

APRIL 1998

COMPLIMENTARY NO. 49

# Coffee Times

*The Alternative Guide to the Big Island of Hawaii*

**inside...**

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**A Healing Touch**

**and...**

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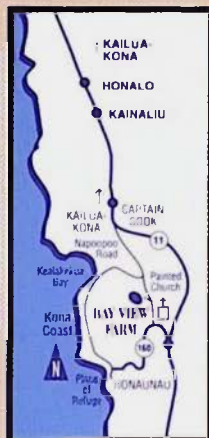


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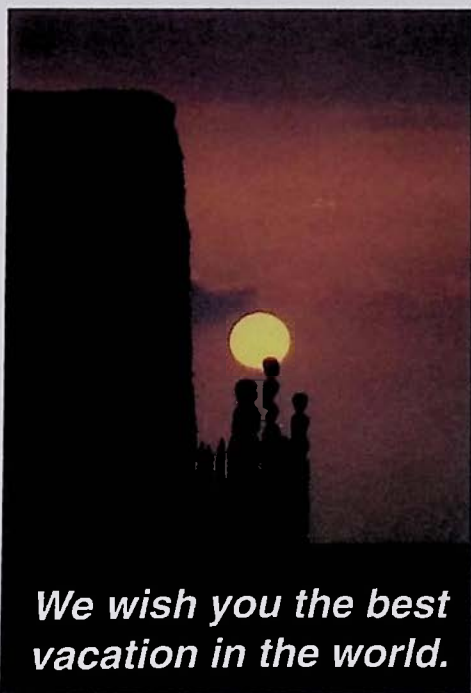
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*A comprehensive guide to  
touring the Big Island of Hawaii.*

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vacation in the world.*

# Coffee Times

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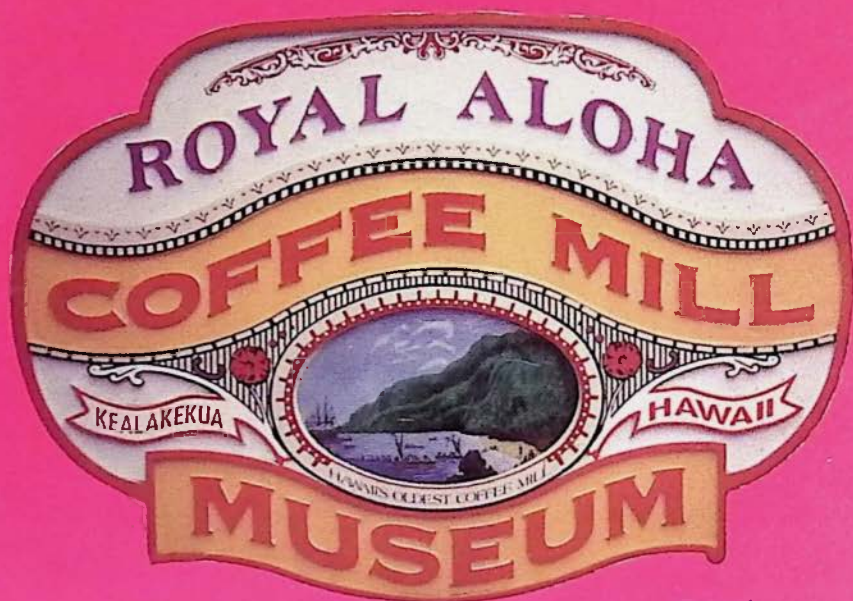
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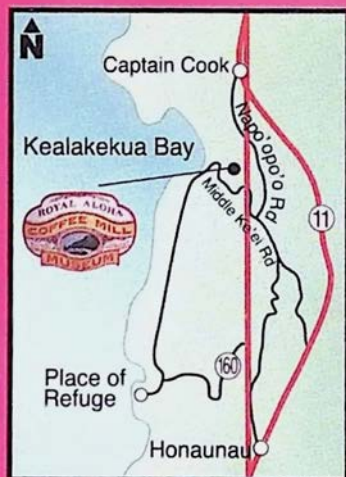
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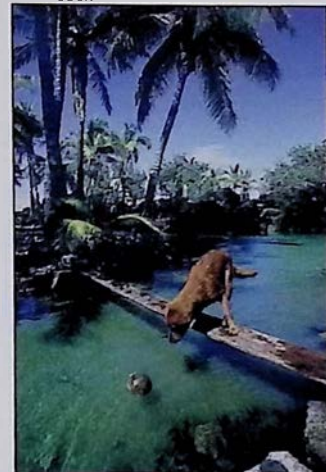
# Enjoy your visit!

