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photo by Nathalie Walker

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a message from our ceo



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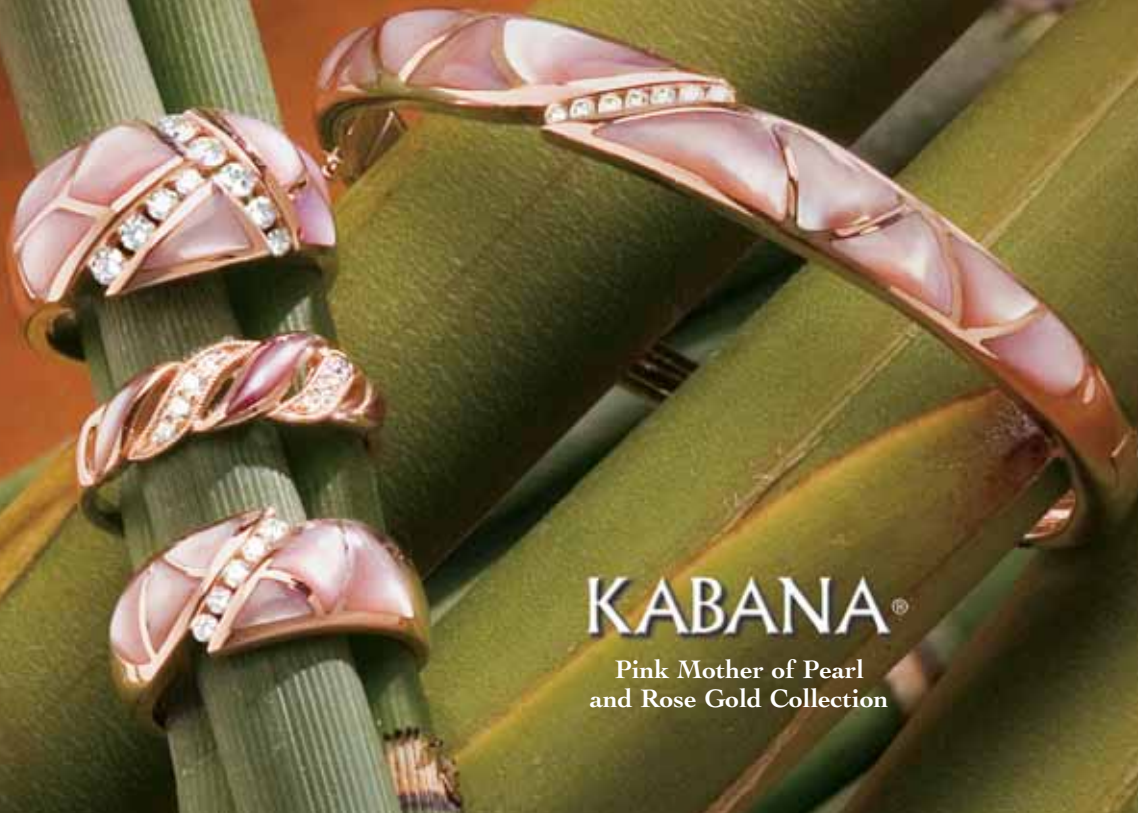
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editor on the go!



Horseback riding on Kaua'i

photo courtesy Princeville Ranch Stables

Here we go again with the September-October issue of *iflygo!*

Autumn is one of my favorite times to live in Hawai'i because as we see temperatures dropping on the Mainland and people at televised football games beginning to bundle up, here in the Islands we continue doing the same things we did all summer.

Nothing keeps the summer alive like surfing, riding a bike or playing golf. So we head to Waikiki for the Duke's OceanFest, honoring the memory and legacy of Duke Kahanamoku, the man who grew up in Waikiki and later introduced the world to surfing.

And we show you where to rent a bike and some cool places to pedal it, and fly to Kaua'i to play one of the toughest golf holes in the Islands at a course called the "Pebble Beach of the Pacific."

While on Kaua'i, we visit Princeville Ranch to go horseback riding. Hawai'i has a long and proud history of paniolo (Hawaiian cowboys), and it's in that spirit we saddle up and ride out.

We also take to the air above O'ahu's North Shore in a glider plane. They don't serve appetinis as they do aboard *go!* flights, but it is a great way to take in the majestic beauty of the North Shore at a relatively low altitude.

On Maui, we visit a lavender farm that is producing all kinds of health and beauty

products. Lavender is a wonderful crop mostly because it looks so pretty, smells so good and has so many practical uses, and also because it is drought-resistant.

And on the Big Island, we stop by Volcano Winery to do some tasting. No, it's not exactly Napa or Sonoma, but it's fun, and the wines are quite tasty.

Then there is our cover subject, rock legend Alice Cooper, whose Island ties include a restaurant at Wailea, Maui. Alice is the guy whose hits include *School's Out For Summer*. Sorry, kids, school's back in now, but there are still weekends for all this endless summer fun.

Speaking of restaurants, food is a huge part of Hawai'i culture, so we check out mom-and-pop places for a great breakfast in Honolulu, arguably the best Italian restaurant in town (where the ambiance includes a reproduction of Sistine Chapel paintings) and go out with master sommelier Roberto Viernes for an exquisite wine dinner.

We also try out a new spa, go shopping for pearls and meet Island songbird Amy Hanaiali'i.

To paraphrase the old song, I do love Hawai'i in the autumn.

Don Chapman, Editor-In-Chief
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Duke's OceanFest

Surfing for a good cause

Story by Gary Kewley • Photo by Jim Fulton

Aloha Surfers and Beachgoers,

The seventh annual Duke's OceanFest rode the spirit of aloha Aug. 17-24 on the world's most famous beach. The energy rose exponentially as 20 separate events took place on land and mostly on sea. The "spot" was — as always — Queen's Surf at Waikiki, and sweet luck was bestowed upon the competitors. Nearly all week Mother Nature delivered waist- to head-high waves — and finished off even bigger the final few days! The weather was pure Hawaiian "*da kine*" (the best). Local *kama'aina* and guests from all over planet Earth "dropped in" for some of the action.

Our ambassador of aloha, Duke Paoa Kahanamoku, our beloved father of international surfing, Olympic champ and Hawai'i icon, must have been proud looking down upon his favorite beach. From the beautiful opening ceremonies on the great lawn of Hilton Hawaiian Village to the Waikiki Lei Parade and everything in between, Duke's smile and spirit would be felt.

For starters, imagine one of Waikiki's greatest beach boys for more than six decades, Rabbit Kekai, and his 250 keiki contestants playing the same game with the same stoke that he did as a child. Or the ever-amazing tandem teams holding up the tradition of beauty, agility, strength and teamwork. What about the deep heritage of canoe paddling perpetuated in Lanikai Canoe Club's 41st annual Duke Kahanamoku Classic from Kailua to his Waikiki Beach? Or the tsunami resurgence of the Stand Up Beach Boy Paddling (SUP), where the surfers never (ideally) sit down or fall off? You can't forget the best long-boarders of today or yesteryear as they



Tandem surfing at Duke's OceanFest

hang five and 10 to victory.

Nor can we overlook some new additions to Duke's OceanFest — one being our young talents who dream of traveling the world tour someday. But they had to prove themselves in the Macy's E-Series Junior Pro qualifier for the worlds in Australia January 2009.

One beautiful inaugural event was the AccessSurf Challenged Athlete Division. These are truly brave, amazing athletes who overcome the odds of muscular dystrophy, quadriplegia, paraplegia or amputation to surf their hearts out.

We can't leave out the basics — the fun one-mile swim keeps Duke's three gold medals shining bright. Nor can we leave out the dry land events like the Corona Beach Volleyball or the Great Hawaiian 105 KINE Luau. Indeed, *ono* food, Hawaiian slack key and song filled the night air at the Waikiki Shell. It was all good.

So much of Duke's legacy is aloha. Though a superb competitor and ath-

lete, he was always giving of his boundless Hawaiian soul. Family and friends having a good time sharing the good life — the true basics — always there, coming in first place.

Thanks to the Duke Foundation for all it does in giving back to Hawai'i's young athletes. This is the first purpose of Duke's OceanFest. And just like for Duke, winning comes naturally — more than \$200,000 is awarded annually, thanks to individuals and organizations perpetuating the spirit and legacy of Duke Kahanamoku. A million *mahalos* to each of you.

To go deeper, log on to www.duke-foundation.org or call 545-4880.

I'll see you in the lineup and at Hawaii's No. 1 surf website: surfnews-network.com

Aloha,
GQ, dropping in 4 U!

Gary Kewley is CSO (Chief Surfing Officer) of surfnews-network.com, bringing Hawaii the surf report for more than 30 years.

