

MARCH 4, 1881

King Kalakau'a arrives in Yokohama on SS Oceania.

MARCH 25, 1915

Submarine F-4 sinks off Honolulu Harbor- America's first sub disaster.

MARCH 28, 1822

William Ellis- Hawai'i pioneer printer- arrives.

MARCH 29, 1893

James Blount arrives with authority from Pres. Cleveland to investigate Queen's overthrow.

MARCH 31, 1820

The first New England Calvinist missionaries arrive onboard "Thaddeus" at Kamakahonu.

Historical dates researched and compiled by Scott Makapali Burton. For a copy of his historical Hawaiian calendar ('Alemanaka Hawai'i Maoli) call 322-6557.

'Alemanaka Hawai'i Maoli is also available at Borders Books & Music.



KIRK AEDER

Spectacular night viewing of the Volcano on the Big Island.

This Month In Hawaii

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.

MARCH 4-31

Splendors of Oriental Brush Painting by the students of Jane Chao. This exceptional group will charm you with the more than 100 pieces of Chinese Brush painting on display. Main Gallery, Wailoa Center, Hilo (808) 933-0416.

MARCH 4-29

Waiakea Intermediate students of the 6th, 7th and 8th grade will exhibit art created for your enjoyment. Coordinated by Laurine Morigaki and Tanya Rosehill. Fountain Gallery, Wailoa Center, Hilo (808) 933-0416.

MARCH 14-15

Kona Stampede Rodeo Honaunau Arena, Kona (808) 329-6375.

MARCH 20-APRIL 4

Five Little Peppers Presented by the Aloha Children's Theatre. Aloha Theatre, Kainaliu, 7pm & 3pm, (808) 322-9924.

PUEO

The Protector

by Sophia Schweitzer

The cry of the owl has followed me from country to country, continent to continent. The silent scream that once penetrated the snow-burdened hills and frozen glens in Northern Scotland now wakes me up to the eerie surf breaking against the steep cliffs below our house in the tropics of Kohala.

I've watched the noiseless flight of an owl sailing toward its prey on the ground. Occasionally we meet eye to eye. Gauging each other's strength leaves me humble.

What is it about owls? They have played an important role in myth, legend, and folklore since ancient times. Paleolithic rock carvings in French caves show a pair of snowy owls with their chicks. Why? A food source? Or something more mysterious that binds us to this creature? It seems that in all cultures the owl invokes a mixture of intense feelings: Awe; fear; inspiration; safety. The owl is both considered a messenger of doom, and a good ol' wise bird, like Wol in Winnie the Pooh.

Truth is, the owl certainly has what it takes to be a fearsome bird. And it has chosen a most mysterious setting for its life to unfold. Like the eagle and the hawk, owls are master killers, with ferocious talons, and beaks you

wouldn't want to feel hooked too deeply underneath your skin. As creatures of the night, they represent the darker mysteries, their clear call alluding to the worst that darkness can hold. Looking for rodents in open, grassy land, they love to hunt ghostly cemeteries, church yards and abandoned ruins. They truly fly without as much as a whisper of sound.

But on the other hand, the owl's lethal talons and beak are hidden in a cloak of soft, attractive thick feathers. The facial disks resemble the cutest, puffed up cheeks. Their eyes, big and round, seem human. And those ear tufts, well, grandfather too had hairs like that. Add to this their vertical body posture and a little anthropomorphic projection, and you have your wise, learned owl.

In Hawaii, from before the arrival of the first Polynesians, flies the short-eared brown owl, also named Hawaiian owl, or pueo. Like everywhere else, Hawaii gave the owl a special place in its mythology.

Pueo is sacred. The Hawaiian dictionary lists several meanings and connotations for the word itself: When a certain object or concept is considered important,

Pueo Photo by Jack Jeffrey



more layers of meaning are contributed, each level unraveling deeper and deeper symbolic significance. Pueo doesn't signify only an owl, but also denotes a taro variety, the staff of life. In addition it indicates, among other meanings, shortness, the shroud of a canoe, and the rocking of a child. Then there are the many expressions that use the word pueo, such as keiki a ka pueo, "child of an owl, whose father is not known", or, ka pueo kani kaua, "the owl who sings of war, the owl as a protector in battle". A no lani, a no honua, another saying states, "the guardian owl belongs to heaven and earth". Throughout Hawaii, streets, areas, and valleys bear the owl's name, with many such places having an intriguing legend attached to them. Pueo's legacy reaches far beyond brown feathers into the realm of the spirit world.