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HILO BAY  
PARK**

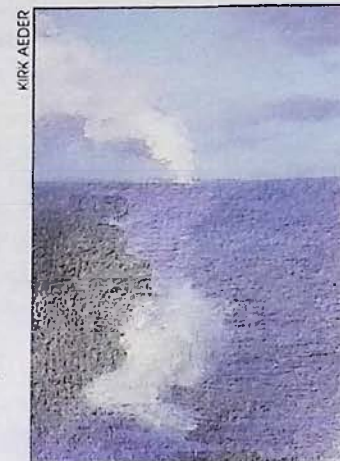
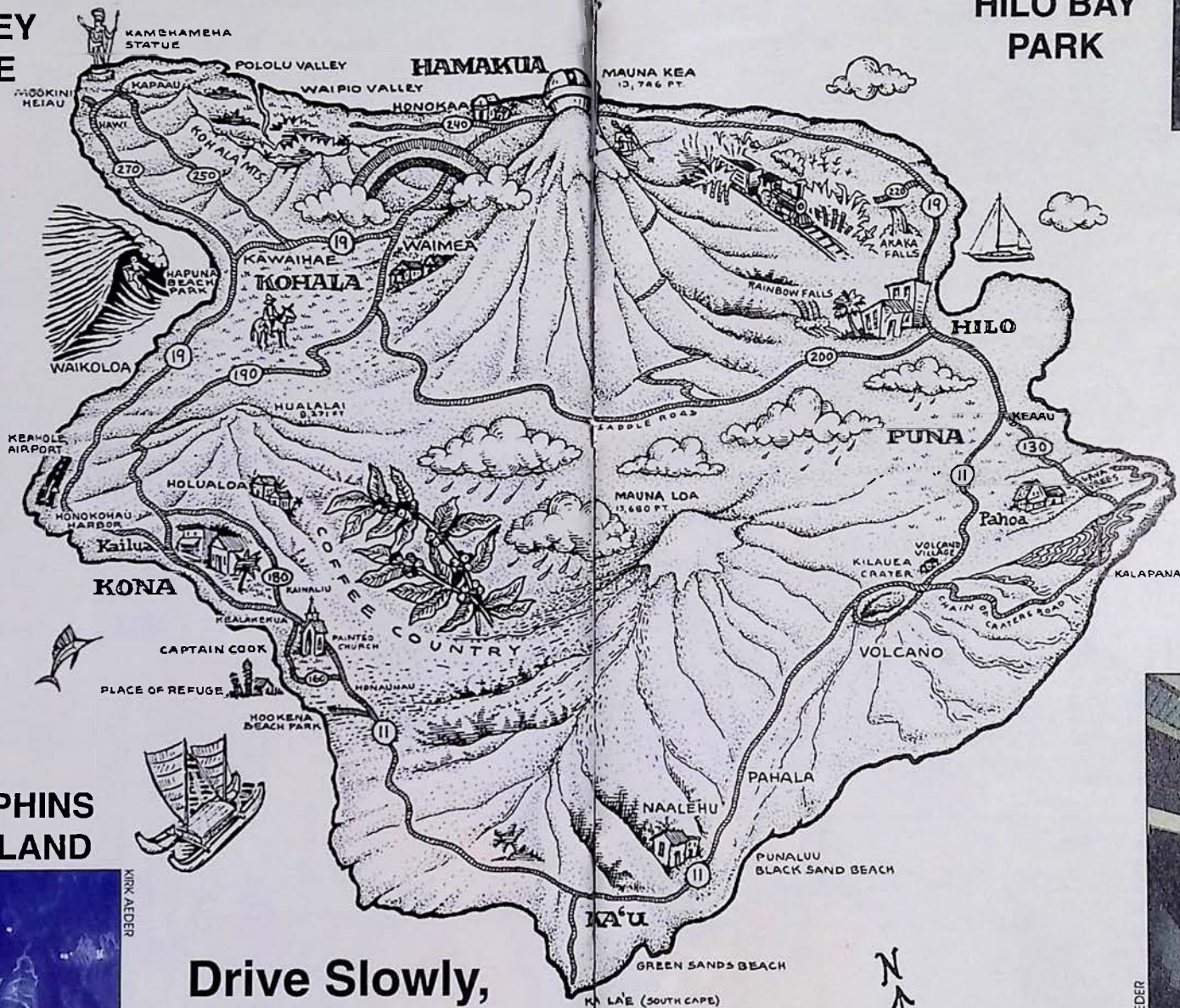


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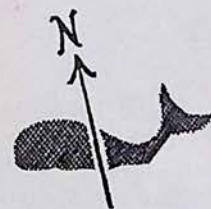
**VOLCANO  
COAST**

**SPINNER DOLPHINS  
OF THE BIG ISLAND**



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## Drive Slowly, There's a Lot to See



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**PAHOA'S  
VILLAGE INN**

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



*Mahana Beach, or Green Sands Beach*

**T**he 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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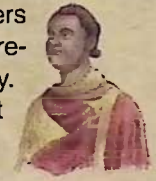
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**Open Daily  
at 9 am  
on Hwy 11**