Poipu Bay Resort Golf Course No. 16

By Don Chapman • Photo courtesy Poipu Bay Resort Golf Course

The ancient Hawaiians had a gift for fecundity in giving place names, and they got it just right with Poipu on the sunny southern coast of Kaua'i.

Poipu means “crashing,” as in the crashing of waves on the shore. As you play the four closing holes at the Poipu Bay Resort Golf Course, the sound of crashing waves immediately to your left is a constant presence. The rhythmic rumble of surf on rocks, a soothing sound in almost any other context, here beats out an anxious warning to golfers: Don't hit it left!

That's just part of what makes the par-4 16th hole at Poipu Bay one of the toughest golf holes in Hawai'i.

Together, 15 through 18 at Poipu Bay are the best four finishing holes in the 50th State. Each is a gem. But the 16th is the best and brightest. It is also the most difficult among the final four at Poipu.

Robert Trent Jones Jr. is the architect who created Poipu Bay, and his ingenious routing of holes is a large part of what makes Poipu such a pleasure to play. You can see the closing holes from the clubhouse and from nearly every hole on the course. The emerald strand along 150-foot red sea cliffs seems to glimmer as it rises out of a soft, salty mist. For the first 14 holes, the final four loom. They beckon. They await.

The 14th, a tough, uphill par-5 that plays into the prevailing trade winds, sets the stage as it rises to an ocean bluff.

Then the course turns back to the clubhouse with the trade winds at your back. The 15th is a short, straightforward par-4. The view from the elevated tee, with the closing holes stretching out along the shore and the tasteful green-tiled Grand Hyatt Kaua'i in the distance, is one of the loveliest vistas in Hawai'i. For wearers of eyeglasses, this is a good time to wash off the salt spray. But the 15th is just prelude.

Standing on the elevated tee of the 16th hole — a dogleg left par-4 that plays 501-472-432-383 yards, depending on tees — the view is even more breathtaking. You wouldn't be the first golfer to gasp out loud. An ancient lava rock wall has been preserved and runs down the left side of the fairway, parallel to the cliff. Behind the green, white sandstone bluffs rise out of the sea and beyond that, wild dunes. If the natural scenery doesn't get you, Trent Jones Jr.'s design will. With the ocean on the left, Jones put a lake on the right side to catch sliced drives.

This is by far the longest par-4 at Poipu. As the 16th swings along the cliff, the fairway slopes gently but persistently toward the sea. The trade winds also will urge your ball that way. Following the contour of the cliff as it sweeps downhill, the fairway abruptly narrows to just 25 yards. Long hitters can drive



the ball through the fairway on the left side and onto an ancient fishing heiau, or temple. The temple, a rocky platform beside the sea, is kapu, taboo. (To trespass in quest of a lost Titleist is to invite bad luck, and by virtue of having hit your ball there you've probably had plenty already.) A long sand bunker on the right side of the fairway further narrows the landing area.

At this point — 130 yards from the green — the fairway turns left and Jones turns diabolical. The last 130 yards are slightly uphill, with the lava rock wall running up the left side and another bunker about 50 yards from the green on the right side. At the front of the green, the lava wall gives way to a hedge of bougainvillea, Hawai'i's answer to Scottish gorse. The hedge, erupting with brilliant purple blossoms, is trimmed in the precise shape of the wall, which gives a pleasant visual continuity.

The 16th's multi-undulated green is the largest at Poipu Bay, 67 paces from front to back. When the pin is set at the back of the green, you might need three or four more clubs than when it is cut at the front. The green is just 25 paces wide at the front, between the rock wall and a deep bunker. Following the curve of the cliff toward the sea, the green expands to 45 paces wide at the back. An unseen bunker lurks behind the green to catch too-aggressive approaches. The view from the green, looking back at the red sea cliff you've just left, is perhaps even more dramatic than from the tee.

details

Poipu Bay Resort Golf Course
2250 Ainako St.
Koloa, HI 96756
(808) 742-8711
www.poipubaygolf.com

Easy Riding

Switch into cruise control with a bicycle spin around the Islands

By Sarah Pacheco



One of the best ways to appreciate Hawai'i's beauty and diversity is on a bicycle.

And businesses on each island make that easy by offering bike rentals — beach cruisers, mountain bikes or road bikes.

The cost is about \$15 for an ungeared cruiser at Coconut Cruisers in Waikiki or West Maui Bikes in Lahaina, as just two examples. Road bikes cost about \$30 a day. Multi-day or week-long rates are also available, with a full week for as low as \$69.

Some rental companies offer guided tours, and all can point you in the direction of fun and scenic paths and trails.

On O'ahu, the Hawai'i state Department of Transportation's Highways Division also provides 10 road routes that, if you complete each of them, would take you around the island. (www.state.hi.us/dot/highways/bike/oahu/index.htm)

On Kaua'i, Outfitters Kaua'i offers a cruise from Waimea Canyon at 3,600 feet elevation down to the sea. On the Big Island, Volcano Bike Tours offers a similar cruise with the possibility of seeing red-flowing lava along the way. So why bike?

"The numerous health benefits attributed to bicycling span health, environment, economic, transportation and community issues," says Mitchell Nakagawa, executive director of Hawai'i Bicycling League (HBL). "Specific to individual health, bicycling, combined with balanced nutrition, can strengthen your heart and muscles, lower blood pressure and improve lung capacity and joint flexibility."

And to paraphrase the novel *Zen and The Art Of Motorcycle Maintenance*: Traveling in a car is like watching a movie. Riding a bike is like starring in the movie.

While there is no stress-impact on your joints with cycling, that is not to say there are no risks of injury involved. Nakagawa states that a bulk of injuries and accidents occur when cyclists do not pay attention to their surroundings or fail to wear the proper safety gear.

"We see a lot of head traumas; wearing a bicycle helmet would be a safe and prudent thing to do," he advises. "A good thing to have is a bike light or proper reflective gear. In Hawai'i, we actually have a law that states you must have your bike light working 30 minutes after dawn and before dusk."

Most rental companies provide a helmet as part of the package. If they don't, rent one.

Another key safety tip for cyclists is to ride single file in the apportioned bike lanes. If you must overtake a slower rider, make sure to look back behind you to see if the traffic is clear and announce that you are about to pass by saying "on your left."

"Be safe — choose bicycle routes and paths that you are comfortable on, ride with more experienced bicyclists and follow the rules of the road," Nakagawa says. That means making smooth, slow changes in direction, pointing where you plan on going when in a group, and using hand signals when slowing or turning. And just because you're on two wheels

instead of four, the rules of the road still apply. Stop at all red traffic signals, yield to pedestrians in crosswalks, always avoid "right hook" situations and do not cross over into car lanes.

Here are more safety tips to consider before you put the pedal to the metal:

Carry a spare tube that fits your bike as well as a patch kit and a CO2 cartridge or mini-pump. If your bike gets a flat during a ride on the open road, you'll be prepared to fix things up and get back on your way.

"If you plan on bicycling longer distances, make sure someone knows where your headed," Nakagawa adds. "Your local bike shop can help you with the essentials and making sure your bike is properly tuned."

- Wear protective eyewear, such as sunglasses or goggles. Not only will harmful UV rays be banned, your peepers will be shielded from debris, too.
- Appropriate riding gear — helmet, gloves, shoes, even your bike should be properly fitted to your unique specifications — and sunscreen are other essentials for the smart biker.
- Keep your eyes on the road for potholes, broken pavement or other hazards.
- Stay well-hydrated and energized.
- Plan the mileage goal that you want to accomplish ahead of time, but be prepared to modify that goal along the way. "Bicycling in Hawai'i provides the opportunity to connect with and experience the beauty of our 'aina and community in a healthy way," says Nakagawa. "Whether cycling to the store, school, with friends, or simply to put a bike to use after years of lanai resting, bicycling can be invigorating, fun and refreshing."

pampered



A therapeutic massage awaits at Mandara Spa

Divine Relaxation

Eastern and western influences combine for a heavenly spa experience

By Terri Hefner • Photos courtesy Hilton Hawaiian Village

Before I knew it, it was over.

Not that my two very professional Mandara Spa therapists, Matt and Melissa, cut short my Four Hand Massage. But I was so wrapped up in the experience that I couldn't believe my 50 minutes were up.

A Waikiki landmark, Hilton Hawaiian Village is a big, bustling resort that hosts not only visitors to the Islands but also many large venues such as weddings, banquets, meetings, parties, seminars and other functions. There's a lot going on here.

But there is an oasis amid all the

hustle and bustle — up on the roof.