As for the facts about pueo, its Latin classification spells *asio flammeus sandwicensis*, but specialists are not in agreement whether this owl, endemic to the islands, is truly a subspecies of the North American Short-Eared Owl or indistinguishable from its continental friends. Either way, it measures 13 to 17 inches, with the females being slightly larger than the males. A dark mask surrounds large, yellow eyes, and its feathered body is streaked with shades of brown and white. The pueo, unlike most owls, is often active during the day and loves to fly at high altitude above open, grassy areas. The pueo feels at home at sea level as well as in the higher mountains. On the Big Island, its favorite cruising

grounds seem to be the Waikii pastures above the Waimea-Kona mountain road, Mamalahoa Highway 190.

There are no statistics on the pueo's population numbers. They are present on all the islands, but they are definitely in decline on Oahu, where urban development makes it impossible for the shy, brown bird to find the green, solitude it craves. Considered endangered on Oahu, pueo has become a candidate for threatened status throughout the island chain. The pueo's modern diet consists of introduced rodents, rats, mice, and small mongooses: This alone is reason for all of us to adore this bird! In earlier days, before those rodents arrived, pueo is thought to have feasted on the small Hawaiian rail, a flightless bird that is now extinct.

Pueo loves to nest in grassy areas, making its survival a precarious affair. It lays three to six white eggs over a span of up to several months. As a result, the eggs don't hatch all at the same time. In one nest different ages grow up together. Right on ground level, the little nestlings are vulnerable to feral cats and mongooses. Once up and flying, the birds are often killed by guns or through stress caused by construction and development.

On a more esoteric level, the pueo, with all its mysterious wisdom, a bird that flew over the islands well before the first Hawaiians sailed in, is among the oldest physical manifestations of the Hawaiian family protectors, the

ancestral guardians, the aumakua. It was believed that after the death of an ancestor, the spirit could still protect and influence the remaining family acting through a body such as that of the owl, the shark, the turtle, or even the centipede. Each species channeling the ancestor held unique strengths. The owl as aumakua was specifically skilled in battle.

The most famous legend, "The Battle of the Owls" underscores the aumakua's force. It relates the story of an Oahu man who robbed an owl's nest: After he slung the coveted bounty in his knapsack, the owl-parent shrieked with grief and complaint. The man felt sorry and quickly returned the eggs unharmed to the nest. Not only that, he took the owl as his god and built a temple in its honor. Naturally, the ruling chief thought this an act of rebellion against the prevalent gods, and ordered the man's execution. The weapon was poised, the man feared his last breath, and... the owls gathered, darkening the skies with their wings. Any further action of the king's soldiers became impossible. The man walked free. Pueo-hulu-nui near Moanalua on Oahu is one of the alleged places where the awesome battle took place.

Much further back in time, it is said that Hina, the mother of the god Maui, gave birth to a second child, in the form of the pueo. Later, when the brave Maui was taken as prisoner by enemies and held for sacrifice, brother owl rescued him and led him to safety.

Another old story of rescue

tells of a warrior who fought under King Kamehameha the First. Cornered by the enemy, he was about to plunge over a dangerous cliff. Right at that moment an owl flew up in his face, so that he was able to thrust out his spear into the earth, saving himself from the suicidal leap.

Many years later, under the rule of Kamehameha IV, certain festivities took place in Honolulu and many people from the country arrived to celebrate or sell their wares. A young girl, excited and unaccustomed to city-ways, galloped her horse through the downtown streets. She was arrested and thrown in prison with the worst of offenders. She cried herself to sleep. Shortly after midnight she awoke to a flapping sound near the door, which stood wide open. She quietly stepped out and closed the door behind her. Not far from her she saw an owl, perched on a wooden fence, awaiting her escape. The owl flew in front of her, guiding her past guards and police men, through dark streets, till they came to a saddled horse and a bundle of fresh clothes. The girl mounted, the owl pulled the head of the horse in the direction of the country where the girl came from, guided her all the way home, and then left.

Are these stories legend, truth, symbols, mere imagination or perhaps all simultaneous? It's hard to deny that even today, the owl guides people on conscious and subconscious levels. The owl, for better or worse, remains a symbol of guidance, believe in the aumakua or not. People have

driven the highways here, even recently, when an owl would fly right across the wind shield. Taking it as a "sign", they decided to return home and to forget about reaching their destination. They discovered that, more often than not, they could have been killed by the blow of a fallen rock or tree if they hadn't heeded the owl's subtle message....

Even so, my favorite story combines all the elements of the wise Hawaiian owl in the most beautiful, tragic-romantic tale. This is the legend of Ka-hala-o-Puna, princess of Manoa. A legend which also explains the beauty of Manoa valley on Oahu, blessed by rainbows, rains, and reassuring winds.