## 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 ANDERSON

*Spectacular lava view*

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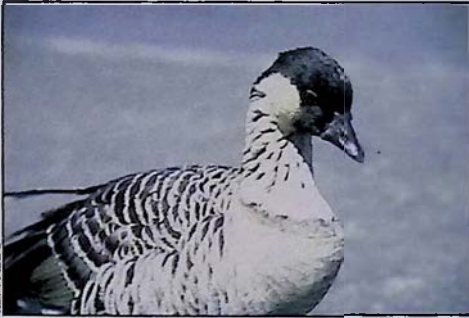


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*The Hawaiian goose or nene*

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

## FOR SPECIFIC PARK INFORMATION

Call Volcanoes National Park at  
**(808) 967-7311**

Or For an Eruption Update call  
**(808) 967-7977**

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.

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



## 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 PAHOA

**F**or 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-



KIRK AEBLER

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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THE VILLAGE INN

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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.

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### IN HILO

2 BD  
2 1/2 Bath  
Condo  
also  
available

**Hale Kai**  
**Bed & Breakfast**  
**Bjornen**

Double  
occupancy  
is \$85  
and up

AAA approved

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

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

### Akaka Falls Inn & Gift Gallery

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

28-1676 Mainstreet Honouliuli  
Gift & Art Gallery • Deli • Picnic Lunches  
*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 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 accomodations 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 Bjomen 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*

**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*



KIM AEDER

*Scenic Rainbow Falls*

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

# Big Island Lodging Guide

## HAMAKUA REGION

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

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

## 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-

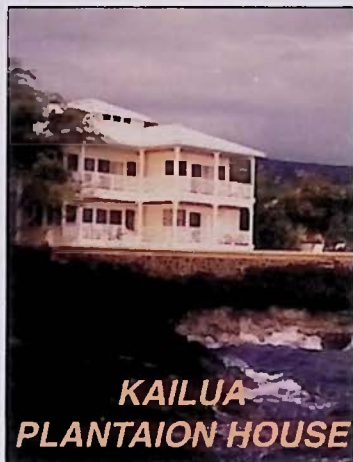
pancy. 2 miles from Hilo. Also available is an ocean front 2 bedroom 2 1/2 bath deluxe penthouse. \$2,000/month.



**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

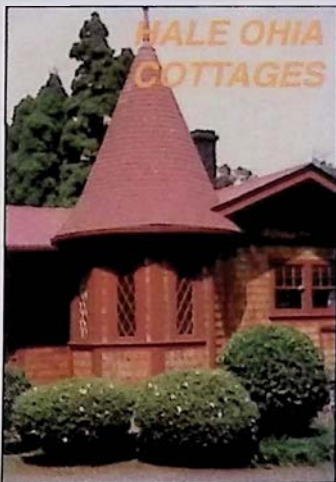
Enjoy luxurious accommodations with the coziness of an ocean front B&B. This elegant mansion is located just outside of the heart of Kailua. Each individually decorated suite boasts a private bath, cable TV, telephone, refrigerator, private lanai and access to oceanfront dipping pool and spa. Each day 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

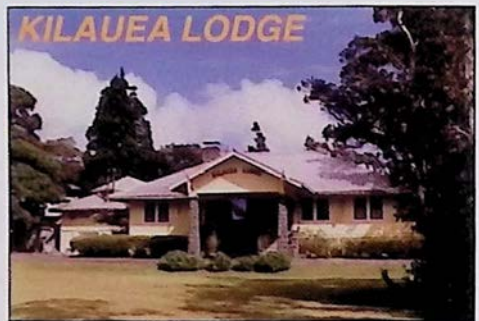
Charming ocean view B&B in Kealahou, minutes from the best snorkeling. Enjoy immaculate, spacious rooms furnished w/antiques & fresh flowers. A delightful Hawaiian breakfast of fresh fruits, chef's special & Kona coffee is served each morning. Snorkel gear & beach supplies provided.

## 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 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.

**ENJOY  
YOUR  
STAY**

# April

**Welo** *The wet season comes to an end. Plants are beginning to blossom.*

## In Hawaiian History

### APRIL 1, 1810

Kaumuali'i makes forced cession of Kaua'i.

### APRIL 1, 1946

Tsunami waves 55ft high & with 490mph winds kill 159 people in Hilo.

### APRIL 2, 1868

Mauna Loa erupts violently with major earthquakes.

### APRIL 4, 1839

Ka'ahumanu Kuhina Nui, mother of Kamehameha IV and V dies.

### APRIL 4, 1839

Kekauluohi named Kuhina Nui.

**APRIL 4, 1839** Ka'ahumanu, favorite wife of Kamehameha, dies.

### APRIL 6, 1869

Keohokalolo, mother of King Kalakaua dies.

### APRIL 7, 1927

*Academy of Arts* opens as gallery/museum.

### APRIL 8, 1932

*Sugar Planters Association* releases 148 toads on Oahu.