Mandara Spa, the largest spa in Waikiki, incorporates Polynesian beauty concepts with Asian, Western and European methods with attentive Balinese-style service. According to the spa's extensive menu, which offers everything from facials and wraps to hair and scalp conditioning and a variety of massages: "The name Mandara comes from an ancient Sanskrit legend about the gods' quest to find the elixir of immortality and eternal youth. With roots in Bali and Indonesia and influences from North America, our

exotic spa treatments reflect the beauty, spirit and traditions of both Eastern and Western cultures."

Facilities include a private mosaictiled outdoor pool, whirlpool and sun terrace. Locker rooms are equipped with a relaxation lounge, complete with ice lemon water and fresh fruit, Western- and Japanese-style showers, sauna, steam rooms and an indoor whirlpool. The full-service salon offers hairstyling, manicures and pedicures, and other beauty treatments.

The spa can accommodate a large number of guests with its 25 wet and dry



Couples massages also are available at the Mandara Spa

spa treatment rooms, many featuring an outdoor lanai, as well as spa suites for duet massages, body wraps and other treatments.

Signature services include Miracle Micro-Therapy, a safe, natural microdermabrasion system; Elemis Visible Brilliance Facial, a two-phase amino active mask and exotic cream moisture mask; Elemis Aroma Stone Therapy, one of Mandara's most popular treatments, is a massage "designed to melt away muscle tension and calm the spirit"; and Exploration in Chocolate (oh, yes!), an indulgence just for two. Tempted?

But I was there for the Mandara Four Hand Massage, a blend of five massage styles including Swedish, Lomi Lomi, Balinese, Shiatsu and Thai. It came highly recommended, and now I know why. After changing into my robe and slippers, I was invited to relax in the above-mentioned outdoor sun terrace, which was breezy and comfortable.

Soon the attendant arrived to escort me down to the large, treatment room lobby area, where I was again invited to relax. The space smells divine and is attractively furnished with comfortable chairs and Island-style artwork reflecting its Balinese influence, and the walls are lined with shelves featuring Mandara's exotic Elemis line of skin care and aromatherapy products, including Mandara favorites Devil's Mint Body Scrub, Exotic Island Flower Body Balm, Exotic Lime and Ginger Body Glow, Frangipani Monoi Oil, Intensive Hand Repair, Pure Retreat Bath Soak, Sharp Shower, Skin Nourishing Milk Bath, Time To Bathe, Vitamin Rich Body Lotion, as well as massage oils, sun care products, gift packages and more.

My two therapists arrived, introduced themselves and led me to my treatment room, where they offered me a choice from four aromatic essential oil combinations that would be massaged

onto my skin. Actually I could call Matt and Melissa choreographers, as they worked expertly and gracefully in harmony, rubbing, kneading and massaging my body from head to toe. While one worked the top of my body, the other massaged my feet and legs. Then they each took a side and worked in unison up and down my body. I could feel the stress melt away. This is definitely a case when two is better than one. I nearly fell asleep and was startled when they whispered that the treatment was done. My 50 minutes of pure indulgence seemed to fly by.

Following the treatment, I was invited to remain as long as I wished to enjoy the amenities of Mandara's rooftop oasis in Waikiki.

details

Mandara Spa
Hilton Hawaiian Village
2005 Kalia Road
Honolulu, HI 96815

Café Sistina

A taste of Italy in the heart of Honolulu

Story and photo by Don Chapman

If a trip to Italy is on your dream vacation list, but the immediate prospects of actually getting to see, say, the Sistine Chapel paintings by Michaelangelo are dim, may we suggest a pleasant alternative?

It's Café Sistina on Honolulu's South King Street, located in the First Interstate Building just *ewa* of Keeaumoku.

"Really, I'm an ambassador, representing Italian food and culture," says Sergio Mittrotti, the owner-chef who is a native of the northern Italian city of Turin, site of the 2006 Winter Olympics. "And I do this out of love, for my country and for the people of Hawai'i. Many of the dishes on the menu are from the kitchens of my grandmother and mother. This is authentic."

Indeed, Café Sistina is as much a feast for the eyes as for the stomach.

Although when my son Kai and I walked through the door recently, it was the noses that were first impressed.

"Wow, smells good in here," he said.

Inside, the eyes have their fill with recreations of Michaelangelo's frescoes on the ceiling of the Vatican's Sistine Chapel, painstakingly and lovingly painted here on walls and ceiling by Sergio himself over the past 16 years, and with remarkable skill.

Trained in Italy as a graphic artist, he certainly has an eye for visual dramatics. In fact, it was Sergio who, in a previous incarnation while working at his brother's haberdashery in Beverly Hills, created the fashions for TV's *Miami Vice*, which gave the hit show its distinctive look.

At Café Sistina, that carries over to the visual presentation of dishes. Such as the



Lobster ravioli

Lobster Ravioli in a pink butter vermouth sauce with chopped shrimp — as delightful to see on your table as to taste.

But there's more to art than the visual. It must come from the soul.

"When I cook for you, it comes from here," Sergio says, tapping his chest. "For Italians, cooking is spiritual." He adds with a laugh, "Maybe that's why I created a chapel in here."

And what culinary creations we were able to enjoy over a two-hour lunch.

It began with warm bread, lightly crusted and soft and chewy inside, that my son called "the best bread ever," served with pesto butter and/or olive oil and Balsamic vinegar.

Lunch seriously began with the aforementioned Lobster Ravioli (\$17.50). After one bite, Kai and I just looked at each other: How can anything taste this good, or this different? It comes from the third of the menu's three sections, "Cutting Edge: My own original signature dishes."

From that we also sampled Opakapaka Mediterranea (\$17.50), oh-so-tender filets sauteed in tomato sauce with Kalamata olives, capers, basil and fresh tomatoes over fettucine. For a young man just learning to appreciate fine food and for the veteran food writer alike, the first taste was a moment to remember.

The menu's other sections are "Classics: From my Grandma's kitchen" and "Contemporary: From my Mother's kitchen, contemporary home creations." Sergio also has a specials menu, albeit an unusual one.

"My specials last for months," he says. "What happens is, if I add one of the

specials to the regular menu (about 45 dishes), then I have to take something off, because I don't want to end up like the Chinese restaurants with 150 things on the menu. And every time I try to take something off the menu, people complain. I even get people coming in asking for dishes I cooked 20 years ago at Café Cambrio."

From the specials we sampled Margues Funghi E Polenta, spicy Moroccan lamb sausage with imported forest mushrooms and spinach in a saffron sauce over polenta (\$16.25). Polenta, Sergio says, is a staple of northern Italy, but seldom used in the south. That's what I'm ordering the next time I go back, although the Risotto Nero Alla Veneziana (\$15.75), black squid ink-flavored risotto with calamari and chopped clams, is also tempting.

All of this was washed down with a couple of glasses of fine Chianti.

For dessert, we traded bites of Italian ices, lilikoi and Giandui, a hazelnut and chocolate combination that is a Turin specialty. Excellent, sweet and refreshing.

Leaving, marveling again at the fantastic wall paintings, wonderful tastes and the relaxed ambiance — each of them Sergio's creations — and at how content we felt, we had to agree with something Sergio had said earlier:

"You won't find anything like this anywhere else in America."

You'd have to go to Italy.

details

Café Sistina
1314 S. King St.
(808) 596-0061

Le Bistro

The elegant O'ahu restaurant boasts scrumptious wine and cuisine

By Roberto Viernes

Photo by Jo McGarry

With a name like Le Bistro, you expect the food at this restaurant in O'ahu's Niu Valley to be French-flavored. And you'd be correct. But at Le Bistro, it is even more than just French Bistro cuisine — it is a reflection of chef/proprietor Alan Takasaki's life experiences.

And, boy, what a voyage it has been! Takasaki trained in the world's great culinary destinations, beginning in New Orleans, then to New York, Los Angeles, Brussels and France, finally home to Hawaii with a load of knowledge. On this route around the world, he was influenced by great chefs, including Joaquim Spichal at the Regency Club in L.A., Andre Daguin in Gascony and Le Bernadin in New York. His talents are solidly based on French cuisine and technique, with a nod toward Mediterranean basin cuisine as well.

For starters, we were literally basted with an awesome yet traditional Escargot de Bourgogne with Garlic, Parsley & Olive Butter. These are the absolute best escargots I have had outside of Burgundy. They were tender, drenched and filled with flavor. A vivacious glass of 2006 Michel Barraud Macon Villages "Les Pierres Dorees" Vieilles Vignes was more than ample to cleanse the butter from my palate.