Daughter of Manoa Wind, and Manoa Rain, Kahalaopuna grew up as the most beautiful girl in Hawaii at the time. She was given as bride, in infancy, to chief Kauhi of Kailua.

The fame of her beauty spread, and ill-meaning, envious men sowed rumors of shame. Despite his fiancée's innocence, Kauhi became enraged with jealousy, and he killed her with a cone of hala nuts, then buried her body hastily. An owl unearthed the girl with his claws, rubbed his head against her bruised temple, and restored her to life. She followed Kauhi, trying to reconcile. He killed her three more times! The owl brought her back to life each time.

The fifth time Kauhi buried her far away and deep under the roots of a large koa tree. Now the owl worked so hard yet was unable

to scratch the earth away and finally had no other choice but to abandon the girl.

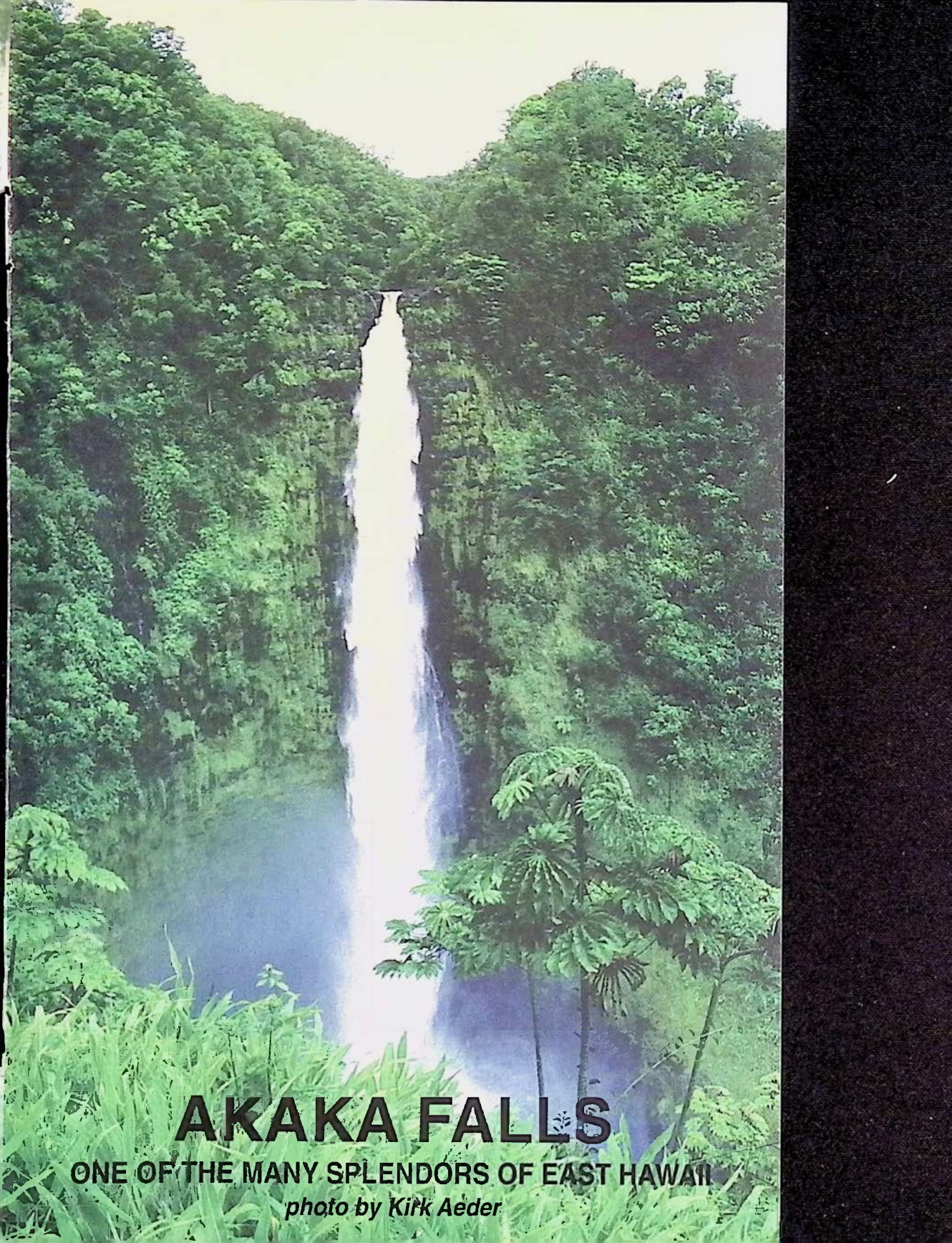
However, there had been a witness to this last murder and failed rescue attempt! A little green bird named elepaio flew to Kahalaopuna's parents and informed them. They prepared to visit the koa tree and find her remains.