### APRIL 9, 1837

8th company of missionaries arrives on the barque ship *Mary Frazier*.

### APRIL 9, 1877

William Pitt *Kalaha'olewalelei'o hoku* - dies.

### APRIL 11, 1877

Kamaka'eha, Queen Lili'uokalani named heir apparent on death of brother Prince Lelei'ohoku.

### APRIL 12, 1930

The territory's first recorded birth of quadruplets.

### APRIL 14, 1981

State's first marriage of same sex couple.

### APRIL 17, 1935

1st Pan Am Clipper lands at Pearl Harbor.

### APRIL 17, 1980

Hokule'a sailing canoe arrives in Tahiti. 2nd voyage.

### APRIL 19, 1849

Massachusetts is 1st steam powered propeller ship in Hawaii.

### APRIL 20, 1859

Kamehameha IV signs law, setting up hospital for the Hawaiians.

### APRIL 23, 1844

Sanford Dole is born. He will be the first president of the Republic.

### APRIL 24, 1898

Spain declares war on US, greatly effecting US ties and Hawai'i involvement.

### APRIL 25, 1885

Queen Emma Kaleleonalani Na'ea Rooke, wife of Alexander Liholiho, dies.

### APRIL 26, 1973

Hilo suffers major earthquake.

### APRIL 27, 1823

2nd group of missionaries arrive.

### APRIL 27, 1846

Great Mahele, 2nd Org. Act divides land between chiefs, commoners, and foreigners.

### APRIL 29, 1919

1st military airport dedicated.

### APRIL 29, 1932

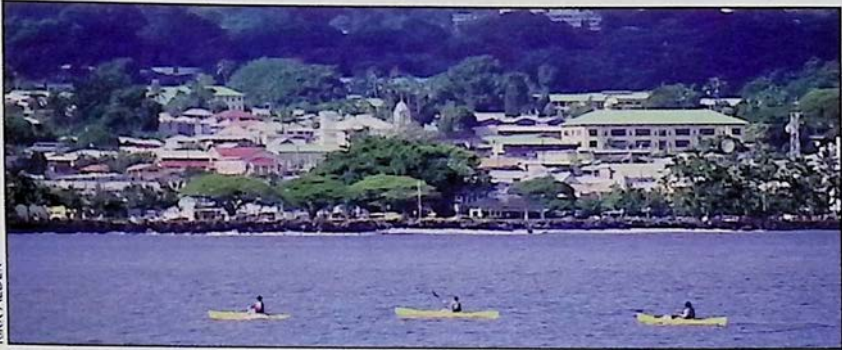
The racist Massie rape case ends, Governor Judd commutes sentence.

### APRIL 30, 1900

President McKinley sign the Organic Act, submitting the islands to territorial government.

*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.*



*Kayakers moving through the calm waters of Hilo Bay.*

## This Month In Hawaii

### APRIL ALL MONTH

#### Mauna Kea Visitor Programs

Every Saturday and Sunday a Mauna Kea summit tour begins at 2:30pm. Participants should stop at the Visitor Information Station at least 45 minutes before the tour. Children under 16 not permitted due to health hazards from high altitude. 7-10pm every Friday and Saturday night the Visitor's Information Station presents an audio-visual or lecture and stargazing with an 11-inch Celestron telescope. Children encouraged to participate. Call (808) 961-2180. Free.

#### After Dark in the Park

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

#### Historic Kailua Village Walking Tour

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

### APRIL 1-4

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

### APRIL 3-29

#### Merrie Monarch Quilt Exhibition

Features Hawaiian quilts along with a display of wood crafted items. Junedale Quinories will coordinate the selection of Hawaiian quilts, and Jeff Roth will coordinate the interesting selection of native woods made into useful furniture. Main Gallery, Wailoa Center, Hilo (808) 933-0416.

### APRIL 4-5

#### Moikeha Hawaiian Sailing Canoe

**Race** Challenging conditions for racers with good spectator viewing along the coastline. (808) 326-7820.

### APRIL 6-30

#### Kamehameha School Students

Display of art from kindergarten to fourth grade. Students will try to felex on the Merrie Monarch celebration. Fountain Gallery, Wailoa Center, Hilo (808) 933-0416.

### APRIL 12-18

#### Merrie Monarch Hula Festival

Hawaii's most prestigious hula competition. (808) 935-9168.