I am a foie gras lover, and the Hudson Valley Foie Gras "En Petite Daubiere" with Caramelized Quince Gastrique was a piece of heaven. Served with brioche, poached peach and caramelized onion, this was completely decadent yet balanced. Each item on



Beef cheeks with arugula, heirloom tomatoes and Maui onion

the dish separately was delicious; put together they were greater than the sum of their parts — absolutely brilliant! A glass of 2007 EOS Winery "Tears of Dew" Late Harvest Muscat showed beautifully with a lychee, grapey, flowery nose and with enough sweetness and richness to buffer the foie gras.

One of the specials of the evening that we were lucky to taste was a Braised Filet of Fluke with Truffled Salsify and Poached Oyster. This dish was so good, it reminded me of a dish I had in a three-star Michelin Restaurant in Burgundy just two months earlier. The Fluke was so soft and the sauce light, but decadently intense. With it I tasted three different white wines. But guess which one went best? You got it, Michel Barraud Macon-Villages — amazing!

Not done yet, we anchored our dinner with the Rack of Colorado Lamb, Garlic & Thyme Jus. The presentation had a twist with the loin already cut from the bones along with a Lamb Meatball and Potatoes Dauphinoise. Again, perfectly done — the lamb was moist and juicy and wonderfully flavorful. A glass of 2006 Kermit Lynch

Cotes du Rhone, a blend of Grenache, Syrah and Cinsault, burst from the glass with huge berry notes laced with spices and herbs that married perfectly with the lamb.

At this point the "delicious meter" was past high. So why stop there? Dessert here comes with no regrets. The Almond Crusted Berry Tart is simply awesome! Made with a blend of pluots, blueberry, peach, plum and raspberries with a flaky bottom served with lemon mascarpone, it is not to be overlooked.

This is a top address for gourmet connoisseurs as well as anyone who is looking for a terrific meal. And with Takasaki's elegant wife, Debbie, handling the casual yet attentive service, you are sure to have an awesome meal at Le Bistro.

Roberto Viernes is an O'ahu-based master sommelier.

details

Le Bistro
5730 Kalaniana'ole Hwy.
Honolulu, HI 96821
(808) 373-7990

Sunrise Sensations

Start the day off at O‘ahu’s best breakfast spots

Story by Susan K. Sunderland



Tasty breakfast dish from Grand Cafe and Bakery

photo by Leah Ball

Whether you're a kama'aina enjoying a "stay-cation" or a first-time visitor to the Isles, breakfast can be a special part of your activities. Don't dismiss that morning meal with a meaningless muffin. Look for somewhere special to have breakfast, and savor the quality time with loved ones before scattering off to the beach, shopping malls or hiking trails.

Islanders are early risers. We can't wait to get goin' to beat the sun or traffic. That means we're ready for a meal at the crack of dawn. Breakfast tends to be the least-expensive meal of the day anyway, so why not do it right and experience some great food finds at the same time?

Here are some "sunrise sensations" worth seeking on O'ahu.

Boots & Kimo Homestyle Kitchen.

Home of the original macadamia nut pancake sauce. Even Betty Crocker couldn't pry the recipe from Kimo for his

fabulous pancake syrup. But that shouldn't stop you from enjoying the creamy, tasty sauce atop fluffy pancakes, waffles or French toast (from \$6.95). Full breakfast menu and local lunch plates also are available at this popular neighborhood spot. Denver Bronco fans especially welcome. **131 Hekili St. Kailua. Call 808-263-7929.**

Cinnamon's.

This is a breakfast stop that's a people magnet on the Windward side. The Carrot and Raisin pancakes (from \$5.89) are sensational. Delicate cinnamon-flavored batter is dotted with sweet raisins and topped with freshly shredded carrots and Cinnamon's own cream cheese. Guava Chiffon and Corn Pancakes with Blueberries (from \$6.29) are best-sellers as well. **315 Uluniu St. Kailua. Call 808-261-8724.**

Jack's Restaurant.

They come from far and near for Jack's Special Biscuits with honey butter (\$1.25 each). Have it a la carte or complement your morning meal, like Griddle Cake Omelet (\$6.50), with this melt-in-your-mouth delectable. Jack's serves more than 150 hot biscuits per day, and we can taste the reason why. **820 W. Hind Drive, Aina Haina Shopping Center. Call 808-373-4034.**

Grand Café & Bakery.

Located in the former Wing Coffee Building (circa 1916), the food and recipes of this establishment reflect Honolulu of the early 1920s. Signature breakfasts (from \$6.25) include Grand Café cured Corned Beef Hash, Bananas Foster French Toast with scoop of vanilla bean gelato, and Apo's Salty Pancakes, a Chinese household favorite with ham and green onions. **31 N. Pauahi St. Chinatown. Call 808-531-0001.**

Liliha Bakery.

This is the home of iconic cocoa puffs and hefty pancakes (from \$2.99) that are so good they sell the batter in take-home cartons. If you're lucky enough to rate a stool at the



Cocoa puffs from Liliha Bakery

photo by Leah Ball

meal counter, you can watch these famous hotcakes come fresh off the griddle. Top it with maple or coconut syrup to sweeten the deal. Open 24 hours; closed on Monday. **515 N. Kuakini St. Call 808-531-1651.**

MAC 24-7.

Its platter-sized Mac Daddy Pancakes (\$14) are legendary and a feast for the eyes and stomach. Kona Coffee Mocha pancakes come dripping with warm butter caramel, and the famous Elvis — thank you very much — is a novel creation with bacon bits. Oh, and did we mention the Pecan Praline French Toast (\$11) and Killer Cupcakes (\$6)? Round-the-clock operation. Hilton Waikiki Prince Kuhio. **2500 Kuhio Ave. Call 808-922-0811.**



Blueberry cream cheese scones from Diamond Head Market

photo by Susan Sunderland

Diamond Head Market.

Chef-owner Kelvin Ro's one-stop spot is a plate-lunch place, a gourmet market, a deli and bakery, and it's an espresso bar, too. It's five minutes from Waikiki hotels and a stone's throw from Diamond Head. A take-out window offers breakfast plates from 6:30 a.m. including the best fried rice in town. But it's the blueberry cream cheese scones (\$2.75) that will win your heart. They're one of a kind, and you'll find them only at **3158 Monsarrat Ave. Call 808-732-0077.**



photo by Susan Sunderland

great omiyage . . .

Omiyage - (n.) Japanese word for souvenir gifts brought home from a business or pleasure trip. (v.) Don't go home without it.

Som' Good Seasonings.

Alae is the traditional Hawaiian table salt used to season and preserve. Alae salt is non-processed and rich in trace minerals, all of which are found in sea water. Som' Good Seasonings combines this unique Hawaiian salt with a special blend of all-natural spices — regular, spicy, hot, Cajun — to bring the flavor of the Islands to food preparation. Try it in stir-fries, soups, stews and barbecues. Seasonings are offered in individual containers of 4 ounces, 6 ounces, or 1 pound; also available in gift sets. Find these sauces and salts at Executive Chef, Pat's Island Delight, Tamashiro Market, Yama's Fish Market and at the Kapiolani Community College Farmers Market on Saturday mornings. www.somgoodhawaii.com. **Call 808-843-2433.**

Of music and motherhood

Singer Amy Hanaiali'i pays homage to her life's passions

By Melissa Moniz



It's uplifting to hear a woman of Amy Hanaiali'i's stature and worldliness mention that her most amazing life experience is being a mom. It makes my weekday existence at a desk feel less applicable to my contribution to the world because, hey, I'm also a mom.

So as I sit here, not traveling the world, I realize there's another commonality I share with Amy — our passion to share our words and ideas with anyone willing to listen (or, in my case, read).

Amy, just back from Japan, has spent her musical career pursuing a purpose. Whether it's perpetuating the Hawaiian language, sharing the Hawaiian culture or relaying a message of love, Amy says that nothing she sings is “fluff.”

“Because I'm a cultural entertainer, I sing to people in a different way,” says Amy. “I can't just find a song and sing it — I need to have some kind of tie to it. I need to be able to identify the song with the audience or myself.”

Amy's latest album, *'Aumakua*, which is done half in Hawaiian and half in English, is a personal piece that ties together many of the elements upon which she has built her musical career — her family, her spirituality and the Hawaiian culture. Its title, *'Aumakua*, means “family guardian.”

“We specifically chose each song to represent an *'aumakua*,” says Amy. “The title track is *Have You Ever Seen The Rain?*, which is John Fogerty's song. The reason I chose that as the title track is because rain is my family's *'aumakua*. We were all born on a rainy day. My tutu passed on a rainy day. Madeline was born on a rainy day. An *'aumakua* is an embodiment of the spirit.”

The album includes tracks such as *Kahalaopuna*, which tells about how the princess of Manoa was raised by her

'aumakua, and *Ka Makani Ka'ili Aloha*, which represents the man in Kipahulu who asked his *'aumakua* to bring his wife home.