Meanwhile, the girl's apparition appeared for chief Mahana, who, as directed by his vision, also went to the koa tree and found her body still warm. With the help of his spirit sisters he brought her back to life and gradually she healed from the ordeal. Mahana loved her and cared for her. Kauhi, this time, didn't know that she had returned to life.

Yet when Mahana asked for her hand, Kahalaopuna still felt under the obligation to marry Kauhi! In secret, with his brother and her parents, Mahana planned to kill the murderous fiancé. The two rivals met in a trial, and Mahana, who knew the truth, won. Kauhi, as well as the two chiefs who had spread the disastrous rumors, were baked in ground ovens and Mahana received Kahalaopuna as his wife. They were happy for two years, till Kauhi, in the form of a shark, devoured her. This time for ever.

Such are the stories of the Hawaiian owl, a bird of power. When you hear the scream of silence, the rustle of soundless wings, an effortless shadow gliding by, look up in the high blue skies, follow the owl's smooth dive. Pueo's presence might be there for you.





AKAKA FALLS

ONE OF THE MANY SPLENDORS OF EAST HAWAII

photo by Kirk Aeder

HAWAIIAN RECREATION

Games People Played

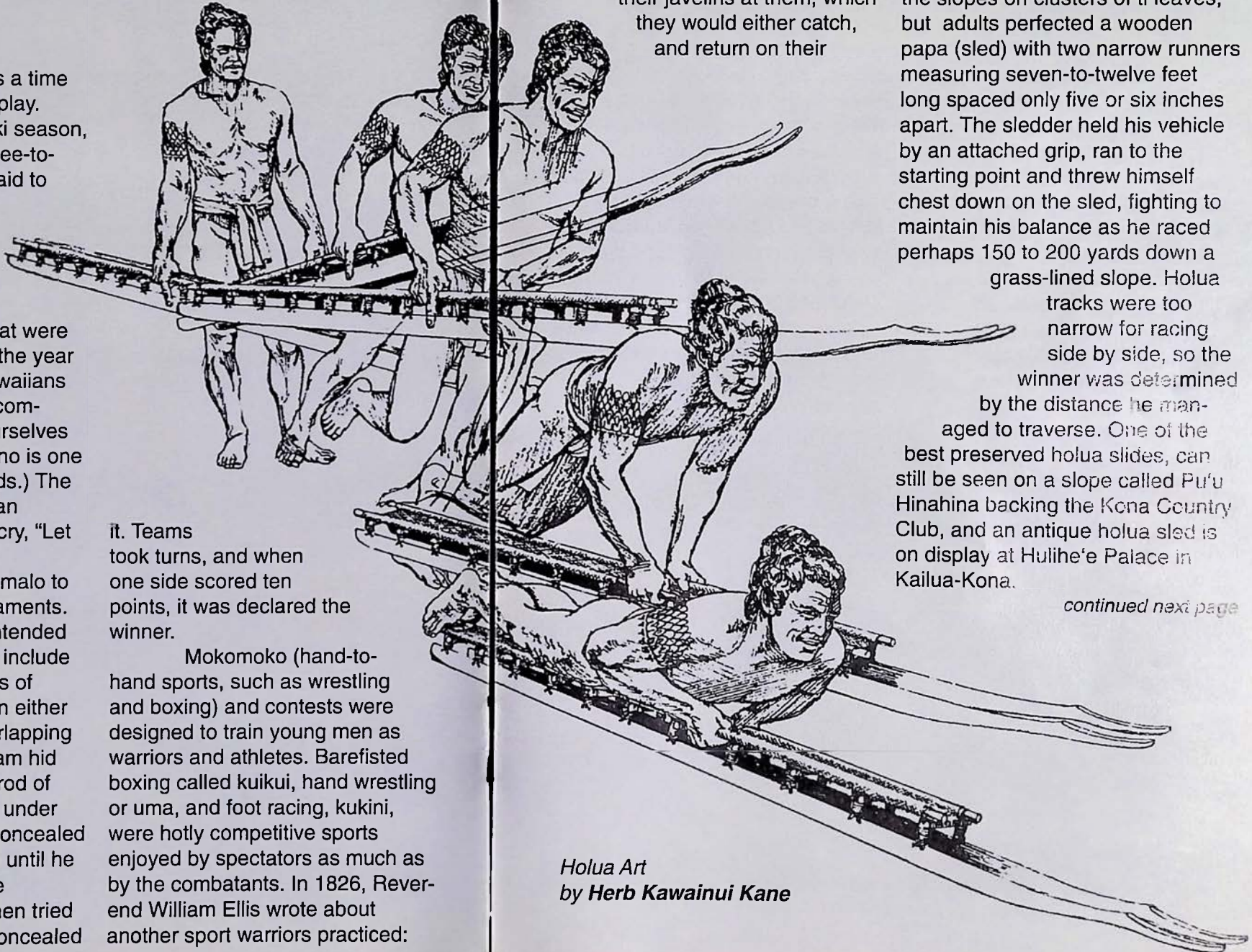
by Betty Fullard-Leo

In old Hawai'i, there was a time for work and a time for play. During the Fall Makahiki season, war was suspended for three-to-four months, taxes were paid to the chiefs according to the abundance of the year's harvest, and festivities, feasting and games filled the days. Religious kapu (taboos) that were in effect during the rest of the year were suspended while Hawaiians on all islands heeded the command: "Stand up! Gird yourselves for play! Hail to Lono!" (Lono is one of four major Hawaiian gods.) The command was the Hawaiian equivalent of the Olympic cry, "Let the games begin!"

Men donned their malo to take part in sporting tournaments. Pa'ani were team sports intended primarily for fun and might include no'a, a game where groups of people faced each other on either side of five bundles of overlapping kapa. A member of one team hid the no'a, a small polished rod of wood, by plunging his arm under the kapa and moving the concealed game piece back and forth until he dropped it under one of the bundles. The other team then tried to guess which kapa pile concealed

it. Teams took turns, and when one side scored ten points, it was declared the winner.

Mokomoko (hand-to-hand sports, such as wrestling and boxing) and contests were designed to train young men as warriors and athletes. Barefisted boxing called *kui*kui, hand wrestling or *uma*, and foot racing, *kukini*, were hotly competitive sports enjoyed by spectators as much as by the combatants. In 1826, Reverend William Ellis wrote about another sport warriors practiced:



"(Hawaiian men) also practiced throwing the javelin (*pahe'e*), and catching and returning those thrown at them, or warding them off so as to avoid receiving any injury...We know some men who have stood and allowed six men to throw their javelins at them, which they would either catch, and return on their