### APRIL 24 - MAY 9

**Harvey** Presented by the Aloha Teen Theatre. Aloha Theater, Kanaliu. 3pm & 8pm (808) 322-9924.



**Aunty Margaret Kalehuamakanoelulu onapali**  
*photo by Betty Fullard-Leo*

# LOMILOMI

## A Healing Touch

by Betty Fullard-Leo

**A**untie Margaret Kalehuamakanoelulu-'onapali Machado held both my hands in her firm grip and prayed softly in Hawaiian. "Amene," she concluded, peering intently into my face. "You have pain, tightness in your right shoulder." Unerringly she poked the spot that made me wince. At 82, Auntie Margaret is a modern kahuna lomilomi, schooled in the old ways

and externally. Herbal teas or a sea water-freshwater mix acted as a purgative to eliminate toxic wastes from the body. Red clay or Hawaiian salt might be rubbed on the skin to facilitate external cleansing as preparation for the massage while the patient alternately relaxed in a steam hut, then plunged into the ocean, which helped to increase circulation. Auntie Margaret also uses herbs gathered from her

### ***Lomilomi massage was one of the most often used forms of physical therapy in old Hawai'i.***

by her grandfather and now passing her skills on to a younger generation at classes conducted on the lanai of her Ke'ei beach home.

Lomilomi massage was one of the most often used forms of physical therapy in old Hawai'i. It was often a family occupation with methods varying from family to family, though generally the village kahuna would train the family member who was destined to inherit the knowledge over a period of years to be sure of his ability as a lomilomi healer.

Having a massage was not simply a way to relax for half an hour; it was a comprehensive spiritual and physical ritual that began with prayer and continued with cleansing the body internally

yard—aloe for burns and other skin ailments, kukui to cleanse the colon—and at the back of her house, students can relax in a steam room at the end of a grueling day.

Once on the massage table in days of old, a patient's strained muscles and inflamed joints might be wrapped with ti leaves—generally believed to ward off evil spirits. The kahuna lomilomi chanted and prayed for all pain to be removed, as his hands began a general massage over the entire body. The massage might be intended to relieve bronchitis, to reposition an unborn child in the womb, to relieve sprains and other aches, or to shape long, slender fingers on a baby destined to dance the hula.



Kahuna lomilomi might use heated stones to speed circulation to badly sprained areas, and when deeper massage seemed necessary, lomilomi sticks might be employed, or the therapist might even walk on the patient's back.

A kahuna lomilomi might also use chiropractic methods on toe and finger joints, neck and spine. During treatment, a patient was expected to think healing thoughts. The kahuna completed

into a person who was sick.

Today, Auntie Margaret is possibly the most esteemed kahuna lomilomi in the Islands. At her Big Island home near Napo'opo'o, she offers three-week training sessions to develop "the loving touch" in those who truly wish to learn the art of Hawaiian massage. Her assistant, Doctor Mark Lamore teaches anatomy and physiology in classes that run from eight in the morning to five in the afternoon. Often, mas-



BETTY FULLARD-LEO

*The peaceful and serene setting of Auntie Margaret's Ke'ei beach home and lomilomi massage school.*

the treatment by placing his fingertips on the patient's forehead and navel and having him breathe deeply.

Kahuna knew they could transfer their thoughts into the patient's subconscious, similar to mild hypnosis, to instill feelings of well-being, and they believed they could transfer their own vital energy

sage therapists come from far-flung corners of the world—Sweden, Germany, Australia, Guam—to learn and take Auntie's methods home with them. Her soothing voice, calm demeanor and strong hands seem to embody an accepted definition of the aim of Hawaiian massage: "Lomilomi is an attitude on the part of the therapist,

who must be clean and positive in mind, body and spirit...the (patient) trusts that lomilomi can help and comes from a higher power." Auntie Margaret explains it more directly, "Hawaiian lomilomi is praying work."

Village Resort, where spas have been designed to reflect a Hawaiian sense of place, sans marble and glittery accouterments, with massages administered in open garden areas or thatch-roofed haies.

***"Lomilomi is an attitude on the part of the therapist, who must be clean and positive in mind, body and spirit...the (patient) trusts that lomilomi can help and comes from a higher power." Auntie Margaret explains it more directly, "Hawaiian lomilomi is praying work."***

For those who wish to experience lomilomi, luxury hotels, such as The Orchid at Mauna Lani, Four Seasons Hawai'i at Hualalai, and Kona Village have incorporated Hawaiian healing traditions into treatments offered at their spas. At The Orchid Hotel, spa director Jean Sunderland, a former student of Auntie Margaret's, has introduced the "spa without walls" concept by taking massage sessions out of doors into cabanas by the sea, where the sounds of lapping waves and an affinity with nature increase the soothing effects, just as in old Hawai'i. Unique Hawaiian oils concocted of ki, maile, sandalwood, pikake, tuberose and other plants are used during massages at The Orchid.

At the Four Season's Resort at Hualalai most of the massage therapists have completed training sessions at Auntie Margaret's, and she has given her approval of resort programs by blessing the fitness facility. One of her students, Maryann Rose Broyles works both at Four Seasons and at the neighboring Kona

Broyles concocts aromatherapy oils, some with Hawaiian scents and ingredients such as plumeria, kukui oil and macadamia nut oil that are used during lomilomi. She has taken Auntie's instructions to heart and prays before treatment sessions. She says, "Patients don't have to know, prayer can be silent, but they will feel it and open their hearts to you. I practice ho'oponopono, too." Auntie explains the necessity of ho'oponopono: "Before the sun sets every day, you must empty your heart of jealousy and anger." A student who overhears adds, "With Auntie Margaret, you can feel her unconditional love."