“*Uale'a O Ka Mahina*, which is my daughter's name, was written for my daughter,” says Amy. “A very dear friend of mine, Kalehua Krug, who is in the group Pilioha — they traveled with me to Tahiti last year — he met baby and just loved her. So I asked him if he would be interested in helping me write a song for her. So he wrote the lyrics and I wrote the melody to it. It's a beautiful song.”

As the granddaughter of Jennie Napua Woodd, whose many credits include being the choreographer on all of the major Hawaiian motion pictures in the 1930s and '40s, Amy was always very much

aware of the entertainment business. But it's her childhood on the island of Maui, more specifically old Kihei, that has rooted this island girl. It's the humble surroundings and the local attitudes that have taken her full circle, as she strives to give her daughter that same upbringing. Amy, Madeline and her husband John Austin recently made the move to Molokai eight months ago after purchasing a 70-acre shrimp farm.

“I am totally into that now,” says Amy. “Baby has 12 pigs with all celebrity names. We have 15 one-acre circular ponds that we're cultivating shrimp in. It really reminds me a lot of when I was a little girl. I grew up with pigs and cows and all that. Because Madeline is around the limelight so much, I want her to stay



Hanaiali'i and daughter Madeline

photo by Nathalie Walker



photo courtesy Mountain Apple Company

really grounded. So our ultimate goal is to raise her here.”

The 2-year-old has already made her way to many states and countries that most adults have on their wish list. She even made an appearance at last year’s Na Hoku Hanohano awards when she accompanied Mom on stage for her awards.

“Madeline loves life and loves being around everyone and being on the road,” says Amy. “The band is all her uncles. I think she’s so remarkable.”

But it’s her time at home that Amy says she really relishes.

“I’m so used to being on the road and on a tour bus, but now I have something to really come home to and be part of the land,” says Amy. “And growing things is a whole different feel.”

Their country getaway provides Amy with the down time and focus that she requires as she works to take her career to the next level.

“My dream right now is to be on the Diana Krall circuit soon,” says Amy. “Which means that I want to be touring and entertaining on that level, maybe with an orchestra. It’s just a wonderful feeling right now to have a whole set of people around me who are positive and really want to help me take it to that other level. So in order for me to take it to that other level, I have to be 100 percent focused. I normally am, but it’s a different level of entertaining. It’s like you’re getting a promotion and you have to work extremely hard.”

Also in focus is another album, about which Amy is limited to saying, “It’s a very grass-roots project.” She describes her newest efforts as “testing the waters a little bit” and thanks her fans for always sticking by her through her musical journey.

But furthermore, she hopes to add another *keiki* or two to the mix.

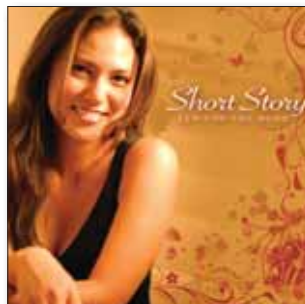
It all comes back to being Mommy. “It’s wonderful,” says Amy. “I just love being a mother.”

New CD Releases

By Melissa Moniz

“Ten For The Road” — Short Story

Release Date: August 2008



Newcomers to the Hawai‘i music scene, Salli Morita and Dave Kusumoto of Short Story have created an album to be proud of — thanks to producer and friend Jon Yamasato (former member of Pure Heart). Yamasato even makes a guest vocal appearance on the second track, *Driving*.

The album, *Ten For The Road*, is described as a labor of love that needed some encouragement before taking shape three years ago. It all began with a couple of friends from the University of Hawai‘i at Manoa playing music in the hallways and stairwells during long days of

architecture classes.

The album features 10 tracks — seven originals and three covers. The song list includes *Stardust, Driving, At Last, Toes, Me and You, Carnival, The Game, Mr. Meredith, Doesn’t Matter Anymore* and *Wonderful World*.

“The two songs on the CD that I wrote, I tried to pick on a little deeper subjects,” says Morita, vocalist. “One is *Mr. Meredith*, and it’s about civil rights type of stuff and freedom fighters. I love coming up with something that has some meaning.”

Kusumoto, author of five songs on the album and guitarist, says, “Originally we were just going to do a lot of covers for the album. But for some reason, when it came down to it and in the middle of the production process, I decided to try writing some songs, and all these songs just came out. I guess they liked it, so it just kind of worked out that way.”

To find out more about Short Story, visit www.shortstoryband.com.

“All For One” — Del Beazley

Release Date: July 2008



Del Beazley, the five-time Na Hoku Hanohano award-winning singer and composer, has his fifth solo album *All For One* to add to his glowing resume.

The 11-track album features traditional Hawaiian hymns and was recorded in Hawaiian, with the exception of the song *God Sent An Angel*.

“That song I wrote, and it’s the most special to me because it is a song for my granddaughter, Mikeila,” says Beazley. “Many of the other songs have been taken from *Na Himeni Haipule Hawai‘i*, a hymnal that is used by many of our Hawaiian congregations.”

Besides producing award-winning albums, Beazley also is known for writing what many would consider to be two of the late Israel “IZ” Kamakawiwo‘ole’s most revered songs, *Hawaiian Supa Man* and *Johnny Mahoe*.

Beazley also is well-known for his song, *Brown Man Blues*, which he says is his favorite song to sing.

“I love performing that song, and I never do it the same,” says Beazley. “Every time I perform it I throw in a little something different, change it up a bit. My performances are never the same, and nothing is structured — it’s fun.”

Outside of the studio and off the stage, Beazley is 100 percent a working family man

of God. In fact this album's title, *All For One*, means All For Ke Akua (God).

"We always give thanks and praise to Him first, and everything comes after," says Beazley. "*All For One* is for Him; it's my offering to Him, and my way of saying thank you."

For more on Beazley, visit www.mountainapplecompany.com/delbeazley.



"Everyday" — Ten Feet

Release Date: August 2008

It was the summer of 1995 on the shores of O'ahu's Sand Island that the group Ten Feet was formed.

Armed with their acoustic guitars and some original songs, Andres Delos Santos and Josiah Kekoa would play for the surfers hanging out.

With dreams to take their music mainstream, Delos Santos and Kekoa rounded out their group with members Ericson Carnate, Nathan Martin and Jojo Guzman.

This year marks 13 years for the band, and besides adding a new bass player, Jon Irei, in 2005, it has been all smooth sailing. The local radio stations have been kind to them, and they've even managed to pick up several Hawai'i Music and Na Hoku Hanohano awards.

Their recent release, *Everyday*, is album No. 3 for the guys, and they say that it marks a new chapter in their musical voyage.

The song list includes: *Good, True, I'm Yours, Back Home, Something, Best Friend, Book of Rules, Little Things, Everyday, Heartaches & Heartbreaks, Sand Island Way, Sweet Sunlight, 247365, Tonight and More Than I Can Say.*



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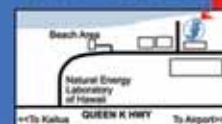


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Tahiti Pearl Market

Custom-make your own jewelry with pearls from French Polynesia

By Yu Shing Ting • Photos courtesy Tahiti Pearl Market

At Tahiti Pearl Market, there's a pearl for every story.

Whether it's a gift for someone special or for yourself, Tahiti Pearl Market carries thousands of loose Tahitian pearls to choose from.

And now, with the recent opening of its store on O'ahu, the first outside of Tahiti, residents and visitors to the Island can find a great selection of Tahitian pearls without visiting French Polynesia.

Unlike a traditional jewelry store, at Tahiti Pearl Market, an on-site jeweler will put together your masterpiece from the pearls you choose along with the setting (in yellow gold or white gold), and with or without diamonds, silver, leather and other trendy accessories. To assist in your selection, pearls are organized by shape, quality, color and size. The store also hosts pearl parties for groups of three to 10 people.

"When choosing a pearl, you should look at its luster and how much imperfections there are in the pearl," says Franck Tehaa-





From left to right

- **Amorada Collection:** Couples collection, it represents the union of the woman and the man. The jewelry from this collection always has two pearls. Starting from \$695.
- **Love Collection:** Tahiti Pearl's "romantic line." Jewelry that expresses love from one to the other. Starting from \$745.
- **Fiorella Collection:** A more refreshing floral collection. Starting from \$650.

matai, Tahiti Pearl Market CEO. "When you look at a pearl, you should be able to actually see yourself in the pearl, and the better you can see yourself, the better the luster and the quality. Also, the more imperfections there are, the lesser the quality. But in the end, it all comes down to each individual's personal taste."

