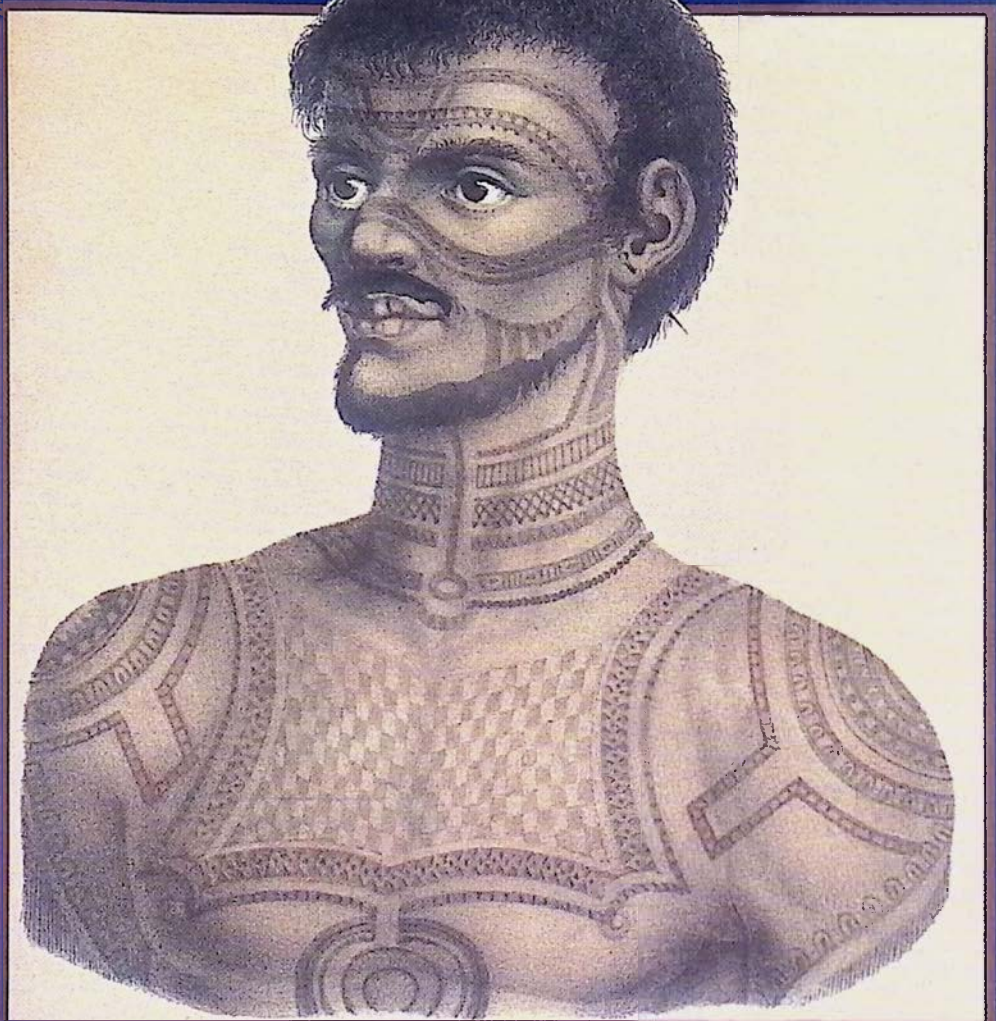


SPRING/SUMMER 1999

COMPLIMENTARY NO. 56

Coffee Times

The Alternative Guide to the Big Island of Hawaii



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Regional Sections, Calendar, Points of Interest, Spectacular Art & Photography

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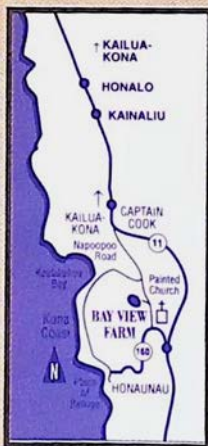


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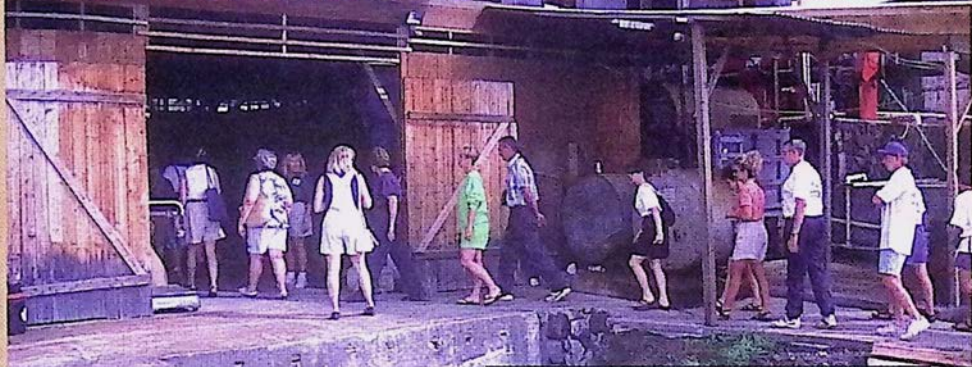


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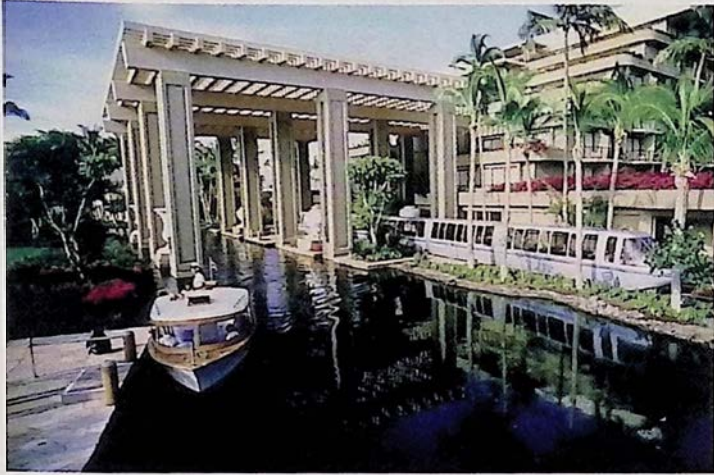
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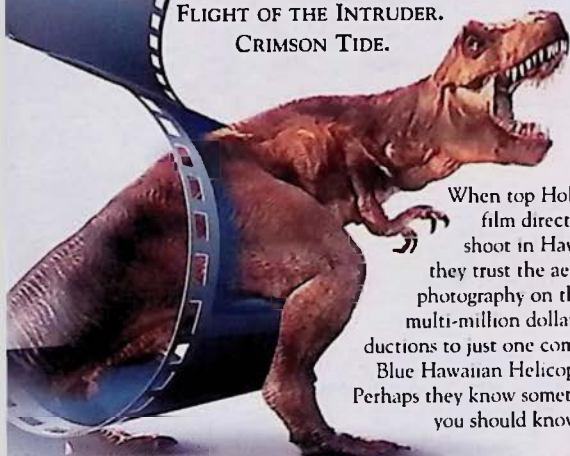
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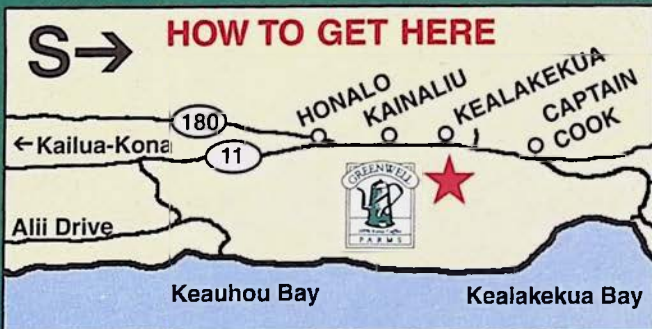
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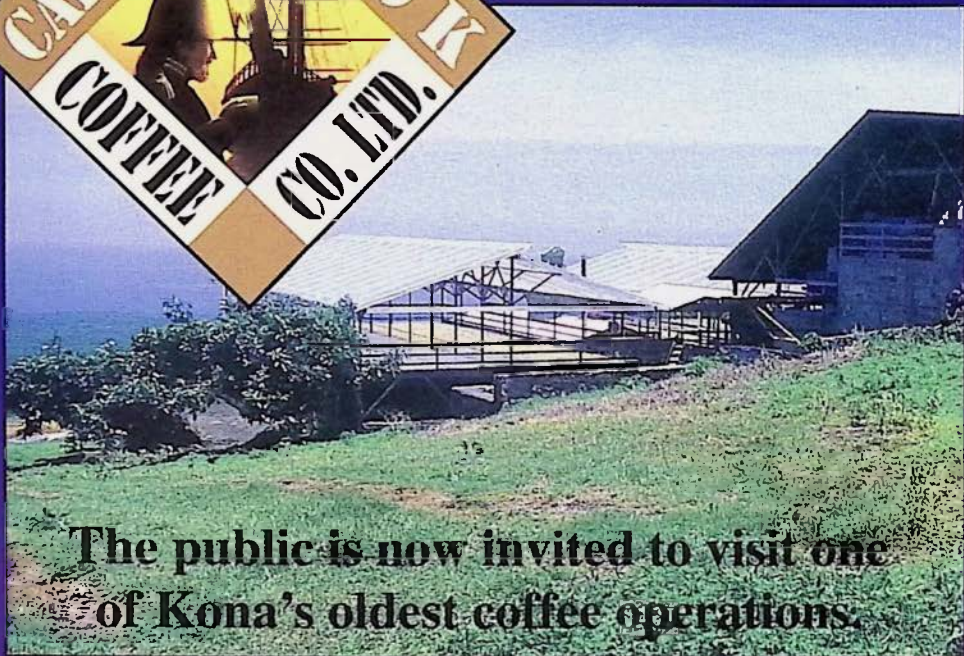


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Aloha and Welcome to the Big Island!

by Les Drent



KIRK AEDER

Horseback riders look north from atop majestic Pololu Valley.

Well... you made it. Now don't you feel good? If you are looking for a little direction follow me and I'll guide you around our island paradise.

You most likely landed in either Hilo or Kona which host the two primary airports on the Island. Since we can't begin our tour of our Island at both places at the same time we'll start this guide in Kona. For you folks in Hilo... too bad you're out of luck. Just kidding. No worries really... just flip ahead in our magazine and start the guide from the Hilo region. Like all things Hawaiian it's really quite easy. And that's probably why you chose to visit us on your vacation, not to mention our weather, people, interesting culture and warm aloha spirit. Our magazine's coverage of these cultural and historical topics is what separates us from the rest of the advertorial and discount magazines out there so we're glad you found us and we're ready to introduce you to the real Hawaii.

Before we begin the tour let's all remember the phrase, "when in Rome do as the Romans do." In Hawaii this means driving slow, yielding for everyone, and showing aloha to everyone you meet.

Three other items that your past fellow visitors have informed me to remind you of are remembering to take off your rings (newlyweds) and any loose jewelry before going into the water; locking your cars even though 99.999 percent of the people in Hawaii aren't thieves; and the importance of using sun block even if you insist on not needing it. My own haole (white person) motto for sun block is, "you'll burn with it, you'll burn worse without it!" With all that out of the way it's now time to have some fun so hang loose... you're in Hawai'i Nei now!

NORTH KONA

Located in the busiest and most widely known 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



KIRK AEDER

St. Peters catholic church, the site of many a wedding, sits beachside at Kahalu'u Beach Park.