The Big Island's Kohala Coast is gradually gaining a reputation as a wellness destination, a place to tone flabby muscles along resort jogging trails and in hotel workout rooms, but also a place to find peace of mind, spirit and body under the hands of massage therapists trained by a kahuna lomilomi in the secrets of ancient massage.





KIRK AEDER

# BANANA MUSE

*by Sophia Schweitzer*

**Y**es, the Latin word for the banana is *Musa*. Coincidence? The banana belongs to the plants of the ancients and has been given God-like powers in

from Tahiti and was himself a banana planter and it is said that the folk of Mu, the aboriginal, mythological race that inhabited the islands long before the Polynesians

***For the early Hawaiians, the banana tree was the embodiment of the God Kanaloa.***

many diverse cultures. These "old-world" plants are thought to have originated in India and played an important role in ancient Egypt and Assyria as early as 1100 BC.

For the early Hawaiians, the banana tree was the embodiment of the God Kanaloa who came

arrived, already were avid banana munchers.

When the first Polynesians migrated to the islands in their slender canoes, they took with them 3 or 4 species. After all, they also had to take their other produce. Richard Ha, owner of Keaau

Banana Plantation and Mauna Kea Bananas, imagines, "If I had to paddle a canoe, I would have brought only species with huge and heavy bunches."

The Hawaiians created at least 50 different varieties out of these original plants. But they never used them as a staple food source. Bananas were too sacred. They were a delicacy, and a welcome alternative in times of scarcity. The banana was often used as symbol for man in the many religious ceremonies. Often a stalk substituted for a human sacrifice, and the favorite ceremonial banana was the lele, with its double meaning, because lele also means "to fly away." Thus, in any ritual were a suggestion of flying transpired, the lele featured. Love, for example,

the popular Williams, and the dwarf Brazilian banana, which tastes like a tart green apple, and is rapidly taking over the markets in its brief ten years of Hawaiian existence.

Hawaii leads the United States in banana production, growing well over 13 million pounds of the creamy fruit yearly. The two plantations owned by Richard Ha, on the East Coast of Hawaii in Keeau and Pepeekeo, form the largest plantation in the state, providing over 60% of the Big Island's total production.

"We grow almost all varieties," Ha says, "including cooking bananas."

And here's a last and deepest banana muse: The banana tree might be all we need to learn about life, from birth to death. All

## ***Under punishment by death, women couldn't touch the sacred fruit till the abolition of the taboo in 1819.***

could fly to a desired heart.

Under punishment by death, women couldn't touch the sacred fruit till the abolition of the taboo in 1819.

The early Hawaiian banana belongs to the general category *musa paradisiaca*. Many of its local varieties are seldom seen on the market, including the dark-blue ice cream bananas, the wild tall Brazilian (falsely named "apple"), and the different cooking bananas. The sweet dessert bananas we are used to, are recent imports. Examples are the Chinese Cavendish,

Hawaiian proverbs surely say so! In modern English those words of wisdom sweeten down to this :

The banana being a herb, its trunk is soft and tender at the core, yet strong and yielding against the Hawaiian winds. Patient and enduring, the banana produces one majestic flower loaded with a complete food. New shoots emerge at its sides. After the fruit reaches maturity, the parent, reassured, simply dies. Could we only live this way.... Too heavy a thought when you reach for a banana again?



# 35th Annual Merry Monarch Festival 1998 Schedule of Events



COURTESY OF MERRY MONARCH FESTIVAL

## Sunday April 12, 1998

Ho`olaulea  
10:30am - 5pm Coconut Island  
*different hula halaus will perform.*

## Monday April 13, 1998

12noon Hawaii Naniloa Resort  
*Sissy Kaio*  
1pm Hilo Hawaiian Hotel  
*Puanani Crumb's Hula Halau O  
Hilohanakahi*

## Tuesday April 14, 1998

12noon Hawaii Naniloa Resort  
*Puanani Crumb's Hula Halau O  
Hilohanakahi*  
1pm Hilo Hawaiian Hotel  
*Sissy Kaio*

## Wednesday April 15, 1998

9am - 5pm noon Seven Seas, S.H.  
Kress  
*Hawaiian Arts & Crafts*

12noon Hawaii Naniloa Resort  
*Kealii o Nalani o Los Angeles*  
1pm Hilo Hawaiian Hotel  
*Kou Lima Nani E*  
6:30pm Edith Kanaka`ole Tennis  
Stadium  
*Merry Monarch Competition*