Tahitian pearls are commonly seen as gray or black. At Tahiti Pearl Market, however, you'll find this treasured jewel in a variety of hues, including green, dark blue and the rare peacock color.

Tehaamatai, founder of Tahiti Pearl Market, built his first pearl farm in 1994 on the island of Takarua in the Tuamotu Islands. In less than 15 years, the company says it has grown to become the second largest pearl producer with more than 1 million Tahitian pearls produced every year, and now owns seven pearl farms and five stores.

There are three Tahiti Pearl Market stores in French Polynesia (one in Papeete and two on Bora Bora). On O'ahu, Tahiti Pearl Market is located at 1001 Bishop St. in downtown Honolulu. The company also plans to open a fifth store in Wai-kiki next year.

For more information, call (808) 587-9503.

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Hanging With Mr. Cooper

Shock rocker Alice Cooper finds a niche on Maui,
with a restaurant and ideal vacation spots

BY CHAD PATA ■ PHOTOS BY GABRIELLE GEISELMAN



Cooper released his latest album, *Along Came A Spider*, July 2008

One would be hard pressed to find a less likely Maui resident than shock-rocker Alice Cooper, but it is the very differences between his onstage persona and Maui's laid-back lifestyle that has attracted the godfather of gore to the Valley Isle for the past 35 years.

"Maui is so opposite of my stage show; I've always loved it there," says Cooper. "I was going to Kihei when it was just a dirt road. It is my favorite place in the world."

For those unfamiliar with Cooper's act, he was first signed by the legendary Frank Zappa in 1970 and came to L.A. to "drive a stake through the heart of the love generation."

They were quickly proclaimed the worst band in L.A. and the relationship with Zappa was severed after two albums, but Cooper knew there was an undercurrent among the youths. The '60s were over, the Beach Boys being "true to their school" didn't cut it anymore.

The 1972 album *School's Out* captured the youths' imagination with his lyrics about blowing up their school, and their hearts with his hammy horror show theatrics. The bloody hatchets, hangman's noose and straitjackets became the signature of a Cooper show — and he wouldn't have it any other way.

"I don't see anyone out there who does the theatrics the



way we do it," says Cooper, who is currently terrorizing Middle America on his Psycho Drama tour. "I always felt if we didn't do that, then the audience would be disappointed. It has been 40 years of tradition of Alice Cooper theatrics. We could go up there and just do the songs and be as good as

any band, but what fun would that be?”

Cooper has always tapped into a basic human fascination with the macabre, and has done it again with his newest album, *Along Came A Spider*. The album follows the exploits of a serial killer named Spider, who believes he is an arachnid who needs to collect the legs of eight different women to complete himself.

A gruesome story, yet it debuted in the top 50 in both the U.K. and U.S. charts, and goes a long way toward proving Cooper's point.

“As human beings it is natural to hate serial killers,” says Cooper. “There is nothing good about Charles Manson and John Wayne Gacy, yet we are fascinated with their insanity, with how crazy they are, but we can't get behind them at all.

“But for some reason, fictional serial killers we love — the biggest thing in Batman was the Joker, and he was a serial killer. Same thing with Hannibal Lecter or Darth Vader — fictional serial killers seem to be OK with us.”

Bringing psychosis to life on stage takes more than just words; his traveling show still has extensive props, including a full-size gallows that takes three men to move onto the stage. To animate the show, he has always employed professional dancers and actors from Broadway to give it the real theater feel.

“I have four extra people in this show just to dance,” says Cooper of his current Psycho Drama tour. “They aren't rock dancers, but ballerinas. Most of the time they are playing zombies or old women or nurses, and they just happen to be my two daughters and my wife.”

That's right, horrifying America has become a family business, and for all his ghoulish behavior onstage Cooper is quite the normal gent away from the bright lights. He has been married to his wife Sheryl for 32 years and they have three kids; the two daughters, Calico and Sonora, work as professional actresses, and this summer they are working for Pop.

“I'll get up on stage and there is this bride in full wedding gown with a clear plastic bag over her head covered in blood,” says Cooper, “and on a leash is this Alice in Wonderland girl with blood all over her and giant teeth, and I'm going, ‘Those are my daughters!’”

When the tour is over, he plans to follow family tradition and relax at their home in Maui and play a lot of golf, which became his methadone when he quit drinking 26 years ago.

“I was born in Detroit, and we only had three sports: hockey, football and grand theft auto,” says Cooper, who is now a 4 handicap. “Golf was a rich man's sport. When I quit drinking, I picked up a club one day and took a swing and hit it dead down the middle. The guy told me, ‘You're a natural.’ It's the most addictive game of all time, I call it the ‘crack of sports.’”

Also while he is on Maui he will be spending some time at



A flair for morbidity is Cooper's trademark

photo by Matt Coddington

Mala, a restaurant he partnered in with his agent of 40 years, Shep Gordon. It is at this Wailea location, known for its ocean views and killer Kobe burger, that Cooper and Gordon host the exclusive invitation-only party for celebrities at the Maui Film Festival.

Though he has definitely become a resident of the Islands, there is little chance of us ever seeing his ghoulish side here in the Pacific.

“I don't know if we are ‘aloha’ enough,” says Cooper, whose tour ends with nine shows in Germany. “I am just afraid, and it is not that I wouldn't want to play here, but our show is so much of a warped vaudeville with a lot of blood and a lot of comedy that I don't know if it would ruin someone's vacation or not. But, at least I am sensitive to that.

“We could come up here and just do our songs like The Who does. We could do that easily, and that would be fun to do. But bringing our entire show, well, that might upset the entire island!”



GLIDING *HIGH*

The Original Glider Rides lets visitors soar above O‘ahu

STORY BY BRANDON BOSWORTH





Pilot Scott Ashlock takes in a view from the sailplane

photo by Nathalie Walker

On the North Shore of O‘ahu, near the tip of the island at Kaena Point, the mountains practically meet the sea, with only a long, narrow stretch of land keeping them apart. In the ocean you might catch a glimpse of a whale if the season’s right, while wild pigs make their homes in the green valleys of the Wai‘anae Mountain Range. Overhead, the sky belongs to graceful, silent planes that float above the landscape like giant condors.

Dillingham Field, a short drive from historic Haleiwa Town, is home to a business simply called The Original Glider Rides. Since 1970, it has offered a variety of glider plane experiences, from scenic trips to acrobatic thrill rides to introductory flight lessons. Gliders, or sailplanes, are just like any other airplane ... except there is no engine. No propeller, no jet intake system, nothing. Just a few basic controls in the cockpit.

The idea of a motorless aircraft may sound scary to some people. “Customers are nervous at first,” says owner and pilot Steve “Woody” Wood. “But it’s impossible for a glider to just fall out of the sky. No one has been hurt in one of our sailplanes in the 40 years we’ve been in business.” The fear doesn’t last once clients are airborne, and Wood notes that “99.9 percent leave thoroughly happy.”

Gliders are pulled aloft on long ropes by small, motor-

ized planes called towplanes. Once in the air, the towline is disconnected and the sailplane is free to do just that; sail the winds high in the sky. The glider stays in flight by riding the air currents, much like a surfer rides the ocean currents. Dipping and then flying upwards builds momentum, with, as Wood puts it, “gravity serving as fuel.” The planes can stay aloft a long time. According to Wood, the record is about two days. Gliders can cover quite a bit of distance, too. In July of this year, Texan Gary Osoba set a world record by traveling more than 600 miles in a glider. The nine-hour flight took Osoba from one end of Texas to the other. There must be something about gliding and the Lone Star State, as Wood has noticed “lots of Texans” among his customers.

Stepping into a glider cockpit, one is instantly struck by how minimalist it is. Even the most basic modern single-prop plane has a bewildering array of instruments, displays, knobs and switches. By contrast, the glider’s display panel is less complicated than the dashboard of a cheap car. Probably the most complex part of the cockpit is the military-style seat belt, which easily flummoxed this reporter. The military connection is interesting, as The Original Glider Rides uses some of the same models of sailplanes used by U.S. forces for reconnaissance missions during the Vietnam War.

Takeoff is quick, far quicker, it seems, than takeoff in a

regular small plane. Once in the air, one is struck by just how different a glider flight is from a flight in a similarly sized motorized plane. It is surprisingly quiet; driving on the freeway with your windows down is louder. There is thus no need to fumble with the headphones and mics that are part of the typical small-plane experience. You can converse with the pilot without having to shout. Nor is there the stuffiness of a tight cockpit, as interior vents allow outside air to blow in like natural air conditioning. These factors, Wood believes, help explain why so few of his customers ever get airsick.