Places of Interest

The best way to view the village of Kailua and the splendor of Kona's majestic underwater world is to take a cruise aboard



Kona's premier glassbottom boat operated by the **Kailua Bay Charter Company**. This safe eco-friendly trip aboard Marian, a vessel reminiscent of an old admiral's barge, explores Hawaii's beauty, above and below the sea. Enjoy the comforts of easy boarding for all ages, shaded cushioned seating, open air breezes, soft music, and narration by our friendly crew. Available for special functions upon request. This affordable mini-cruise departs hourly from Kailua Pier. It is a unique personal tour. While touring the historic sights of Kailua village visit **Mana Beads and Jewelry** where you will find an extensive and unique collection of beads, jewelry, artwork and gifts. Choose from hundreds of beads and jewelry components that will inspire you to create a work of art for yourself or a loved one. The experienced staff can also offer expert consultation or handcraft your design for you. With over 50 local artists represented, showing their jewelry, artwork, photography, carvings and more, you're sure to find a special piece that will always remind you of your trip to the Big Island.

KEEP KONA COUNTRY!

Mokuaikaia Church. Built in the 1820's Mokuaikaia was the first Christian church to be built by western missionaries. Across the street is **Hulihee Palace**, a nineteenth century vacation home to some of Hawaii's monarchy. Hulihee was built in 1838 and today serves as a museum open daily to the public. Occasionally, throughout the week, some of Hawaii's youngsters can be seen in the courtyard under the shade of giant banyan trees practicing hula under the direction of a



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

Mark Twain, 1866

kumu hula (teacher of hula). Later in the nineteenth century Kailua was a village that was used primarily as a sea

port for shipping cattle, coffee and sugar off island. Most of the population in Kona lived in the mountainside towns between Honaunau and Holualoa along a stretch of road still called Mamalahoa Highway. The town of Kailua, for the most part, was always a sleepy kind of village. Up until the early 1970's the population was no more than 700 people, today the population of Kailua is around 35,000 and growing rapidly.

Directly contributing to this outbreak of growth is the recent influx of timeshare developers, and eatlors that make their business only in land speculation. Unfortunately these folks pay little or no attention to the sanity of the place so if you want to do us locals a favor, ignore them. Looking beyond the traffic and 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 Aii Drive to the south are **Kahaluu Beach Park** and **Magic Sand's**. Both these popular beaches provide ample parking and do not require a hike.

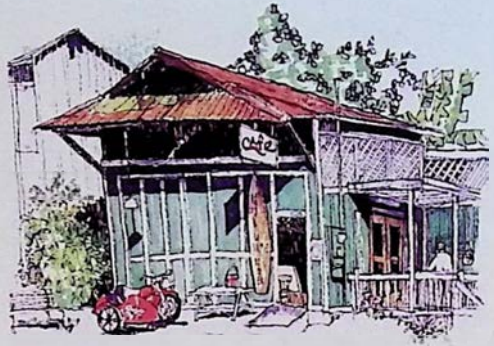
Around these historical sights are a whole

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.



Wild donkeys now roam the countryside of North Kona.

HOLUALOA



The rustic but always lively Holuakoa Cafe in the village of Holualoa.

Days pass slowly in the artist's retreat town of Holualoa, almost like the gentle mountain breezes which weave their way through the groves of coffee trees lining the slopes of **Mt. Hualalai**. Steeped in natural beauty and tradition, this little mountainside coffee town blends a touch of today's art with a passion for the simpler life of the past.

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.

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, its only a fifteen minute drive up the mountain. You'll love this little country town, it's everything Hawaii is all about.

SOUTH KONA

There is, perhaps, no other region on the Big Island shrouded in more history than the district of South Kona. Whether it be the origins of **Kona coffee**, the ancient Hawaiian village setting of Pu'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

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Aloha, *Meggi*

Places of Interest

When traveling through South Kona you definitely do not want to miss the opportunity to visit



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

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 Kealahou. 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 Kealahou Bay is **The Painted**

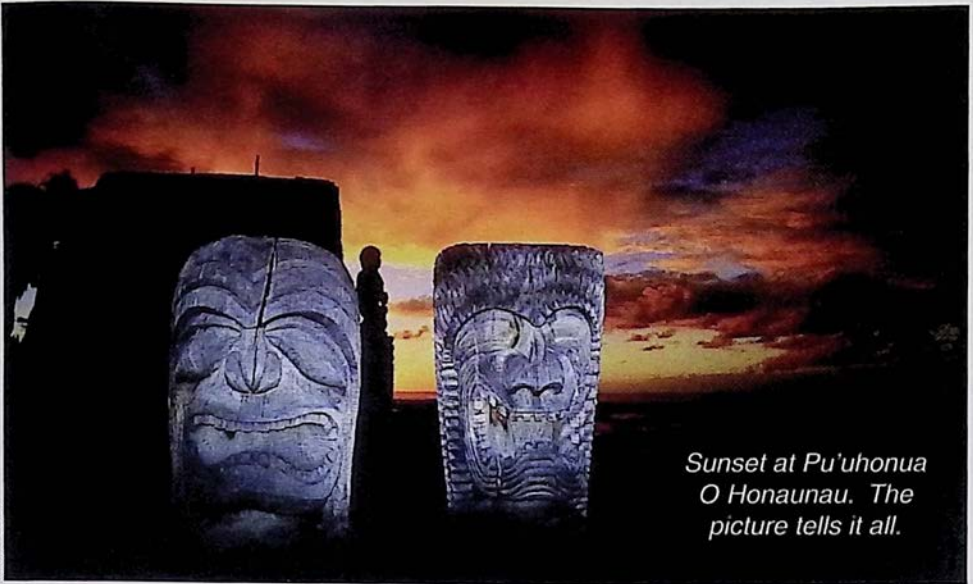
Church, where sometime between 1899 and 1904, Father John Velge, a Catholic missionary from Belgium painted images on the interior walls of the church depicting the biblical scenes of heaven and hell.

At the bottom of Napoopoo Road is **Hikiau Heiau** at Kealahou Bay, and a white stone monument across the bay that marks the spot where Captain Cook was killed in 1779. The story behind Cook's death was that it was the result of a failed attempt by Cook and his soldiers to exchange the high chief Kalaniopuu hostage in return for a cutter that was stolen the night before. Cook, who had come south to the Hawaiian Islands seeking shelter for the winter months, was in search of a northwest passage to England.

A lower coastal road connects Kealahou Bay to **Pu'uhonua O Honaunau** (Place of Refuge) National Park. In the early years of Hawaiian civilization it was to the Place of Refuge that people who broke kapu (sacred laws) would attempt to flee. If the kapu



Near the place of refuge, Honaunau is a popular fishing, scuba, and snorkeling spot for locals and visitors alike.



*Sunset at Pu'uhonua
O Honaunau. The
picture tells it all.*

KIRK AEDER

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), haies (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. Check at the Park's visitor center to find out about any special programs that may be happening at the park during your stay.

KA'U REGION

South Point, U.S.A.

If you are actually travelling in the direction this guide has led you then

you should be heading south towards the Ka'u region. If not than you obviously chose a different direction which is fine because there are not too many wrong turns in paradise unless it's late and you're hours from your hotel, with no radio stations coming in and you're about to be cut off by a river of molten lava. Don't laugh, its happened, those footprints in the lava rock didn't get placed their by someone on their way to the beach. Wherever you are on the Big Island right now that's fine you've probably learned to improvise in the use of this guide. Congratulations you're brain is still functioning even though you're on vacation in Hawaii.



KIRK AEDER

South Point, U.S.A. drops forty feet to the ocean's surface and ladders must be used by fisherman to access their boats.

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.

KIRK AEDER

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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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**. **Pahala** is a great place to gain perspective into what life was like on a sugar plantation a hundred years ago. Take time to also drive into the lush tropical **Wood Valley** and past a **Buddhist temple** also located near Pahala. Ask for specific directions to those sights at the local general supermarket, there is only one.

VOLCANO HAWAII

Welcome to Madame Pele's dwelling. She is goddess of the volcano. **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 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



A passing nene greets visitors at Kilauea crater lookout

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Places of Interest

Lodging, gas, camping supplies and dining all can be found in Volcano Village just a short drive from the park. Because of the remote location of Volcano, the numerous Bed & Breakfasts existing in the region are a popular choice among visitors seeking lodging in this region. While in Volcano don't miss visiting the world's most unique winery. No one else makes tropical fruit blends or 100% honey (no grapes) wines. The **Volcano Winery** also makes three excellent Symphony grape wines and their new tasting room offers free tasting and elegant gift items. 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.



LES DRENT

FOR SPECIFIC PARK INFORMATION

Call Volcanoes National Park at
(808) 985-6000

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

Overnight trips in the park

require a backcountry permit that can be obtained at no charge at the Kilauea Visitor Center. Once inside the park enjoy the 25-minute movie on eruptions shown hourly at the visitor's center. Other attractions are

the **Thomas A. Jaggar Museum** three miles inside the park along Crater Rim Drive, **The Volcano House**, **Thurston Lava Tube** and scenic vistas. Depending on the timing of your visit you might



From left to right: Brooks, Laura, Alisa, and Doc McKinney of Volcano Winery.

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**.

PUNA and PAHOA

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

LES DRENT



Volcano's abundant ohia blossom bursting in the tropical sun.

Places of Interest

One of the nicest things about dining out in Pahoa is that you are guaranteed to get an authentic plate of food at most of its restaurants. At **The Godmother Italian Restaurant** New York native and owner Liz Cestare has brought not only the taste of rich pasta but a little Big Apple character to this little Hawaiian village. Just up the street from The Godmother is **Luquin's Mexican Restaurant**, the busiest dining spot in Pahoa. A full bar, fast service, and a lively atmosphere are all guaranteed by Salvador Luquin, owner, chef and former Mexico native. The great food at Luquin's is also very reasonably priced. Whatever your taste for food is Pahoa village is a great place to wander through during your trip through the Puna district.



key to this untouched past. First a rugged sawmill town then a sugar town and also a crossroad on the old railroad, **Main Street Pahoa** has maintained its western style storefronts and wood boardwalks in a charming turn of the century Victorian style.

Quaint shops from surf, to curio and restaurants that span the flavors of the globe from Thailand, to Mexico, and Italy, make Pahoa Village one of the most pleasurable shopping and dining stops on the Big Island. Every restaurant in Pahoa is owner operated, guaranteeing diners a personable meal. Lodging in Pahoa is alternative as well. The historic **Village Inn**, built in 1910, housed some of Puna's earliest travellers and still operates today. The rooms are clean and spacious with vintage Victorian decor. Call ahead to any of the friendly shops to learn of any special events scheduled

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



KIRK AELDER

A green sea turtle contemplates a landing at Isaac Hale Beach Park

theater.

The countryside surrounding Pahoa is filled with natural wonders like the **Lava Tree State Park**, steam vents, groves of papaya trees and black sand beaches along the rugged Puna coast. From the bays at **Isaac Hale Beach Park** to the area of Puna once known as **Kalapana** the coastal road, Route

continued on page 50

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THE 1998-'99 DOWNFALL OF KONA COFFEE

Could it be a More Universal Problem?

By Les Drent

After writing for six years on the subject of Kona coffee and having expended countless number of hours lobbying and writing for the protection and preservation of our Kona coffee name, I have sworn

While the popularity of 100% Kona coffee, number of farms, coffee trees and planted acreage in Kona continues to increase, serious issues relating to long term economic self-sustenance still confront our industry.