**Thursday April 16, 1998**

9am - 5pm noon Seven Seas, S.H.  
Kress, Hawaii Naniloa Resort, Hilo  
Hawaiian Hotel  
*Hawaiian Arts & Crafts*  
12noon Hawaii Naniloa Resort  
*Charles & Kathy Temanaha - Te Vai  
Ura Nui*  
1pm Hilo Hawaiian Hotel  
*Halau na Pua o Uluhaimalama*  
6pm Edith Kanaka`ole Tennis  
Stadium  
*Merry Monarch Competition*

**Friday April 17, 1998**

9am - 5pm noon Seven Seas, S.H.  
Kress, Hawaii Naniloa Resort, Hilo

Hawaiian Hotel  
*Hawaiian Arts & Crafts*  
11am Pier 1 Kuhi Wharf  
*Navy greeting and Ta Mari o  
Tamure*  
12noon Hawaii Naniloa Resort  
*Mehana o Ka La from Japan -  
Ku'uleinani Hashimoto*  
1pm Hilo Hawaiian Hotel  
*Ta Mari o Tamure*  
6pm Edith Kanaka`ole Tennis  
Stadium  
*Merry Monarch Competition*

**Saturday April 18, 1998**

8am - 4pm noon Mooheau Park  
*Cultural Fair, Mokui o Keawe*  
9am - 5pm noon Seven Seas, S.H.  
Kress, Hawaii Naniloa Resort, Hilo  
Hawaiian Hotel  
*Hawaiian Arts & Crafts*  
10::30am Downtown Hilo  
*Royal Parade*  
5:30pm Edith Kanaka`ole Tennis  
Stadium  
*Merry Monarch Final Competition*



COURTESY OF MERRY MONARCH FESTIVAL

**For more information about these events  
and the Merry Monarch Festival Call: (808) 935-9168**

**WHO SAID THERE'S  
NO WINDSURFING ON  
THE BIG ISLAND?**



*Windsurfer braving the waters  
off the active volcano, Kilauea.  
Photo by Kirk Aeder*

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



LES ORENIN

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**

www.mamanebakery.com



**Mamane Street, Honokaa**



Famous Hot Malasadas

Try the ISLAND'S BEST BURGER and Local Favorites



"Ono Kine" in Hawaiian means VERY GOOD

775-0598

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. 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 **Laupahoehoe**. These towns are all filled with a rich and local culture that happily survives in this region of the Big Island.

The Hamakua Coast is a jungle of botanical splendor. Old doors and new businesses will continue to open in Hamakua as a period of positive change continues to sweep through the land.



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

## UP-COUNTRY WAIMEA



KOK AEFER

*Horseback rider in the upcountry of Waimea.*

**B**etween 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

**F**ollowing 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



KOK AEFER

*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,  
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Located in the restored  
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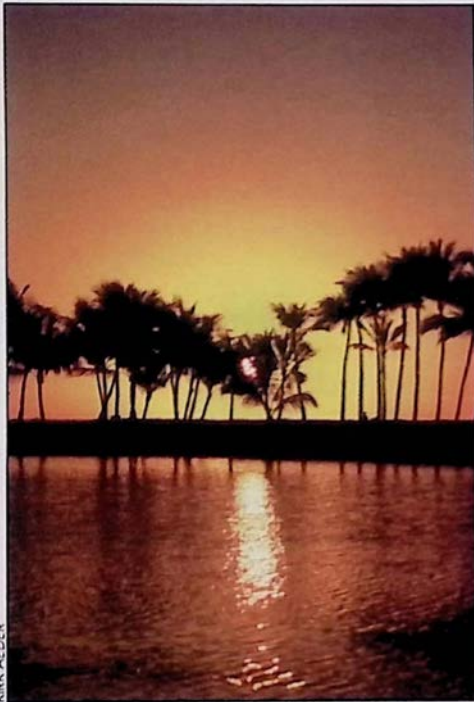
**KOHALA  
PACIFIC  
REALTY**

P.O. Box 307 Kapaau, Hawaii 96755

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

**A**lmost 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



KIRK AEDER

*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 accesibility make it a popular destination for many island guests. Among the ebony lava fields that comprise the Kohala Coast landscape

are several world renown championship golf courses. From the air or from a distance the green fairways that blanket this rugged terrain soften its 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*

**U**ndoubtedly 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, Dirty Jakes, on Alii Drive in Kailua*



**327-2161**  
Alii Drive,  
Sunset Plaza,  
Kailua-Kona

Oceanfront Bake & Brew Bistro

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 traffic bustle of Kailua there are many wonderful opportunities for personal dining, shopping and tour experiences around the town. This district of North Kona also hosts some of the Big Islands most beautiful white sand beaches. A short drive north of Honokohau Harbor on Queen Ka'ahumanu Highway are the beaches of **Makalawena**, and **Mahai'ula**. These beaches require a 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