assailants, or so dexterously turn aside, that they fell harmless to the ground."

During any season of the year, holua sledding down a steep, rock-lined slope was a favorite pastime. Youngsters might fly down the slopes on clusters of ti leaves, but adults perfected a wooden *papa* (sled) with two narrow runners measuring seven-to-twelve feet long spaced only five or six inches apart. The sledder held his vehicle by an attached grip, ran to the starting point and threw himself chest down on the sled, fighting to maintain his balance as he raced perhaps 150 to 200 yards down a grass-lined slope. Holua tracks were too narrow for racing side by side, so the winner was determined by the distance he managed to traverse. One of the best preserved holua slides, can still be seen on a slope called Pufu Hinahina backing the Kona Country Club, and an antique holua sled is on display at Hulihe'e Palace in Kailua-Kona.

continued next page

Holua Art
by Herb Kawainui Kane

Games did not consist solely of physical competition. Some games were played for pure amusement, others made opponents match wits and helped develop strategic thinking skills.

But games did not consist solely of physical competition. Some games were played for pure amusement, others made opponents match wits and helped develop strategic thinking skills. Captain Cook's journals left the first detailed descriptions of games and the ingenious equipment he saw on his early voyages to Hawai'i. One journal entry described konane as a game resembling draughts (checker), but played on a papamu

(board) three feet long with 238 squares arranged in rows of 14. Since then, larger and smaller boards with varying numbers of rows and squares have been found, which affected the length of time the game was played but not the way in which it was played. In the 1800s, Reverend William Ellis described Haloa Beach near Ninole as a renowned source for the black basalt and white coral pebbles used as checkers in konane.



BETTY FULLARD-LEO

Kids playing 'ulumaika which is played with circular stone disks that are pitched through two stakes.

Interestingly, papamu were not always wooden boards, but were sometimes carved in lava flows in areas that also might contain other petroglyphs. At Kapalaoa on the Big Island, a number of petroglyph boards line the shoreline terminating in an arena-like depression where a single large papamu is etched into the lava. Ski Kwiatskowski, who researched a book on petroglyphs called "Na Ki'i Pohaku," surmises, "The large lone checkerboard in the arena was for the championship game. This way an entire village was able to view the match along with much cheering, kibitzing and betting."

A number of old Hawaiian games have survived and are played at Makahiki festivals or other cultural events today. Courses for

'ulumaika, played with circular stone disks that are pitched through two stakes spaced about six inches apart, are at Waimea Falls Park on O'ahu, and at Pu'uhonua O Honuaunau on the Big Island.