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many times to remove myself of any personal involvement within this industry outside of my coffee roasting and retailing business which I truly love and enjoy to work at. At times it just becomes too taxing on the system. And after all, it's like my old mentor, Jerry Greenfield of *Ben & Jerry's Ice Cream* says, "if it's not fun why do it?" (It's probably true that someone else coined this phrase but Jerry made it into a bumper sticker so I'll credit him.) But it is this same passion and pride and also enjoyment I derive from producing a "100% Hawaiian Made" product that continues to fuel my editorial fires, and why every six months I get up on my soap box set my opinions free and write on the subject of what is happening within our embattled Kona coffee industry. Believe it or not every time I'm finished writing I do feel like I've helped to shed a little more light on the subject and hopefully pushed us all a little closer to a more sustainable future for 100% Kona coffee.

Many communities around our state would like to support a life-style based on self-sustenance however, Hawaii continues to import 90% of its food products from outside of the islands. And while it is my opinion that our lives are manipulated and controlled far too much by forces of negative growth and runaway capitalism it seems that this same growth is inescapable as our nation pushes for a more streamlined and homogenized way of life. In Hawaii this system unfortunately involves a mode of business that all too often packages Hawaii into nothing more than "Taiwan Made" trinkets.

As for 100% Kona coffee it is problems like the *C. Brewer* company whose trucks bearing the name "Royal Kona Coffee" on the back weave their way in and out of plush island resorts delivering bogus "Kona Blend" coffee. Restaurants than sell this same coffee as Kona on their menus. It seems apparent that this is exactly what epitomizes the entire state of Hawaii's

economy which has been in desperate times for over ten years now. It is this "selling out" ethic and greed that has become an all too common business practice with a host of age old companies that saw their roots first nurtured in the Hawaiian soil whether it be in sugar cane, pineapple, or coffee production.

The main question continues to be, what if anything can help our 100% Kona coffee industry succeed in today's marketplace in the midst of these unfair trade practices? The answers I believe are universal ones and stem to all sectors of not only Hawaii but our entire nation.

For many visitors, who for the most part are uninformed about the woeful economic state of Hawaii, it comes as a great surprise to find our Islands struggling in the midst of a flourishing economy on the mainland. While goods and services continue to flow freely in the national marketplace Hawaii has seen its economy only worsen. Do not despair though. You have chosen an island paradise to visit that is unrivaled by any other. Our warm and hospitable people, natural environment and colorful mix of cultures are as diverse and beautiful as any in the world and for the many small business owners that have opted to stay in Hawaii during troubled times it is for the love of Hawaii that has kept them home in the islands. This is what we call the Aloha spirit and it is deeply embedded in the heart of our people!

While for the last 150 years Hawaii and its work force has had a great dependency on agricultural production it has watched the slow decay of its agricultural king, sugar, fade into the earth. This downturn of sugar production in Hawaii began in the early 1980's with mainland companies looking for a more competitive edge deciding to buy cheaper foreign made sugar. Unfortunately it is only a matter of time before sugar production in

Hawaii will cease to exist all together outside of a few specialty farms producing 100% Hawaiian grown sugar. While sugar is a prime example of Hawaii's time of transition it's also a perfect example of how first world production and a first world economy no longer mix in today's scheme.

All around Hawaii people are looking to breath new life into the land with new specialty crops like vanilla,



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cocoa, and of course coffee which is grown on just about every island. Whether it be cooperative, corporate or private, Hawaii will find the agricultural solution to its problems... it just won't be overnight. Growing these crops will not be the problem either it will be finding a direct market for these specialty crops that will be our true challenge.

Facing up to these truths about our changing marketplace has us all realizing that our nation, for better or for worse, has chosen to roll the dice in

the more hands in the soil the better for all of us. Whether it be in coffee, taro, soy beans or corn. The issue of 90% of our food products coming from overseas is a scary predicament but it is also a correctable one if we wish to create a better future for Hawaii. And it certainly is a much better predicament considering that all the food in Los Angeles is only able to sustain that densely populated region for three days!

Communities in Hawaii are

With fair trade enforcement occurring at a federal level in the Kona coffee industry locally the state government is failing to adequately monitor the retail coffee industry.

a game of international and economic management. A game that relies far too heavily on overseas production of US "brand" goods as opposed to American "made" goods.

Whether you agree or don't agree with the shift of how America makes its livelihood 100% Kona coffee is one of those items that should still be able to fit nicely into this scheme. After all it has already survived three generations of farming families and 150 years of busts and booms. Furthermore as a specialty product marketed as a niche item in the ever increasing upscale mainland economy it is providing a sustainable way of life for many coffee producers, including my own. It is important to note though that while 100% Kona coffee may succeed in a successful economy this luxury item will be the first to suffer when the economy goes south, and like all successful economies it will eventually go south. That is the main reason why Hawaii as well as our nation needs to be involved more in the production of other life sustaining agricultural commodities.

It is my opinion that for Hawaii

making a move towards self sustenance; the island of Kauai leads the state in Y2K preparations as it gears up for any disruption in food lines which may or may not occur as a result of the millennium bug. Kauai mayor, Maryanne Kusaka, is recognized nationally as the first Mayor in America to try to devise a plan to counter any problems that could occur during this time of change over or any other time of emergency. It's also interesting to note that Kauai's self sustenance program is one that is being embraced by the people not only for emergency preparations but as a viable and self sustaining way of life.

Bearing this in mind Hawaii and our wealth of land and incredible growing conditions could produce, and market for both profit and self-sustenance more if not all of our agricultural products here in Hawaii. However, protection of those Hawaiian grown products and their names need to be at the forefront of this movement or the incentives for farmers to grow for profit here at home becomes meaningless.

There are numerous disturbing examples of foreign goods in Hawaii

being sold as Hawaiian products that litter our store shelves with false claims. As both local and visiting consumers we all need to be aware of what we are buying and ultimately what system we are buying into if we choose to ignore our conscience when buying these goods. (I list some simple rules for buying gourmet coffee at the end of this story.)

While United States Customs in 1995 sent a loud message to those seeking to counterfeit Kona coffee with the indictment of *Kona Kai Farms* and their 20 million dollar fraudulent green Kona coffee scheme, problems of unfair trade practices still exist within our industry. U.S. Customs has been extremely helpful in this struggle while it continues to monitor and participate in the protection of Kona coffee and other Hawaiian products under Federal law.

With fair trade enforcement occurring at a federal level in the Kona coffee industry locally the state government is failing to adequately monitor the retail coffee industry. For instance, a law exists that their must be 10% Kona coffee in a package of coffee being sold as "Kona Blend." This same package must state the following disclaimer; "this coffee contains a minimum of 10% Kona coffee." Why

this same law does not carry over to restaurant menus where the majority of coffee consumption takes place is a mystery to many. The same State Departments of Agriculture and Health then turn around and monitor such things as a strict Kona coffee grading and certification program. Why grade or certify anything 100% Kona when that same product can be legally placed on restaurant menus as something containing 90% foreign coffee? The

answer is really quite simple. *C. Brewer* (d.b.a. *Royal Kona Coffee*), *Hawaiian Isles*, and *Lion Coffee* are all major blenders and manipulators of truth in labeling laws, but they are also major contributors to the Hawaii excise tax system. *C. Brewer* also happens to be one of the largest employers in the State. It's felt by many that these government officials will never bite the hand that feeds. Perhaps this hand does not need to be bitten but only redirected. It simply is not fair trade when truth in labeling laws are not enforced.

However widespread the problems are in the misuse of the Kona name there are problems that lie deeper. In 1997-1998 the two longtime coffee operations and major proponents of Kona blend coffee, *Hawaiian Isles* and *C. Brewer*, decided to set up camp in the hills of Kona and



LES DRENT

Holualoa coffee farmers, John & Connie Collins, stayed faithful to 100% Kona coffee and opted to sell their cherry to Bay View Farm during the bidding wars of 1997-'98. In return for their loyalty Bay View Farm, a strong proponent of 100% Kona coffee, continued to pay their loyal farmers a higher than average price for their coffee during the downfall of the 1998-'99 season.

stake their claim in the industry. While uninformed farmers looking to get rich quickly rushed to the mill doors to sell their coffee cherry to the highest bidders, local mills who are proponents of only 100% Kona coffee struggled to match the prices of mills that offered the higher prices. Subsequently, a fierce bidding war began and the prices of Kona coffee skyrocketed. It was obvious to all involved that the Kona blend coffee companies were going to try to cripple the 100% Kona coffee industry. After all what does it matter what you pay for 100% Kona coffee when all you need to have is 10% Kona in the bag of Kona blend you sell?

When the difficult coffee season came to an end the Summer of 1998 slowly passed. Speculation brought high hopes for the farmers looking to again cash in on the high prices being offered for their coffee. Meanwhile local mills and roasters worried about the prospects of surviving another season of price wars. To make matters worse a second serious threat surfaced within the industry.

During the previous year and after the fall out of the *Kona Kai Farms* scandal a small minority of Kona coffee purists launched a class action law suit against several mainland coffee companies who allegedly purchased fraudulent Kona coffee from *Kona Kai Farms*. The suit targeted several faithful and long time customers and roasters of 100% Kona coffee who were unsuspecting victims of *Kona Kai's* ploys.

Starbucks who purchased a minimal amount of this fraudulent coffee immediately paid a claim of fifteen thousand dollars and vowed to never again buy Kona. Needless to say this law suit has had a devastating effect of potential customers of 100% Kona coffee and has made matters even worse for those local mills trying to sell their high priced 100% Kona coffee.

Many local mills who have worked hard over the years to promote and sell only 100% Kona coffee have seen their customer bases dwindle thanks to the witch hunt of a few small farms and a band of lawyers that this magazine very regretfully helped to introduce to these farmers.

When the 1998 Kona coffee season began it was to everyone's surprise to see the price of Kona rapidly drop. While the blenders struggled to unload their high priced oversupply of coffee they had built up from last season the demand for coffee cherry plummeted and caused these same mills that drove the prices up the previous year to close their doors to farmers the following year. With many farmers left out in the cold with no source of income some mills only accepted coffee from those farmers who had been faithful during the price wars with the blenders the year before.

One can not help but think that if every farmer who had chased that pot of gold the year before had remained faithful to local mills during their time of battling blenders, that perhaps we would have seen some stability in the market. And subsequently those mills selling the blends would not have had the opportunity to disrupt the stable economics of this industry and prices would have remained consistent rather than rise to an all time high in 1997-1998 (\$1.75), to a bitter low (.55¢) at the conclusion of the 1998-1999 season. It is exactly this kind of erratic swing in stability that contributes to everyone's lives being turned from riches to rags in a matter of one Kona coffee season. Further evidence that it's time for everyone to realize what is needed to sustain and stabilize our future in Kona coffee.

Once again the universal and overriding theme of this story seems to be pragmatically based on the attempted infusion of foreign goods being

sold as Hawaiian products. Kona coffee is just one of many examples of how local market stability in Hawaii and self sustenance are not mixing in a first world economy that is attempting to only market cheaper foreign made goods under deceptive Hawaiian brand names. Perhaps it is through the 150 year old Kona coffee industry and its push for independence that Hawaii will begin to focus on the universal theme of becoming a self sustained group of islands that can one day thrive and profit on the production of 100% Hawaiian made products. The right solution however will rely heavily on a system that places fair trade and equal opportunity at the forefront of its legislative agenda. Then perhaps that light at the end of the tunnel, which does shine, will shine a little brighter.