**D**ays 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

96725

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*

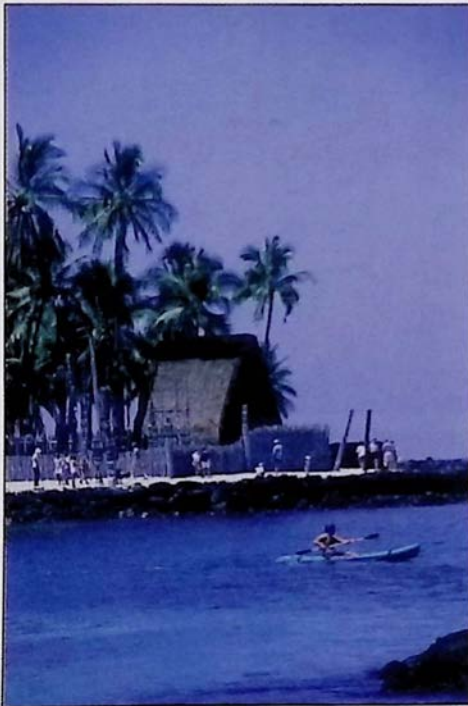
The local kamaaina flavor combined with the international flair of her visitors which are attracted by Meggi's mastery of several European languages, creates an unforgettable friendly atmosphere where many visitors spend idle hours enjoying the best espresso and other drinks, pastries and pies on the 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

**T**here 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'uhonua O Honaunau* (Place of Refuge) National Park, or the Painted Church nestled along the hillside overlooking Kealakekua Bay, the spot where the famous English explorer Captain Cook met his fate in 1779, South Kona will keep the historically minded visitor busy weaving their way through its network of mountain roads.

Coffee first came to Kona in 1828 when the **Reverend Samuel Ruggles** brought plant cuttings to Kealakekua. The early Japanese farmers cultivated many of Kona's first farms and engineered the system of milling and processing this prized coffee.

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

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

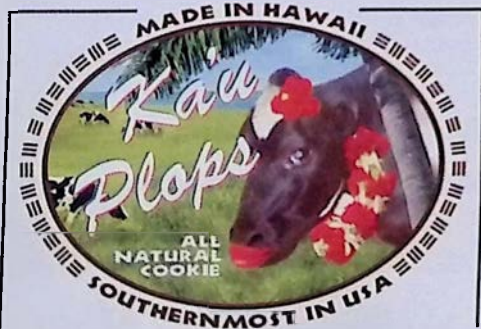
Over the distant hum of pulping and grading machines the sweet and damp smell of freshly milled coffee cherry fills the air during the fall and winter coffee season. Bay View has a coffee sampling room and gift shop along with their milling operation and guests have the opportunity here to 'cup up' some 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.



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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

**G**rown 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.

**\$28.00 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.**

**CALL 1-800-750-5662**

**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)

**L**ike 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 winery 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.

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

**K**ona'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 benefiting 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**

**T**he 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"**

**M**ade 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)**

**\$6.00 lb.** **\$16.00** 3 lbs. **\$28.00** 6 lbs.



**CALL 1-800-750-5662**

# 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.

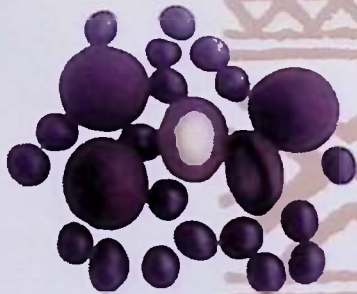


### 100% Kona Macadamia Nuts

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

## CHOCOLATE COVERED HAWAII

**W**e 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.

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

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# 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 antheriums, 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



*Anthuriums*

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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 **\$49.00**  
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 1-800-750-5662**

# 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.**



The background of the entire advertisement is a dense field of coffee beans. The beans are mostly light brown and yellowish, but there is a central vertical rectangular area filled with dark reddish-brown beans. The text is overlaid on this background.

# Coffee Times

*Hawaiian Coffee Brokers*

**GREEN COFFEE  
SALES**

**KONA  
MAUI  
KAUAI  
MOLOKAI  
OAHU**

**CALL  
1-800-750-5662**

**for quotes**



**KAMEHAMEHA SACRIFICING TO PELE** *by Herb Kawainui Kane*

In 1801 a lava flow from Mt. Hualalai covered fishponds and villages for miles along the shoreline of North Kona.

When efforts by the priests to appease the volcano goddess Pele failed to stop the flow, Kamehameha traveled by canoe to Mahaiula, where the flow was entering the sea. At the edge of the flow he cut off some of his hair, wrapped it a ti leaf and cast it into the lava, thus making a gift to Pele of a part of himself. This was the highest gift he could make; as a female spirit, Pele could not receive human sacrifice.

The flow stopped, and Mt. Hualalai has not erupted since.

Today subdivisions are spreading over the slopes of Hualalai despite warnings from scientists that the volcano is still active and an eruption overdue. Kamehameha however, is no longer available to propitiate Pele.

*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 by calling 1-800-750-5662.*