'Ulumaika is also played every year by fourth and fifth grade school children during a Big Island Sports Day, or La Pa'ani, sponsored for six schools by Keauhou Beach Hotel every November. In addition, the kids do battle in uma (wrestling), pahe'e (javelin), konane (checkers), kimo (similar to jacks) and hu (spinning tops). In today's world, the games are played not only to develop skills and quick thinking, they are played to instill pride in the Hawaiian culture and to keep that culture alive for generations to come.



BETTY FULLARD-LEO

Kids playing konane, a Hawaiian game similar to checkers.

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 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 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



Downtown Honokaa and the historic People's Theater.

MAMANE STREET BAKERY
Cafe



FINE QUALITY BAKERY & ESPRESSO BAR

Located minutes from Waipio Valley.
Fresh pastries, macadamia nut desserts, cookies, croissants, foccacia's, fresh sandwiches daily.
Snacks, Light Lunches.
Bagels and Bagel Sandwiches.

AND NOW SERVING BREAKFAST

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Famous Hot Malasadas

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"Ono Kine" 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

LES DRENT

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. He is now also serving breakfast.



Also located in Honokaa is the **Bad Ass Coffee Company of Honokaa** which is located at Tex Drive In on highway 19. Visitors have the opportunity to purchase 100% Kona coffee, Hawaiian coffee and tropical blends. Macadamia nut creations fill the store shelves and will undoubtedly make your taste buds dance when you try them. Also featured are the company's Bad Ass Coffee ware and clothing line.

Sunday evening at Honokaa's historic theater.

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

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

Outside of Waipio Valley and Honokaa town are other early and small settlements of the Hamakua region such as **Paauilo**, **Kukuihaele** and **Laupahoe**. 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.



Waipio Valley is a popular place to horseback ride on the Big Island.

UP-COUNTRY WAIMEA



KIRK AEDER

Horseback rider in the upcountry of 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. 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 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



KIRK AEDER

Exploring the Kohala coast by raft

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

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. **Jen's Kohala Cafe** is the newest addition to the North Kohala Coast, a quaint little eatery located in beautiful downtown Kapaau, directly across from the statue of King Kamehameha. Jenifer and Chad Davis, the new proprietors, have called Kapaau their home for many years, and are pleased to offer both residents and visitors alike a new place to eat that utilizes local farmers for the freshest organic produces. The menu includes fresh soups daily, as well as salads, gourmet deli sandwiches, and the instant hit, the Kohala wrap-n-rolls. They also offer Kona-made premium Great Pacific Ice Cream, if you are just looking for a quick treat. It is well worth the drive to visit this most northern tip of the Big Island... so be sure to plan Jen's Kohala Cafe as your lunch stop. Open 7 days from 10am to 6pm.



Children of the Kohala coast.

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 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 **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.



Open Daily
10am-6pm
Across from
King Kamehameha
Statue,
Kapaau Town

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Fresh Daily Soups and Salads
Gourmet Deli Sandwiches
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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



Kohala coast sunsets can't be beat.

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.

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

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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 strives 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.



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 completion, 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.



Kona's historic Hulihee Palace

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

NORTH KONA

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. Another popular coffee stop in North Kona is Island Lava Java. Through the efforts of new owners Lloyd and Chris Gravley, **Island Lava Java** has become a festive meeting place for locals and visitors alike. The oceanfront patio and live music nightly offer the perfect setting to enjoy a cup of pure Kona coffee, food and pastries prepared on the premises, fresh fruit smoothies or a scoop of ice cream. The shop is open 7am-10pm and is located at Sunset Plaza on Alii Drive. (808) 327-2161.

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

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

KEEP KONA COUNTRY!

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

ye may fold your tired hands and slumber your lives peacefully away, pack up your carpetsacks and go to Kailua! A week there



*Popular social spot and fine eatery, **Durty Jakes**, on Alii Drive in Kailua*

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



327-2161

Alii Drive,
Sunset Plaza,
Kailua-Kona

Oceanfront Bake & Brew Bistro

pay little or no attention to the sanity of the place. Looking beyond the trafficy bustle of Kailua their 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 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.

HOLUALOA

Days pass slowly in the artist's retreat town of Holualoa, almost like the gentle mountain



The rustic up-country Holuakoa Cafe.

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.



Start your visit at the local coffee shop, **Holuakoa Cafe**, the "Cheers" of Holualoa. If you are lucky enough to meet the owner, Meggi Worbach, you will understand why visitors return year after year to enjoy the warm aloha she has created in her beautiful garden cafe, nestled among quaint shops and coffee trees on the side of Hualalai mountain.