Other notables: Coffee Times verbal push and written shove with *Borders Books and Music* who was selling bogus bags of Kona Blend coffee in their island cafes without the disclaimer of "this coffee contains a minimum 10% Kona coffee" resulted in their removal of all bags of coffee from their store shelves. Borders complied within one week and our thanks to them for supporting the preservation of 100% Kona coffee.

Customers Beware: Do not hesitate to ask about the specific origin of the Hawaiian coffee you are looking to purchase and be cautious when buying only ground coffee. It is an easy way for illegitimate companies to hide the particular characteristics of bad coffee. The 3 simple rules that I follow when buying gourmet coffee are as follows:

1. Know by personal name who you are buying your coffee from
2. Make sure your coffee has been roasted recently.
3. Know specifically of your coffee's origin and grade and seek some assurance of certification or

authenticity. Some bogus names that have been recently used to deceive customers are: Kona Hawaiian, Kona Style, Kona Blend, Kona Roast and Kona Sunrise. These are not 100% Kona coffees and in most cases contain 90% foreign coffee.



Busted!



What is this? S&W Foods' Kona coffee blend is sold at Hawaii's Safeway stores without the disclaimer "this coffee contains a minimum of 10% Kona" printed on the label. This is a direct violation of Hawaii law. Who is enforcing this law and what incentive does this give to Hawaiian farmers who work hard to produce 100% Kona coffee is anyone's guess? Ask me and I'll tell you that these cooks at S&W care little about the truth and our local government is not doing enough to enforce truth in labeling on the retail shelf within the state of Hawaii.

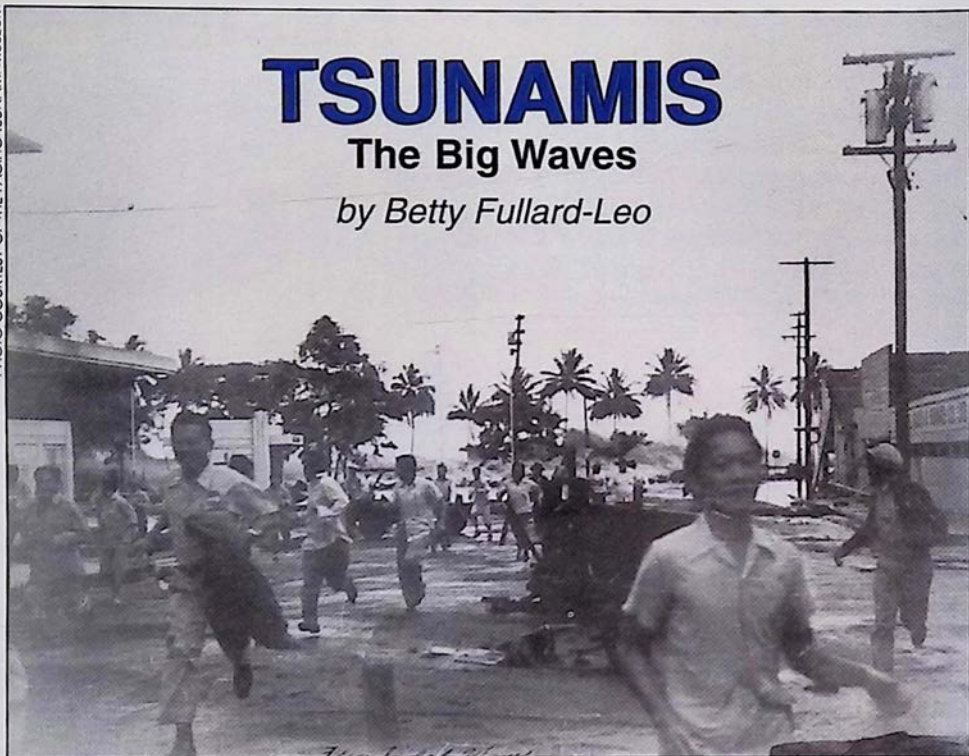
The tsunami that pounded the northeastern shores of the Big Island on April 1, 1946 was the cruelest April Fool's trick that Mother Nature could have played. In a matter of moments, more than 1,300 homes were swept away, and 159 people were killed.

PHOTO COURTESY OF THE PACIFIC TSUNAMI MUSEUM

TSUNAMIS

The Big Waves

by Betty Fullard-Leo



Tuck Wah Lee was a 27-year old stevedore at the time working in a dockside warehouse. He heard someone yell from the dock outside that the water was disappearing in the bay. While other stevedores ran to pick up fish flopping on the damp sand, Lee scurried up a Coast Guard tower to get a better look at the bay. Years later, he told a Big Island news reporter, "I saw a brown wall of water coming in. The wall got higher and higher, and the whistling sound that came with it got louder and louder."

He climbed a scaffolding

ladder, his legs just two feet above the water as it smashed through the warehouse. Two-ton boulders were rolling about the bay, and he saw a railroad car rise three feet off the tracks from the force of the giant wave.

When the water lulled, Lee jumped into the bay and swam for a nearby ship that had a gangplank extended into the water. As he hurried aboard, a second wave dashed away the gangplank. The captain swung about and headed for Maui. That night Lee called his wife to tell her he had survived.



PHOTO COURTESY OF THE PACIFIC TSUNAMI MUSEUM

1946 TSUNAMI PHOTOS *Left: Wave coming in towards Mooheau Park, the Ruddle service station stands in the background. Photo from the Yasuki Arakaki collection. Above: Post tidal wave damage to Hilo's bay front buildings. Photo from A.V. Smith Collection.*

Two Big Island areas were hardest hit during that disaster. Along the bay front, 90 residents from Hilo's business district and an area called Shinmachi, a neighborhood of Japanese immigrants living north of the Wailoa River, perished.

At Lapauho'eho'e, a few miles north, 20 schoolchildren and four teachers drowned in the huge waves. Laupaho'eho'e resident Leonie Kawaihona Laeha Poy was a teenager getting ready for school when she noticed that all her friends had lined up beside the seashore. She and her brother Will hurried down to join them, but when they saw there was no water, they knew something was terribly wrong. They rushed home and their father quickly herded them into the car to head for higher ground. From the rear window of the car the 18-year-old student saw the waves washing over

the coconut trees. From the safety of a rock wall she watched the teachers' cottages, the shop building, the bathroom facilities all get washed away. Worst of all, schoolchildren she knew climbed onto the bandstand, but when the wave hit, it broke into kindling, and she could see her classmates bobbing helplessly about in the water.

That tsunami, generated by an earthquake in the eastern Aleutian Islands, was the worst recorded in recent history for the Hawaiian Islands, while a 1960 tsunami from Southern Chile was nearly as bad. On the Big Island, 61 people were killed and 282 injured in the waves that hit on May 22, 1960.

After the 1946 tsunami, scientists developed a warning system in 1947-48 that has detected every Pacific-wide tsunami since. Generally tsunamis are generated by the rippling



of the ocean floor when an earthquake occurs, so seismographs, oceanographers, tide gauges and observers all work to detect changes indicated on instruments at the Pacific Tsunami Warning Center at Ewa Beach, O'ahu and other places throughout the Islands. Waves generated by an earthquake of a 7.5 magnitude on the Richter scale occur 10 to 20 minutes apart and travel at about 500 miles an hour, so Hawai'i usually has several hours when sirens along the beach can warn residents to evacuate.

Unfortunately, the more time that elapses between tsunamis, the more complacent people become about evacuating. Most recently, smaller waves hit the Hawaiian Islands on March 27, 1964, November 29, 1975, and May 7, 1986—the 11 year lapses are just long enough to let people forget the dire consequences. Sometimes, surfers head for the ocean, hoping to catch that big wave, when warnings sound.

Besides the 1946 and 1960 waves, five other tsunamis are known to have taken lives in Hawai'i. Sixteen

people were killed in November 1837 (14 in Hilo, two on Maui), 47 in Ka'u on April 1868, five in Hilo on May 1877, one Hilo fisherman in February 1923, and in November 1975, two campers on the Kona Coast were washed out to sea. Because the Hawaiians kept only oral histories, the first tsunami wasn't documented until 1819.

It was the 1960 tsunami that sparked legislation to establish a greenbelt in the hardest hit area of Hilo to prevent future losses of life and business. Dubbed Project Kaiko'o (Rough Seas), tax benefits were granted to businesses and individuals to relocate. Part of the area was filled to a height of 30 feet, and when simulated waves over models of the area illustrated that the waves would no longer endanger that area, state buildings were erected there. Today, Wailoa State Park on the bayside of the state buildings, is a lovely, serene park with waterways shared by ducks and kayakers. Monuments have been erected at Lapaho'eho'e and at Wailoa State Park that serve as sad reminders of the 1946 and 1960 tsunamis.





PHOTO COURTESY OF THE PACIFIC TSUNAMI MUSEUM

PHOTOS *Left: Surveying the damage to Hilo after the 1946 tsunami. Courtesy of Cecilia Lucas Collection Above: Kayakers enjoy the tranquil waters of Hilo bay, the same sight of many deadly tidal waves.*

Visit the Pacific Tsunami Museum



HILO • HAWAII

In the last few years, the community has gotten behind the establishment of a **Pacific Tsunami Museum**. The museum, located in the former First Hawaiian Bank Building at 130 Kamehameha Avenue in Hilo, has photo exhibits, charts and maps that show the paths of previous tsunamis to wash over the Big Island. A video pictures early footage, as well as more recent interviews with survivors who remember the terror of those days. Admittance to the museum is free, though a donation is requested for its continuing development.

**For further information and opening hours,
phone (808) 935-0926.**

THE BEST BREWS

At Café Pesto, a Cup of Coffee Can Be "Pure" Heaven

By Lance Tominaga



KIRK AEDER

Dare to be different. Bold is better. Life is an adventure. Those are the messages David Palmer champions at his two Café Pesto restaurants on the Big Island.

"What's worked well for us is blending the familiar with the exotic," says Palmer. "Everyone knows what a pizza is, so we like to put exotic toppings on it. We let them be adventurous."

And what applies to Café Pesto's food also applies to its coffee. Café Pesto is one of those rare establishments where 100% Hawaiian coffee is served regularly. While the restaurant also features blended coffees ("because Guatemala and Colombia happen to make very good coffees as well," Palmer points out), the advantages of Hawaiian coffee are that the beans are roasted fresh that week, and Palmer usually receives

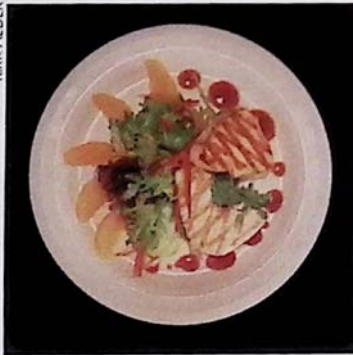
them the same day. "We grind them to order," he says, "and in the case of 'French Press' coffees they're brewed right at the table. You can taste the difference."

At Café Pesto, coffee lovers have a wide selection of coffee concoctions, and Palmer encourages people to give everything a try. "The adventurer might want to try a little bit of everything," he says, smiling. "People know what coffee is, but it usually never occurs to them that there are different types of coffee; they're usually consumed with having their Yuban or whatever else is popular on the Mainland. My family, when they visit (from the Mainland), they try the Hawaiian coffees here and they really notice the difference.

And they get hooked!"