With no engine roar to distract, it is easier to get lost in the actual flight itself. Swooping through the skies above Mokuleia, it is possible to see the North Shore in a whole new way, even if you've lived here all your life. With so much of the island built up and paved over with concrete, it is easy to forget that there are still green swathes of mountainous wilderness. From the road, it is hard to appreciate their true majesty, but from the air the Wai'anae Range can be seen in all its glory.

Come at the right time of year, and the mountains will not be the only glorious giants to see. During Hawai'i's whale

watching season (November through May), the waters off Kaena Point become playgrounds for humpback whales. Commercial aircraft are not allowed to fly over the whales, because of the high noise levels. The same is not true of gliders, which have permission to sail directly above the humpbacks, offering a unique view of these impressive animals.

No wonder the majority of those who take a glider tour love the experience. "When people first get up in the air in a sailplane, their eyes become huge ... they are filled with so much wonder," says Wood. "Seeing that look in their eyes ... I'm addicted to it." A U.K. native, Steve Wood first visited Hawai'i in 1997, while on an around-the-world tour. No fan of Britain's dreary weather, he decided he'd "spent the first 30-odd years of my life somewhere with an awful climate, so I'd spend the next 30 somewhere pleasant." You can't get much more pleasant than the North Shore. Besides loving where he lives, Wood loves what he does. "I love my job. I get to make people happy."

The Original Glider Rides is open 10 a.m. to 5:30 p.m., 365 days a year. Rates start at \$59. Reservations are helpful. Call 808-637-0207, or visit them online at www.honolulu soaring.com.



A view of Dillingham Field from sailplane

photo by Nathalie Walker





BACK IN THE SADDLE

Take a ride through the Kaua'i countryside with Princeville Ranch Stables

BY CHERYL CHEE TSUTSUMI ■ PHOTOS COURTESY PRINCEVILLE RANCH STABLES



Princeville Ranch offers leisurely rides through scenic Kaua'i pastures

Princeville Ranch looks like a scene from a Louis L'Amour novel — an undulating sea of green with no buildings in sight in most spots. Were it not for the pandanus trees dotting the landscape instead of ponderosa pines, you'd think you were in Montana instead of northern Kaua'i in the middle of the Pacific.

The *kama'aina* (longtime Island residents) Carswell family has been closely associated with the ranch since 1978 when it started Princeville Ranch Stables there, offering guided tours on horseback. They now oversee about 500 head of Brangus cattle, a cross between Brahman and Angus breeds, along with three regularly scheduled rides. An avid equestrienne, I mounted up for all of them.

On the 90-minute Cattle Drive, I helped *paniolo* (cowboys) round up and drive Brangus cattle from a closely cropped pasture to new grazing grounds. Unlike the usual nose-to-tail trail ride where participants' horses step right in each other's hoof prints, this activity is totally unpredictable. Cows can suddenly bound out of the bushes.

Convincing them to go the way you want can be difficult, especially if they're caring for newborn calves. It's *City Slickers* in real life — a test of how well horse and rider work together as a team.

I also enjoyed the four-hour Waterfall Picnic Ride, which ambles across ranch land dressed up with guava, 'ohi'a 'ai (mountain apple), and other tropical trees and plants. Riders often pass within a few feet of small herds of cattle, but not to worry — they're used to being around people on horseback, and if you happen to be there from February through April, you may see a calf being born!

Midway through the tour, riders dismount for a 15-minute hike through dense forest, which leads to a pretty waterfall-fed pool for swimming, sunning and an 'ono (delicious) deli lunch. Then it's back in the saddle for the leisurely ride back to the barn.

Last month, I was astride a dappled white quarterhorse named Rusty for the 90-minute Ocean Bluff Ride. That was a special treat for my greenhorn companions — my boy-

friend Rick, his 14-year-old daughter Keely and her friend Stephanie, who seldom venture out of city life on O‘ahu.

Within minutes of leaving the corral, headed *makai* (toward the ocean), we were surrounded on all sides by wide-open range. At first, it didn't appear Rusty was as keen as I was to be out, but after some firm nudges with my legs, he obliged with a brisk walk and we led our group of eight most of the way. I imagined it was just him and me on a morning jaunt; even though we were going at an easy pace, it was exhilarating to be unshackled from my computer and phone, exploring land that had never been touched by concrete.

My group paused at two places near the edge of the bluffs to admire spectacular views in every direction. Below us were the cobalt blue sea, 'Anini Beach and one of

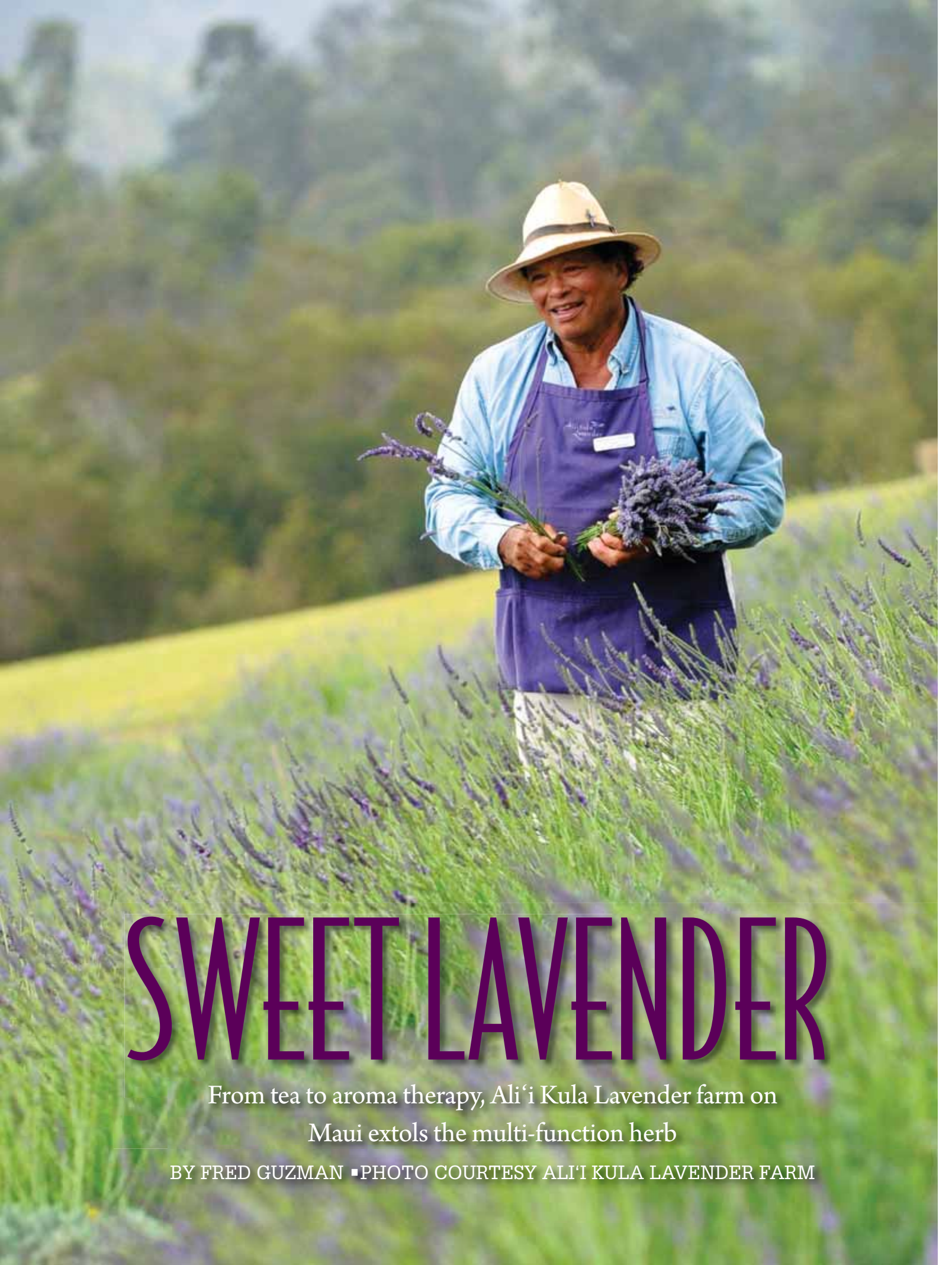
the largest reefs in Hawai'i. Off in the distance to our right was the 95-year-old Kilauea Lighthouse, which is on the National Register of Historic Places. To our left was majestic Mount Makana, which starred as Bali Hai in the 1958 Hollywood classic *South Pacific*. Behind us rose the Hanalei Mountains, perennially cloaked in green.

As the crow flies, Princeville Resort was just a few miles away, but we all agreed that even with its luxurious trappings, it could not match the grandeur of what we were seeing on horseback in Kaua'i's *paniolo* country.