Holuakoa Cafe

ESPRESSO BAR

HOURS:

Mon-Sat 6:30am - 3pm

Closed Sunday

322-CAFE



Holualoa, Hawaii
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100% Kona Coffee and Coffees From Around The World • Pastry • Salad Light Fare • Indonesian Imports • Gifts

Enjoy a wide selection of my coffee drinks while you converse with friendly locals and island travelers. Or, simply relax in the cafe's tropical garden.

Aloha, *Meggi*

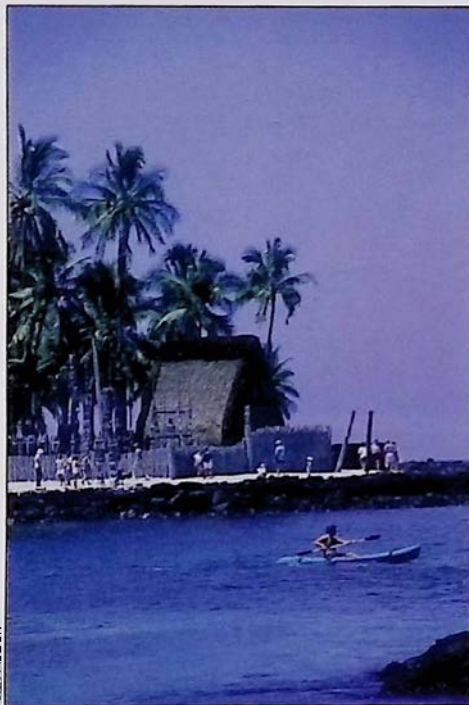
The local kamaaina flavor combined with the international flair of her visitors which are attracted by Meggi's mastery of several European languages, creates an unforgettable friendly atmosphere where many visitors spend idle hours enjoying the best espresso and other drinks, pastries and pies on the island. Don't miss "Meggi's" Holuakoa Cafe open from 6:30am to 3pm every day, except Sunday.

The village's many private galleries showcase the works of many local artists in a wide array of mediums.

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



KIRK AEDER

Kayaker enjoying the serene waters off the Place of Refuge in Honaunau



LES DRENT

Workers bagging coffee in South Kona

South Kona. Whether it be the origins of Kona coffee, the ancient Hawaiian village setting of *Pu'uhoonua 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 was that it was the result of a failed attempt by Cook and his soldiers to exchange the high chief Kalaniopuu

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. 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.

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 Kealahou Bay to **Pu'uho'oua 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.

COMING TO A CORALE NEAR YOU!
a product of Naalehu Fruit Stand

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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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. \$135.00 5 lbs. \$260.00 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.

\$27.00 lb. \$130.00 5 lbs. \$250.00 10 lbs.

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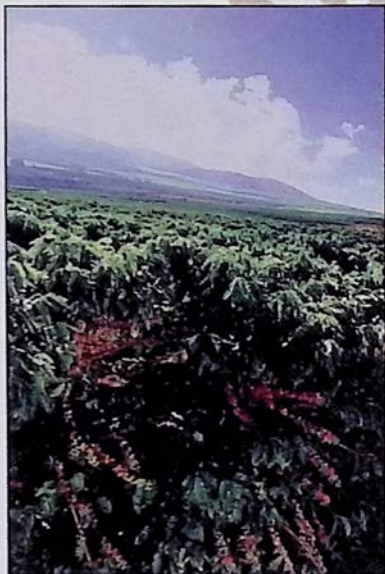
ALL COFFEE IS FRESH ROASTED TO ORDER ONLY.

(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 chocolaty aroma and subtle winey flavors.

\$16.00 lb. \$75.00 5 lbs. \$140.00 10 lbs.

RED CATUAI

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

\$16.00 lb. \$75.00 5 lbs. \$140.00 10 lbs.

YELLOW CATURRA

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

\$16.00 lb. \$75.00 5 lbs. \$140.00 10 lbs.

TYPICA

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

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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.

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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

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

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WASHED 100% HAWAIIAN CANE SUGAR

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.

Washed 100% Hawaiian Cane Sugar

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

100% NATURAL AND ORGANIC HAWAIIAN HONEY

"The Beehive, the Fountain of Youth and Health"

Made and packaged in Hawaii by Papaikou beekeeper, Walter Patton, our honey is raw and unprocessed and some of the cleanest on earth. Long recognized as a natural medicine it has many uses beyond being just a sweet treat or great coffee additive. The honey is collected from three different hive locations on the Big Island. The lehua is from the lava flows around Volcano, Christmas Berry from South Point, and Macadamia Nut from Hilo orchards.

100% Hawaiian Honey

(Choose between: Lehua, Christmas Berry, or Macadamia Nut)

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Coffee Times

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100% Kona Macadamia Nuts

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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.