Palmer's personal favorite is the 100% Kona Peaberry coffee, which he describes as "a darker roast that packs a

KIRK AEDER



lot of flavor. That, in fact, is probably our biggest seller." He laughs. "I'm more of a purist in terms of wanting a really rich, dark-roasted coffee without a whole lot of other flavoring involved."

Also featured at Café Pesto, besides the blends and espressos, are Maui Red Catuai (described on the menu as "the Cabernet of coffees"), Maui Mocha ("rich chocolate flavor") and Kaua'i coffee ("mild and earthy").

The main reason most restaurants don't serve 100% Hawaiian coffee is cost. Palmer admits the prices he pays for Hawaiian coffees may be as much as three or four times higher per pound than he'd pay for the usual brands. "But then again," he says, "it's freshly picked and freshly roasted. We get it right then and there. And the people that we cater to have a real appreciation for the difference."

The Hawaiian coffee drinks are priced from \$3 per cup.

Of course, great-tasting coffee isn't the only reason to visit Café Pesto. The food menu is equally innovative, with a wide variety of tantalizing selections. Café Pesto, in fact, was recently named "Best Restaurant" on the Big Island by Honolulu magazine.

Lunch items include zesty fresh salads like Ceviche Pasta Salad (Tahitian lime-marinated fresh Island fish and tender gulf shrimp tossed with fettucini, cilantro pesto and sun-dried tomatoes); hot sandwiches like Grilled Chicken Fajita (fajita-wrapped free-range chicken breast with charred peppers, onions and garlic); and sumptuous pastas like Salmon Alfredo (fettucini, smoked salmon, fresh spinach, shiitake mushrooms and fresh Parmesan in a light cream sauce). And dinner entrées include an Island Seafood Risotto (Hawaiian spiny lobster tail, succulent tiger prawns, scallops and grilled vegetable compote mixed with a sweet chili risotto); Mango Glazed Chicken (grilled free-range chicken breasts and chili-anise just served with jasmine rice, grilled eggplant and a



PHOTOS: Facing page above is the heavenly ganache, a chocolate torte with raspberry puree, accompanied by a 100% Kona peaberry iced mocha and a 100% Hawaiian coffee french press. Below left is the grilled fresh catch on a bed of island greens. Above L to R: Executive chef Kevin Nutt, owner David Palmer, and Kawaihae manager Michael Cohen.

pineapple relish); and the Grilled Fresh Catch (prepared with a soy-mustard vinaigrette and served with "furi-kake" mashed potatoes and a crispy Asian slaw).

Lunch selections range from \$6.95 to \$10.95. Dinner selections are priced from \$12.95 to \$23.95. The menu is the same at both Café Pesto locations.

Palmer opened Café Pesto in Kawaihae in 1988, originally starting as a small take-out pizzeria. It quickly evolved into a popular eatery and served as an early innovator of the Hawai'i Regional Cuisine concept. Palmer opened his Hilo restaurant in 1992 at the newly restored S. Hata Building.



Café Pesto's Kawaihae restaurant is located at the Kawaihae Shopping Center on the South Kohala coast (882-1071). The Hilo restaurant is located at the historic S. Hata Building at Hilo Bay (969-6640). Both restaurants are open daily from 11:00 A.M. to 9:00 P.M. Sunday through Thursday, and 11:00 A.M.-10:00 P.M. on Friday and Saturday.

Aloha!

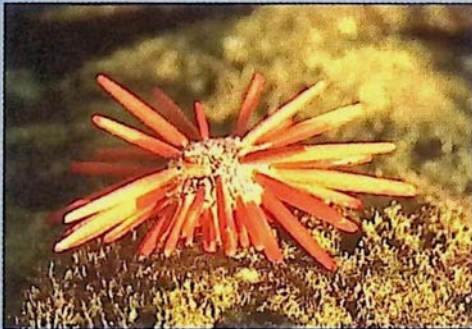
Welcome to The Big Island of Hawaii



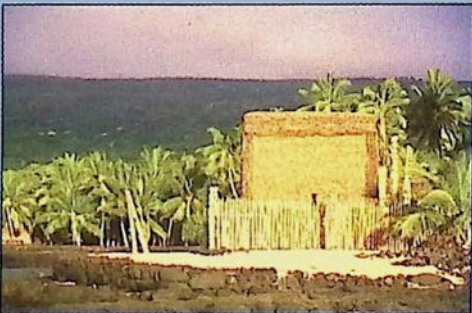
Waipio Valley Lookout



Kohala Coast Surf



Sea Urchin



Place of Refuge Natl. Park



Punaluu Black Sand Beach



Night viewing lava



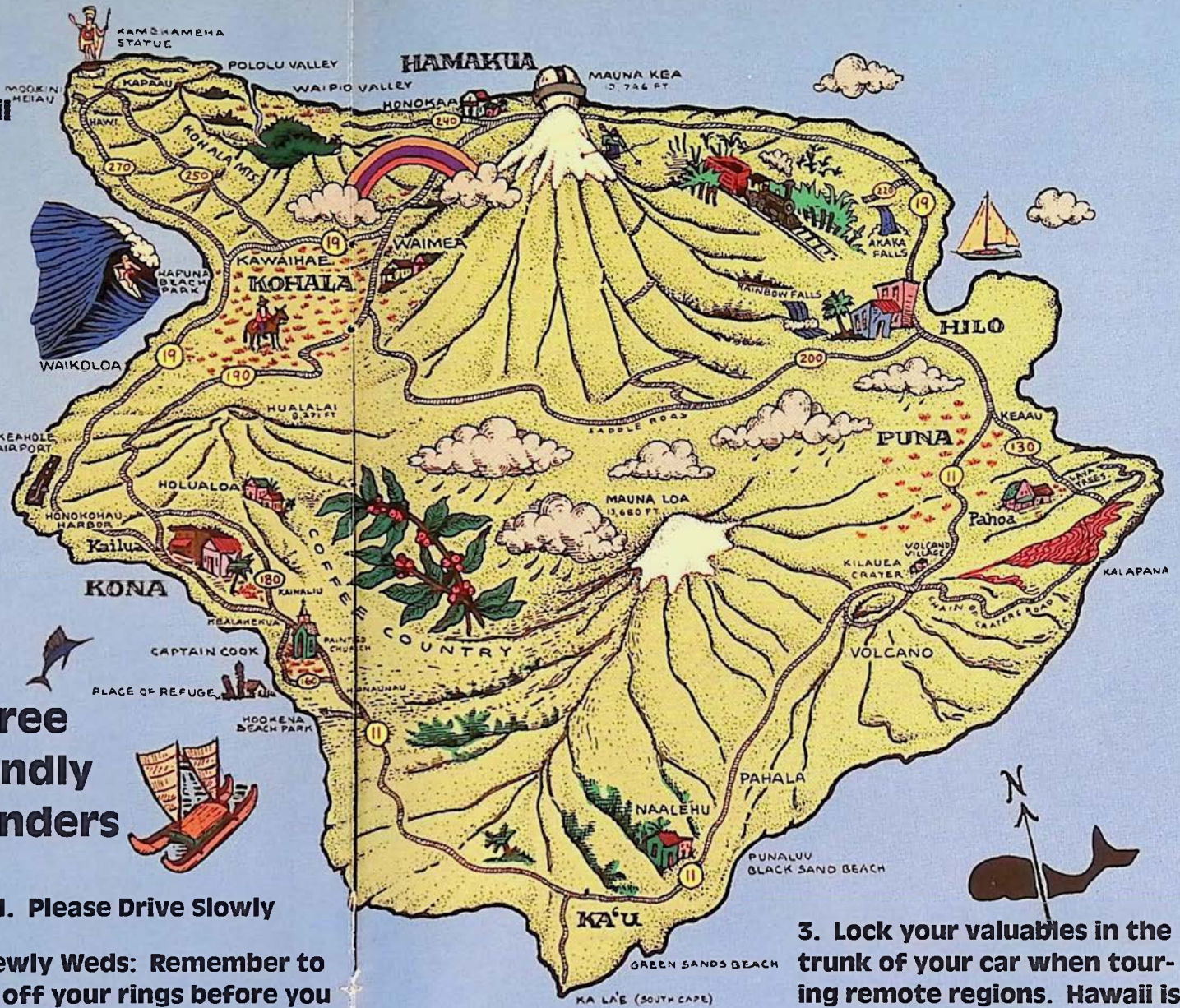
Hilo's Rainbow Falls

Three Friendly Reminders

1. Please Drive Slowly

2. Newly Weds: Remember to take off your rings before you go frolicking in the ocean

3. Lock your valuables in the trunk of your car when touring remote regions. Hawaii is not immune to crime.



Hundreds of thousands of years ago, 15 ancestral species from 11 families of birds came to rest on newly formed lava islands thrusting from the sea more than 2,000 miles from any land. These first birds thrived in isolation from enemies and predators, evolving in their own leisurely fashion to some 78 bird species unique to Hawai'i.



photographer Jack Jeffrey captures on film a male amakihi blending into the forest foliage

BIRDS OF A FEATHER

*Story by Betty Fullard-Leo
Photography by Jack Jeffrey*

Eventually, man arrived, in time bringing such animals as pigs, dogs, cats, rats, cattle and mongoose, which changed the delicate ecosystems, wrecking havoc on the islands' native bird populations. Most devastating of all was the destruction

and loss of natural habitat when lands were converted to agriculture or development. Today, 26 of Hawai'i's known native birds are extinct (though from fossil remains, it is thought that as many as 56 birds species have become extinct in the past), 30 are considered

endangered, and one is threatened.

Because of the way an abundance of unique species evolved in the islands, Hawai'i now has more endangered species—birds and plants—than other places, but in recent years it has also become a leader in saving its rare fauna and flora. On the Big Island, Hakalau Forest National Wildlife Refuge, located between the 2,500 and 6,600-foot elevations on Mauna Kea, was the first refuge in the nation established to protect forest birds. Consisting of nearly 33,000 acres, Hakalau, a word that appropriately means "place of many perches," was acquired in five land parcels by U.S. Fish and Wildlife with the help of The Nature Conservancy between 1977

'apapane or the 'elepaio during a self-guided walk.

Among those birds most likely to be spotted are the more abundant honeycreepers (Drepanididae). Many honeycreepers have curved bills such as the brilliant orange-red i'iwis with salmon-colored beaks, or the crimson 'apapanes, or the common, smaller, olive-colored amakihis. In early Hawai'i, the red feathers from the 'apapane and i'iwi were often plucked to be used in feather capes, kahilis, and helmets. The birds were captured by an expert called a poe hahai manu, who mixed an adhesive paste made from the sap of the breadfruit tree, smeared it on tree limbs, then caught the stuck birds with fiber nets, nooses or bare hands. If only

Today, 26 of Hawai'i's known native birds are extinct (though from fossil remains, it is thought that as many as 56 birds species have become extinct in the past), 30 are considered endangered, and one is threatened.

and 1987. Every weekend, 7,240 acres of Hakalau's Maulua Tract is open for birding, hiking, photography and other pursuits to those who call ahead to obtain directions and the combination to the gate, phone 808/933-6915. Because the Hawaiian Islands have the greatest concentration of rare birds on the planet, experienced bird watchers treasure a trek through Hawai'i's canopied koa and ohia-lehua forests and through its isolated kipukas, little forested islands surrounded by barren lava flows. These green oasis spring up along the Big Island's saddle, the remote area between Mauna Kea and Mauna Loa, as well as on other mountain slopes. On Kilauea, in Volcanoes National Park, Kipuka Puauulu, is bisected by a mile-long trail, so even amateurs can search for the

a feather or two was taken (from a bird like an 'o'o or mamo) and the bird was too small to eat, it was released so the feathers could grow again.

None-the-less, only a species of Kauai 'o'o, which is smaller and has fewer yellow feathers than Big Island 'o'o once had, are thought to survive in small numbers on the edges of the Alaka'i Swamp. The mamo, a black honeycreeper which had a few yellow feathers used in feather craft by has not been seen since 1907 on Moloka'i. Mamo feathers can be viewed, however, at Bishop Museum on O'ahu where 450,000 of them from an estimated 80,000 birds are sewn with 'olona fiber into a golden feather cloak once worn by King Kamehameha I.

Endangered birds known to inhabit Hakalau include the



1



2



3



4



5



6



7



8



9



10



11



12



13



Bird Identifier:

photos by Jack Jeffrey

Above: Apapane

Previous Page:

1. Alala (Hawaiian Crow)
2. Hawaii Elepaio
3. Hawaii Creeper
4. Maui Parrotbill
5. Maui Creeper
6. I'O
7. Iiwi
8. Omao
9. Crested Honeycreeper
10. Akiapolaau
11. Palila
12. Nene
13. Pueo

'akiapola'au, 'akepa, 'i'o, 'oma'o, and 'o'u. The 'akiapola'au (or nuku pu'u) is a yellowish-olive-green honeycreeper that prefers to peck wood, searching for insect larva, rather than sip nectar. The 'akepa is a nimble little scarlet or yellow-green honeycreeper. The i'o, or Hawaiian hawk, found only on the Big Island, is a brown diurnal bird of prey that soars on broad wings in search of

mice, rats, spiders and insects. The gray 'oma'o, a solitary bird also found only on the Big Island, is easiest to identify by its haunting warble early in the morning.

Birders consider it a feather in their caps if they spot one especially rare bird—the 'alala, or Hawaiian crow. Only four 'alala are thought to remain in the wild, again only on the Big Island, while a mere 27 dozen are being raised at two Peregrine Fund facilities, one at Keauhou on the Big Island, the other at the Maui Bird Conservation Center at Olinda. This greenish-blue, raven-like bird lives above the 3,000-foot level on McCandless Ranch where carefully conducted tours allow a select few to search the koa and 'ohi'a-lehua tree tops for the elusive birds. Most birders consider themselves lucky if they hear the early morning vocalizations of the 'alala, let alone see it.

Gratifyingly, at least one endangered bird species seems to have more than a flicker of hope for survival. Hawaii's state bird, the nene, is the last surviving Hawaiian goose endemic to the Islands of at least eight goose species known to have become extinct. A bird with beautiful markings on head and neck, the nene is thought to be a descendant of some ancient Canadian goose that got off track, settled in Hawaii's mountains and over the years, lost most of the webbing on its feet because it no longer needed to swim. In the late 1700s, 25,000 nene were

Right: Rob Pacheco of Hawaii Forest and Trail leads a group of island visitors on a birding expedition into Pu'u O'o Ranch rainforest.

thought to inhabit the Big Island, but by the 1950s the population had dropped to an estimated 30 birds. Captive breeding programs were at last put in place, until today it is estimated about 300 nene survive on the Big Island, 200 on Maui, and possibly 160 on Kaua'i. The best place to spot a nene on the Big Island is at Volcanoes National Park at Kipuka Nene Campground, the summit caldera, Devastation Trail and at Volcanoes Golf Course at dawn and dusk when they are out feeding on grasses.

Birding tours are easy to arrange with some notice through Hawaii Forest & Trail. Naturalist Rob Pacheco and his guides take small groups into a kipuka in the Pu'u O'o Ranch Rainforest. Pacheco also has a permit to take groups into Hakalau National Wildlife Refuge twelve times a year. His tours are \$130 per person. Hawaii Forest & Trail, Box 2975,

Kailua-Kona, Hawai'i 96745, phone 800/464-1993 or 808/322-8881, fax 808/322-8883.

For those yearning to spot a Hawaiian crow, as well as honeycreepers and other rare forest birds like the 'elepaio (an inquisitive little Old World flycatcher), McCandless Ranch Ecotours can be arranged for a minimum fee of \$400 for one or two people. The tour begins early in the morning in four-wheel-drive vehicles and includes a Continental breakfast and a picnic lunch. McCandless Ranch Ecotours, Box 500, Honaunau, Hawaii 96726, phone 808/328-9313 or fax 808/328-8671.



Mahalos

to Jack Jeffrey for his help in photographing these sometimes elusive creatures.



BODY ART

By Betty Fullard-Leo

Queen Kamamalu had a tattoo applied to her tongue as an expression of her deep grief when her mother-in-law died in the 1820s. Missionary William Ellis watched the procedure, commenting to the queen that she must be undergoing great pain. The queen replied, "He eha nui no, he

nui roa ra ku'u aroha." ("Great pain indeed, greater is my affection.")

Early explorers found that both men and women wore tattoos in old Hawai'i for a variety of reasons. Sometimes the tattoos were purely decorative. Jacques Arago, who visited the Islands in 1819 as a draftsman with the Freycinet expedition, noted that some men were heavily tattooed on only one side of their bodies. He wrote, "They looked like men half burnt, or daubed with ink, from the top of the head to the sole of the foot." Hawaiian historian Samuel Kamakau noted that this solid black tattooing was called "pahupahu". It was commonly applied to warriors in the Marquesas as a disguise, and it is thought that such tattooing may have set apart Hawaiian warriors as well.

Oral traditions tell of warriors defeated in battle who were taken prisoner, then beaten and tattooed. As a final indignity, their eyelids were turned up and tattooed on the inside, called *maka uhi*. Sometimes outcasts born into the *kauwa* (slave) class were permanently marked with a curved line above the bridge of the nose, or a circular spot in the middle of the forehead, with curved lines like brackets on either side of the eyes.

Tattooing was an art unknown in the western world prior to Captain Cook's first voyage through Polynesia. The word "tattoo" is one of only a few words used internationally that have a Polynesian origin coming from the word "tatau" used in Tahiti, Tonga, and Samoa. In Hawai'i the word became *kakau*.



Tattoos were applied with needles, sometimes made of beaks and claws of birds...

Interestingly, tattoo designs are thought to supply one more clue to the origin of the Polynesian peoples, as they bear close resemblance to the geometrical designs found on Lapita pottery. The Lapita people originated in Melanesia and Southeast Asia about 3,000 B.C., and early Lapita voyagers reached Tonga about 1,300 B.C., later settling Samoa and eastward into the Pacific. Shards of pottery they carried with them have been found throughout the Pacific, pottery whose curvilinear and rectilinear shapes, spirals, chevrons and interlocking elements are so similar to Polynesian tattoo designs, historians are certain there was an ancient connection. Even stylized masks and sea creatures appeared on Lapita pottery, as it did in early Polynesian tattoo forms.

Other Hawaiian tattoo designs might depict squares, triangles, crescents and figures of 'aumakua (personal gods), such as the lizard or shark. As recently as 1923, publisher Lorin Thurston told of seeing a woman with a row of triangular dots around her ankle as a charm against sharks, applied because a legend tells of a woman who was bitten by her 'aumakua, a shark. When the woman cried out that he was supposed to

protect her, the shark let her go and replied, "I will not make that mistake again, for I will see the marks on your ankle."

After Western contact, tattoo designs evolved to include more fanciful shapes such as figures of birds, goats, fans, guns, etc. When King Kamehameha died, many Hawaiians had "Kamehameha, 1819" tattooed on themselves to show their respect for the great king.

Tattoos were applied with needles, sometimes made of beaks and claws of birds, but more often made of the knife-like barbs on the sides of the tails of certain fish, such as palani, kala and pualu. Some bones were split to form double pointed needles. Some were grooved from the base to the point of the barb with the dull upper end wrapped in fiber to hold ink in reserve. Needles could be bound together to form multi-points when large areas were to be covered with designs. Some needles were attached to wooden handles.

Ink was made by several methods. Some plants produce a highly acidic juice, which could be used for tattoos marking the death of a loved one, that would last six months to a year. If permanent tattoos were desired, an intense black ink would be made of the burned soot of the kukui nut. Arago noted in 1819 that kukui soot was mixed with juice from coconuts and sugar cane to attain a workable consistency. Fish bones charred with kukui oil and burning sandalwood chips might also be pounded into ash and added to the juice from the root of a plant called naneleau to make a pigment for tattooing.

In his journal, Arago described the process of applying a tattoo: "They



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LUCY THURSTON

Missionary Wife

By Betty Fullard-Leo

At Moku'aikaua Church in Kailua-Kona, beside a display of the 19th-century brig, Thaddeus, are pages reproduced from the diary of the Big Island's first missionary wife, 24-year-old Lucy Goodale Thurston. Sometimes the writing is poignant, revealing a New England girl's homesickness, often everyday life is recorded in sharp-eyed detail, but through it all the patience and fortitude of the writer emerges. How did this refined young woman embark on such an adventure in an era when most women were expected to remain stay-at-home wives and mothers?

In 1819, the memoirs of a young Hawaiian Christian convert named Henry Opukaha'ia caused a stir among devout Congregationalists in New England. The exotic Sandwich Islands, (Hawai'i) were badly in need of missionaries to save the heathens from idol worship, drunkenness and the wayward ways of whaling crews who found the Island maidens generally receptive to their charms. In New England, seven men volunteered for the

maker who had graduated from Andover Theological Seminary. The two were married in less than a month on October 12 and set sail for Hawai'i on October 23, 1819.

The voyage took 157 days. Happily, before it was over, Lucy had confided in her journal, "When I gave my hand to Mr. Thurston and came out from my father's house to go far away to a land of unknown, I felt assured of the care and friendship of one precious friend, but my expectations have been more than realized. To be connected with such a husband and engaged in such an object, in the present state of the world, is of all situations in life, what I choose."

Lucy's journal indicated she knew of the kapu system in Hawai'i. During the sea voyage she wrote with trepidation of the restrictions Hawaiian women lived under—not being allowed to eat with men, nor to eat bananas, and the fact that she might face instant death if she did not turn her head away when passing an idol's temple.

It must have been with some

Missionaries and their wives were involved in transcribing books, establishing a printing press, building churches and houses. In addition, the women cared for their families and the sick, tended gardens, and held sewing circles—never interrupting the frequent church services.

humanitarian mission, but the church required missionaries to be married. Twenty-four-year-old Lucy Goodale's father arranged a meeting on September 23, 1819, between his daughter, a well-educated and pious young woman, and Asa Thurston, a 32-year-old scythe

relief that she learned on arrival on March 30, 1820, that the kapu system had been abolished. The ship was greeted at Kawaihae Harbor by "men who wore girdles" and "women who wore a slight piece of cloth wrapped round them from the hips downward,"

who swam or paddled out in their canoes. During the trip, the band of missionaries had been instructed in the Hawaiian language by two Hawaiian converts, Hopu and Honoli'i, so when a woman gave Lucy a banana, she said, "Wahine," (woman). The reply came: "Wahine maikai," (woman good-looking). Undoubtedly, she was one of few white women who had ever been seen in Hawai'i at that time.

The Thurston's first home was not much better than the crowded cabin aboard the *Thaddeus*. Lucy wrote, "It was a thatched hut, with one room, having two windows made simply by cutting away the thatch, leaving the bare poles." At that time, she viewed living on the hot, dry Kona Coast, void of greenery, as a "prospect of raw hell."