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Chocolate Covered 100% Kona Peaberry Coffee Beans

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

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



Orchids



Anthuriums

Anthuriums

- CTF 7 12 small anthuriums, 6 greens \$31.00
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- CTF 10 12 large anthuriums, 12 small antheriums, 6 greens \$48.00
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ALREADY INCLUDED IN
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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 **\$49.00**
CTF 22 12 orchids, 12 anthuriums, 4 haledonia, 6 greens **\$68.00**
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- CTF 33 Traditional Hawaiian green leaf lei. (perfect for weddings, birthdays, graduations and special events) **\$31.00**

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Coffee Times

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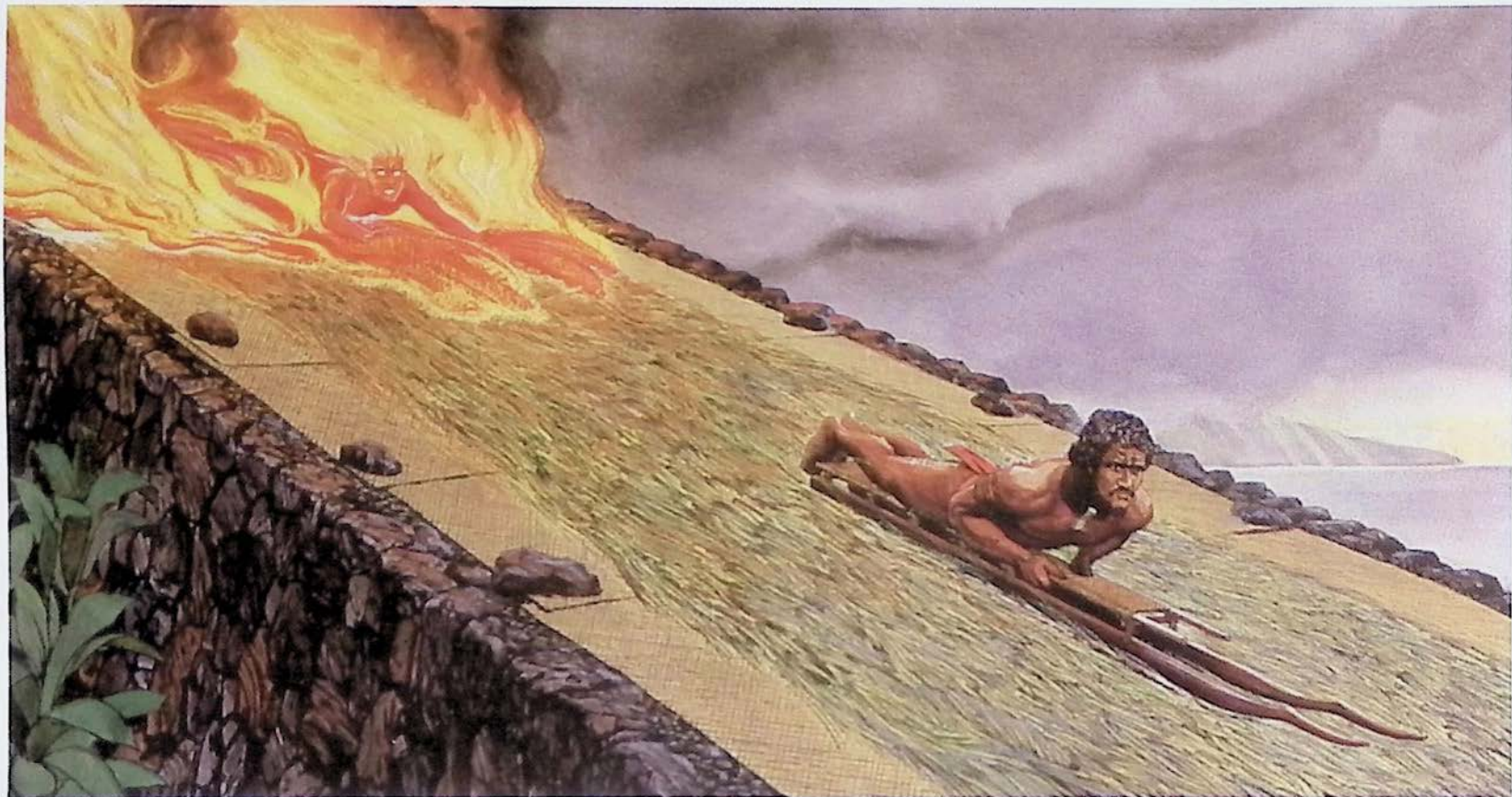
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