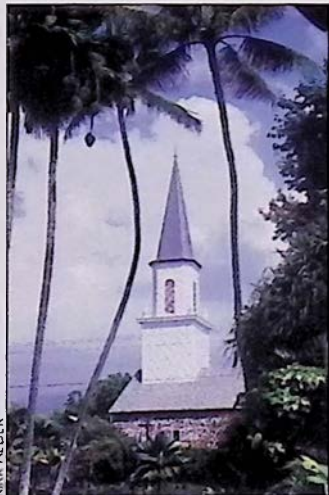
The missionaries all led busy lives, and the wives worked from dawn to well after dark. Their first and perhaps most monumental task was recording the Hawaiian language so that the scripture could be translated and Hawaiians could be taught to read Hawaiian and English. Missionaries and their wives were involved in transcribing books, establishing a printing press, building churches and houses. In addition, the women cared for their families and the sick, tended gardens, and held sewing circles—never interrupting the frequent church services.

The Thurstons stayed in Kailua-Kona for seven months, then lived in the missionary compound in Honolulu where Lucy bore two daughters, Persis and Lucy, before returning to the Big Island in 1823. During this

time, the Thurstons had been accepted by the ali'i and were visited by the king and queen, Liholiho and Kamamalu, often. Initially, Liholiho attempted to learn English, but he gave up his efforts, noted Lucy, for "the pleasures of the cup." He encouraged his seven-year-old brother and other favored subjects to learn, however.

While the Thurstons were in Honolulu, Liholiho visited the missionary houses, inspected the well, the cookhouse and all the living quarters, rolling with glee on a feather bed.

On their return to Kailua-Kona, they were joined by Artemis and Elisabeth Bishop, which assuaged much of Lucy's loneliness. In time, her son Asa, was born. Within a few years at a Friday Female Meeting, the two ladies taught 1,500 native women the scriptures and "civilized deportment." By the end of 1830, 2,600 women attended the weekly classes.



*Moku'aikaua Church,
completed in January,
1837*

Some segments of the population—whalers, sailors, and entrepreneurs—were not always happy with the restrictions the missionaries sought to enforce. In the mid-1830s Lucy wrote of sailing away to Honolulu to attend a "General Meeting," when she looked back and saw "flames ascending to the heavens. We had little doubt but one of our dwelling houses was laid in ashes; but in two or three weeks after, we learned that it was our

church—the work of an incendiary not yet discovered. It was said by a white man then on the spot, that there had never been such a mourning among the people since the death of Kamehameha. It however, only has-

tened the work of starting a permanent stone building, which is now nearly completed. The belfry, spire and vane give quite an American look to our village." Moku'aikaua Church, completed in January, 1837 amid joyous rejoicing, was built of black stone from an abandoned heiau mortared with white coral.

The years brought sorrow, as well. Lucy was devastated when she learned of the unexpected deaths of Liholiho and Kamamalu from measles during their trip to London in 1824. Then Elizabeth Bishop died of an unknown and extremely painful disease.

The Thurstons' fourth child was born on a schooner bound for the annual mission meeting on O'ahu in 1831. Lucy was seasick and had an arduous recovery, though not as difficult as after the birth of her fifth child, a son, Thomas, when she was temporarily paralyzed from a difficult labor. In 1840, Lucy took a three-year hiatus to get the children settled in schools in New England, while Asa stayed behind with his parishioners. In New England, daughter Lucy was confined to bed with an inflammation of the lungs. When she died her mother was grief stricken. She wrote, "I retired and was alone with God. A simple thought passed my mind. 'I will try to bear whatever he has laid upon me.'"

When she returned, her husband's flock had grown from 600 to 1,800 church members. She wrote, "Those who had lived in our family knelt around me, and wept aloud, bathing my hands with their tears. For several weeks, there was a continued series of calls, the kind-hearted natives coming by schools and by districts to welcome my return."

During a stint of illness, Lucy mistakenly took strychnine instead of quinine, which brought her near death. When she had recovered enough, she

returned to the U.S. for treatment, coming back to Hawai'i in 1851. The following year, a Honolulu doctor diagnosed her with breast cancer. Because of her earlier bout with paralysis, her Honolulu doctor performed a mastectomy without the use of chloroform, as he thought the pain killer might endanger her survival. Though she was nearly sixty years old and often suffered from ill health, she was destined to live another 21 years. Her son Asa died years before she did of an aneurysm at the age of 32. Her husband, after laboring for 40 years with the foreign mission service, retired, and the Thurstons moved to Honolulu to live with daughter Mary. Asa suffered a series of strokes which caused him to lose his memory, but not his love of prayer. He died March 11, 1868.

Lucy Thurston's last years were spent in Honolulu, but before she died of a heart disorder in 1876, just before her 81st birthday, she wrote eloquently to a granddaughter who was about to become a bride: "(In marriage), it is very beautiful to have two lives mingle and flow into one, producing a union of hearts. May you, in being introduced to a new name, to new friends and to a new field of action, become the light of your husband's house, the center of home, that sacred spot of love and harmony, of comfort, quiet and ease, that wealth alone cannot give, nor poverty take away." Lucy Thurston's light shown far beyond family boundaries and continues to inspire visitors to Moku'aikaua Church in Kailua-Kona, which was her home and her husband's parish for so many years.



Selected writings and portions of Lucy Thurston's journals quoted in this article were published in a book called The Life and Times of Lucy G. Thurston, S.C. Andrews, Bookseller and publisher, 1882, Ann Arbor, Michigan.

5th Annual Dolphin Days



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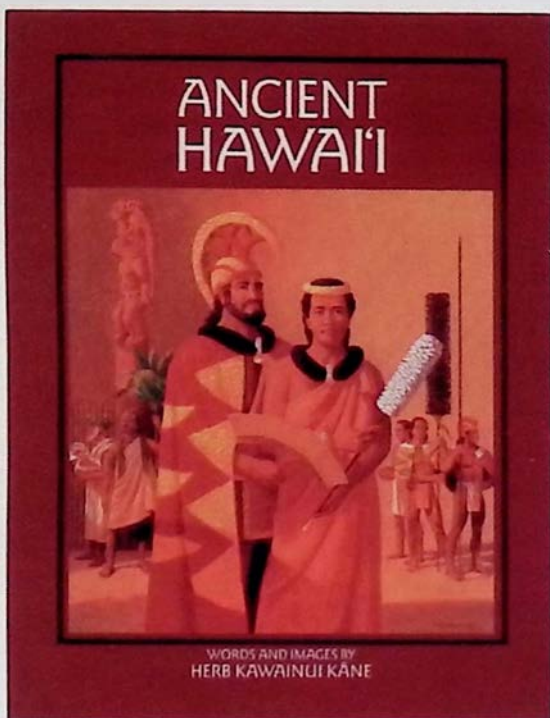


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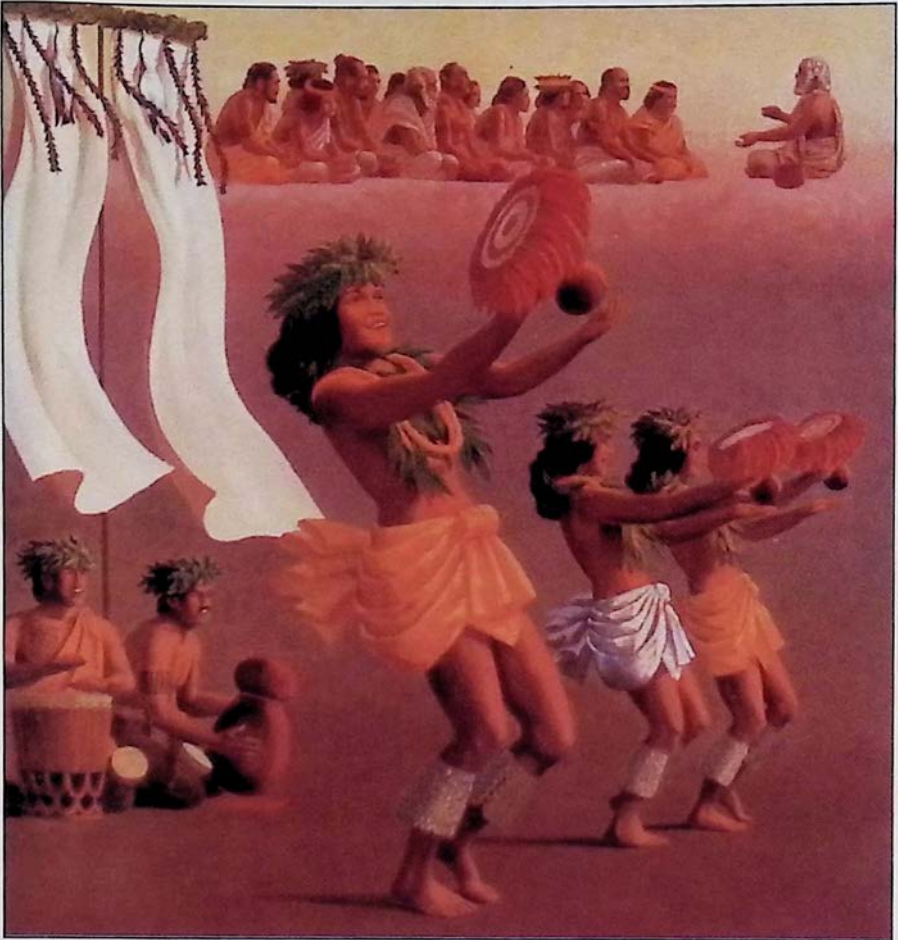
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New Book
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See the back cover of this magazine to order a signed copy of Herb's new book.



PERFORMING ARTS

an excerpt from Herb Kawainui Kane's new book, *Ancient Hawaii*

Performances of oratory, poetic chanting, storytelling, music, song and dance were created for religious purposes, to honor ruling chiefs and their family histories, and for entertainment. The *hula*, the most distinctive of the Hawaiian performing arts, involves dances accompanied by *mele* (music, song, and chanting).

The *hula* was performed by both men and women. Professional performers were trained in *halau* (studios dedicated to the art) under the strict discipline of recognized *kumu hula* (teachers of the dance and associated arts), and were supported by chiefly patronage.

Patron spirits of the *hula* were Laka, Kapo, Pele and Hi'iaka- spirits also associated with forests and volcanoes. Performers danced for these spirits as well as for their mortal audiences. Rituals were conducted on the platforms of *heiau* dedicated to the *hula*, but the *hula* was not a part of the rites performed at other temples. Many amateurs, chiefs and commoners, practiced the art and performed together. King Kalani'opu'u would join his dancers with great glee, participating well into his eighties. A chief who didn't recognize him remarked, "This performance would be enjoyable if it were not for that silly old man."

continued from page 19

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 picnicking or a relaxing snooze. It's no wonder that many tour guides around the Big Island tout Puna as the most scenic and rural area of the Big Island. Visitors are warned however that a prolonged stay in this Aloha time capsule may make leaving a very difficult task.

HILO & EAST HAWAII

When you talk about the old Hawaii, at least the one that hasn't been touched as much today by the long arms of commercialization and development, you cannot help but mention the East Coast on the Big Island. At the center of all this is old



KIRK AEDER

A peaceful Hilo park setting

town Hilo. Hawaii's second largest city is seeing a revitalization of spirit thanks to the effort of the Downtown Hilo Organization who is busy restoring and preserving the storefronts of this yesterday town. Aiding this effort are the wealth of new businesses occupying Hilo's old buildings.

Adding to this old Hawaii feeling is the daily **Suisan Fish Market Auction** and the **Hilo Farmer's Market** which is held every Wednesday and

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Places of Interest

One of two locations operated by **Cafe Pesto** is found in Hilo. The old S. Hata building which has been fully restored is now the home to one of the Big Island's favorite eateries. Cafe Pesto offers diners a Pacific-Rim Italian cuisine and uses fresh island ingredients in many of its selections. The owner/chef, David Palmer, constantly strives for perfection keeping his menu and nightly specials both contemporary and innovative. The restaurant also features a wood oven for firing the best pizza around. 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.



KIRK AEDER

Mighty and magnificent Akaka Falls

Saturday in Downtown Hilo. It's fun while walking around to think about what the city 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

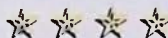
alongside the river to the Park where you won't have to walk far to see one of the area's most frequented sights. If you're lucky you will catch sight of a rainbow at the falls.

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 coastal scenic route. The lush ravines and botanical gardens are brilliantly picturesque along this coastal road and are well worth the detour.

LES DORNET

IN HILO

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Akaka Falls State Park and the village of **Hononu** 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 Hononu 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 Hononu.

HONOKAA- HAMAKUA

In the old days, during the earlier part of the twentieth century, it was quite a trip to cross the deep coastal ravines before reaching 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 travel up the Hamakua and Hilo coast to Honokaa where night life was king. A dance hall was even built above the Botelho building, the first car dealership in the town. That building now hosts a curio and antique shop but one can easily imagine what an average Friday night looked like at the Bohelho in the 1940's.

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



Waipio Valley river crossing

Sunday evening. If you decide going to a movie is not what you wanted to do on your Hawaiian vacation go for the feeling of nostalgia which is definitely present once you've found your seat inside the huge old movie hall.

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,

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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. Stop in and feel the pace of "local" Hawaii before heading on to Waipio Valley to the north or Hilo to the south

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.

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 paniolos still ride horseback and work the ranges.

Ranching began in this region of the Big Island after King Kamehameha appointed, in 1815, a young seaman named **John Parker** to

hunt and shoot the herds of wild cattle whose population had grown uncontrollably since their introduction to Hawaii in 1793. Parker, who accomplished his mission, managed to domesticate a herd of his own before marrying a Hawaiian chiefess. The marriage helped Parker to acquire the land that would later be used to found his 250,000 acre ranch in 1847. Today's existence of Parker Ranch as one of the largest ranches in the United States gives the outsider an idea of the magnitude of its size.

Today, the town of **Kamuela**, more often referred to after its district name Waimea, is a town that still surrounds itself with a ranching life-style. The brightly colored Victorian houses and shops, tidy yards filled with flowers and skeleton remains of wagons and wheels gives visitors the opportunity to see yet another sphere of the diversity of cultures that exist in Hawaii.

NORTH KOHALA

Following highway 270 north visitors will encounter a landscape filled with historical landmarks that include the original **King Kamehameha statue**, **Kalahikiola Church**, and **Mo'okini Heiau** which is regarded as the oldest pre-Western contact temple of worship. In the year 1758 King Kamehameha was believed

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. Along with Kohala Pacific Realty and also located in the historic Toyama building in downtown Hawi are Kohala Coffee Mill and As Hawi Turns. The **Kohala Coffee Mill** serves up "Kohala made" Tropical Dreams Ice Cream and a full line of espresso and cappucino drinks. Also featured are a full line of Hawaiian made pastries and gourmet gift items. Next door at **As Hawi Turns** visitors will find a full line of clothing made for the Hawaiian lifestyle, imported and local jewelry and hand painted eclectic silks. The store also carries many local crafts. Down the road a piece and heading towards Pololu Valley you will find **Jen's Kohala Cafe**, the newest addition to the North Kohala Coast. Jen's Cafe is a quaint little eatery located in beautiful downtown Kapaau, directly across from the statue of King Kamehameha. Jenifer and Chad Davis, the 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.

to have been born at Mo'okini. Also to be found in the North Kohala region are the remnants of a once thriving sugar industry of the 1880's which is still visible in the many old storefronts of Hawi & Kapaau towns.

When you're done visiting the towns of Hawi and Kapa'au, Highway 270 will lead you through North Kohala's fertile pasture lands, dense

forests, and ultimately to **Pololu Valley**, which offers one of the best scenic view lookouts on the island. If the road were to continue on past Pololu Valley you would eventually end up at Waipio Valley at the northern end of the Hamakua coast. Separating these two valleys are several other magnificent valleys accessible only by foot or horse. If you plan to hike beyond Pololu be



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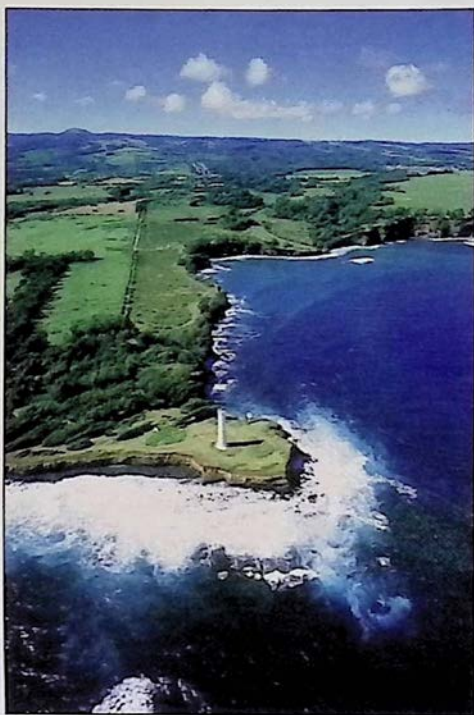
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KIRK AEDER



KIRK AEDER

*Left: The King Kamehameha statue is a landmark in Kapaau town
Right: An aerial view of the North Kohala coast from above the lighthouse*

prepared for a long trek and bring plenty of water and supplies. The trails are narrow steep and slippery and should not be hiked by amateur trailsmen. While driving along the coastline of North Kohala remember that if the skies are clear you may be able to catch a view of the island of **Maui** looming on the other side of the Alenuihaha channel, which separates Maui from the Big Island. Between the months of December and April visitors are almost guaranteed a **humpback whale** sighting off the coast of North Kohala. This region of the Big Island is a particularly favorite spot for our migrating friends from the north.

Come and enjoy this peaceful region of Hawaii. You will be amazed at the ancient and modern wonders it has in store for you.

KOHALA COAST

Almost always under bright sunny skies the Golden Kohala Coast of the Big Island of Hawaii has for years been the tropical playground of not only ancient Hawaiian royalty but contemporary vacationers from around the world. The Kohala coast which hosts many important historical sights is also home to one of America's most highly rated public beaches, **Hapuna Beach State Recreation Area**. Hapuna's long white sand beach, rolling surf, clear skies, and accessibility make it a popular destination for many island guests. Among the ebony lava fields that comprise the Kohala Coast landscape are several world renown championship golf courses. From the air or from a distance the green fairways that blanket this rugged terrain soften its landscape. And, because of the Kohala coast's perfect sunny weather the courses are

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 owner/chef David Palmer constantly strives for perfection with his innovative style. From calzones to pizza and mouth watering pastas the ingredients are island fresh. Prices are reasonable too so you have no excuse to miss the Cafe Pesto experience.



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 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



COURTESY OF HILTON WAIKOLOA VILLAGE

The Hilton Waikoloa Village plays host to one of the finest golf settings along the majestic Kohala Coast.

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. And it should be added that this petroglyph field runs along side the golf course so keeping a third eye out for flying golf balls would not hurt.

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 are treated like royalty on the Kohala coast.

Big Island Lodging

HAMAKUA REGION

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

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HILO REGION



Hale Kai B&B Innkeepers: Evonne & Paul Bjornen, 111 Honolii Pali, Hilo, HI 96720 **Ph: (808) 935-6330 Fax: (808) 935-8439**

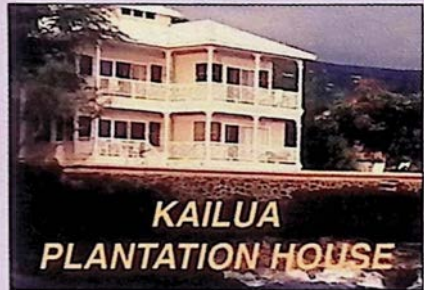
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KONA REGION



Kailua Plantation House Innkeepers: John Stroch and Donna Stonerock, 75-5948 Alii Drive, Kailua-Kona, HI 96740. **Ph: (808) 329-3727**

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VOLCANO REGION



Kilauea Lodge Innkeepers: Lorna & Albert Jeyte, P.O. Box 116, Volcano, HI 96785. **Ph: (808) 967-7366 Fax: (808) 967-7367 email: stay@kilauea-lodge.com**

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Today, coffee pickers from Mexico help local farmers to hand pick the ever increasing Kona coffee crop. Miguel A. Meza Mozqueda is pictured here.

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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.

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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.

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Coffee Times

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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, Yellow Caturra and Typica.

100% Maui Moka

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

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100% Maui Red Catuai

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

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

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

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

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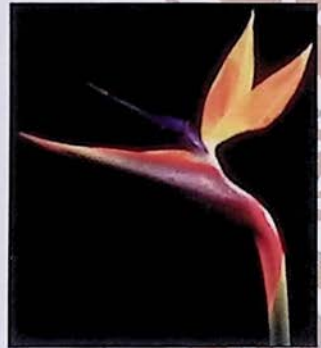
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100% Kona Macadamia Nuts draped in rich gourmet dark chocolate.

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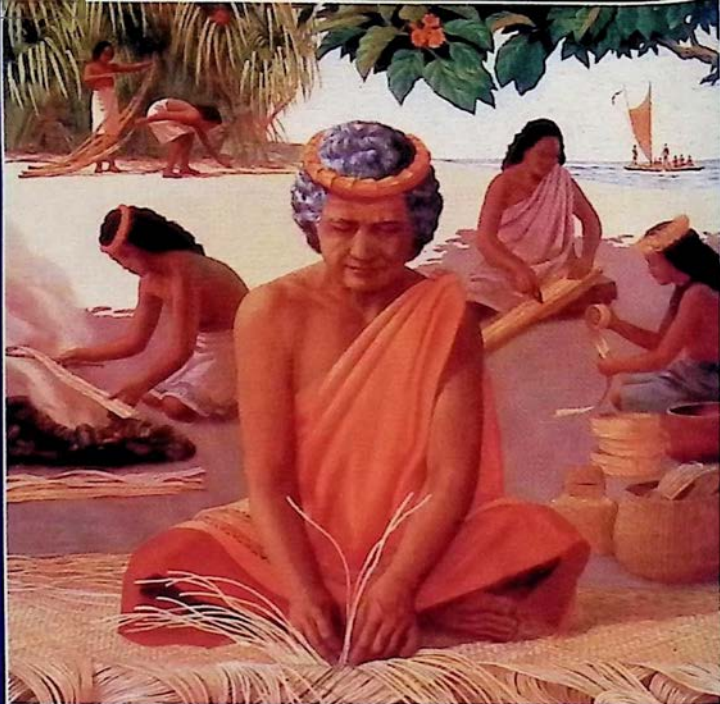
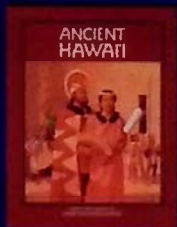
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