Princeville Ranch Stables
(808) 826-6777
www.princevillerranch.com



Riders enjoy Kaua'i's natural beauty on horseback



SWEET LAVENDER

From tea to aroma therapy, Ali'i Kula Lavender farm on
Maui extols the multi-function herb

BY FRED GUZMAN ■ PHOTO COURTESY ALI'I KULA LAVENDER FARM



Ali'i Chang (opposite page) oversees the farm's colorful fields (as seen on this page)

At the end of a remote lane in the Kula area, nestled at the 4,000-foot elevation of majestic Mount Haleakala, resides one of Maui's most distinctive farms and businesses.

Although hardly a Garden of Eden, you could call this place a Garden of Lavender.

For the uninitiated, lavender is merely a shade of purple. But for those in the know, it is an historical herb with nearly magical properties.

We arrive at the appointed hour during a recent afternoon and, as if on cue, a stocky gentleman of Hawaiian-Chinese extraction rolls up to our car, asking if we are the visiting writer.

He is attired in blue jeans, a denim apron covering a well-worn lavender polo shirt with a battered straw hat atop his pitch-black hair.

He appears to be a field worker sent on a "gofer" chore. It turns out that he's Ali'i Chang, the brains and inspirational force behind an operation that, in a mere seven years, has become one of the crown jewels of Maui's growing agro-tourism industry.

The Ali'i Kula Lavender farm is, Chang constantly and humbly reminds us, a collaborative effort involving many local farmers and owners of cottage businesses, who provide products as widely diverse as jelly, perfume and coffee.

But it doesn't take long to realize that, without him, this well-manicured 13-acre parcel with a spectacular bi-coastal

view of the West Maui mountains would be nothing more than a pasture or the protea farm he originally purchased.

Chang was raised O'ahu in the then-agricultural area of Kaneohe, which has since sprouted expensive houses instead of fruits and flowers. Chang recalls always having a passion for flowers, nurturing his green thumb under the guidance of a beloved grandmother.

It was this passion that prompted him to supply tropical flowers for a new hotel in the Ko Olina area before wearying of the grind of providing for the needs of the resort's 500 rooms and public areas.

Chang then fell in love with a 55-acre parcel in the remote Hana area of Maui. Out of a virtual jungle he developed a farm that exported truckloads of flowers for businesses and restaurants throughout Hawai'i, across the United States and to Japan. That, too, became grind.

"I wanted to be grower, not a retailer. As the business grew, I had to make monthly trips to Century City in Los Angeles, which is about as far away in lifestyle as you can get from Hana. I even had to wear a suit to those meetings," he recalled, the mere thought of semi-formal attire bringing a sour look to his friendly face.

He left that lucrative business and became involved in multi-level ventures. It was this combination of cooperative enterprise coupled with his love of flowers that eventually led



A cozy gallery and gift shop gives Ali'i Kula Lavender farm visitors a nice respite spot

to his current business.

Chang purchased a farm on the sunny slopes of Haleakala in 1990, but it wasn't until 2001 that he began the cultivation of lavender after learning that his parcel and a unique herb were ideally suited for each other.

Drought conditions are an annual reality in this area of Maui, a constant bane for farmers of more traditional products. But lavender is drought-tolerant and thrives in Kula's distinctive climate.

Chang made a trip to the local hardware store, bought out its limited inventory of lavender, began planting, and a successful business was born.

His farm has literally flowered since then, featuring 45 varieties of lavender among its 22,000 plants with an additional 20,000 plants under cultivation. It plays host to hundreds of weekly visitors, including the likes of students, senior citizens and curious tourists. Its well-manicured grounds also have become a popular site for weddings and other social events.

The gift store is a converted drying shed for protea. You can buy products under the Ali'i Kula Lavender brand — featuring a distinctive dragonfly logo — that can be used for perfume, skin care, pain and stress relief, as well as a conditioner, fungicide, insecticide and moth repellent.

During our visit there, we enjoyed a thirst-quenching lavender lemonade and fragrant lavender tea.

There are more than 200 varieties of lavender, with its uses widely and wildly diverse. Lavender has been in documented use for more than 2,500 years, with Egyptians, Romans, Greeks, Phoenicians and Arabs using it for anything from mummification to perfume. Lavender gained popularity in Europe in the 1600s. Charles VI of France demanded lavender-filled pillows wherever he spent the night. Queen Elizabeth I of England wanted fresh lavender flowers available every day of the year. Louis XIV of France bathed in lavender-scented water. Queen Victoria used a lavender deodorant.

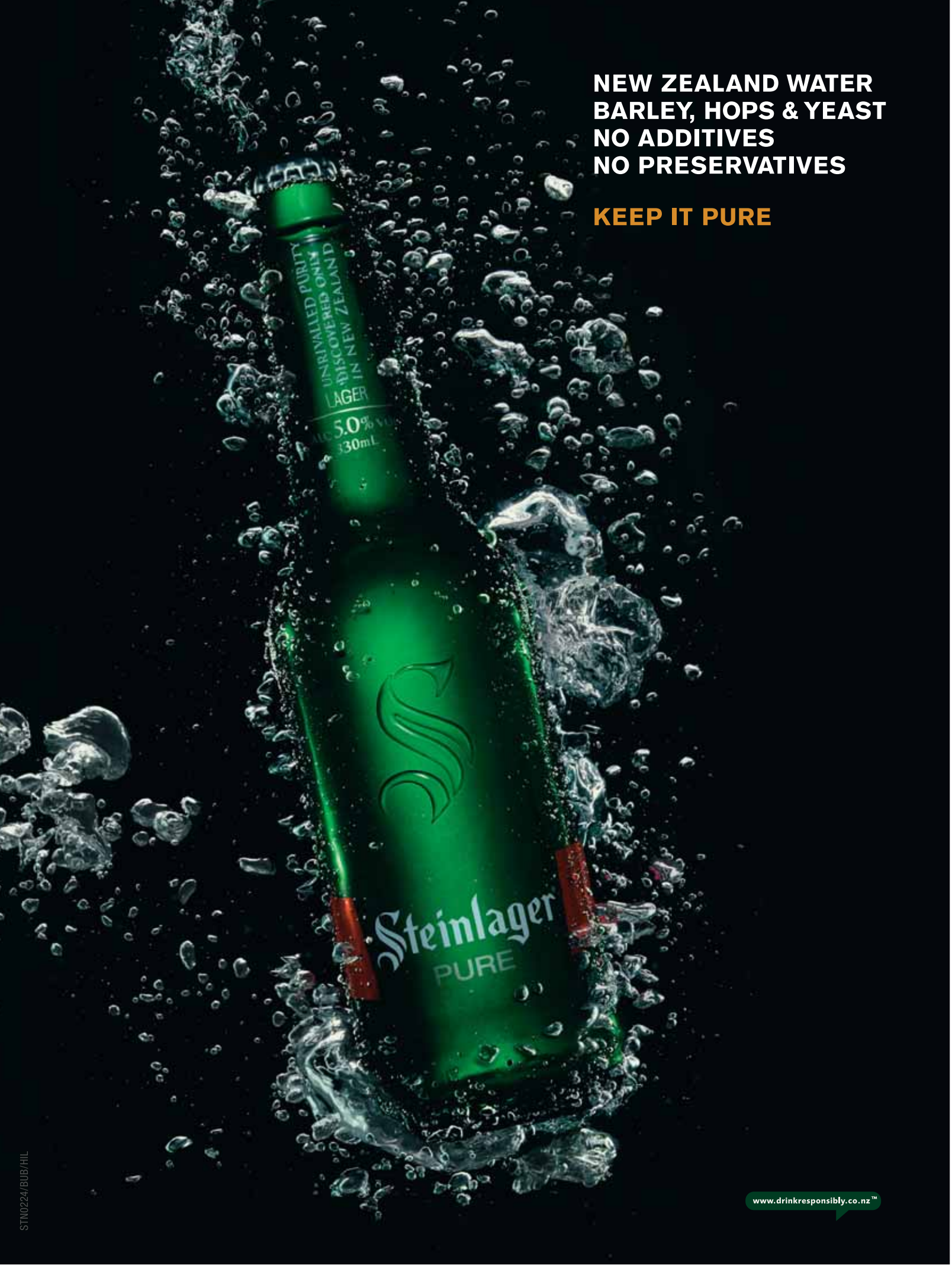
And Chang, with help of many friends and partners, used it to create a successful business based on the principles of aloha.

"Don't get me wrong. We like money. But it can't be just about the pot of gold," Chang said. "We have a greater responsibility. We are stewards of this land. And we believe in the Hawaiian philosophy that the more you give and the more you share, the more you receive. Abundance comes in many ways."

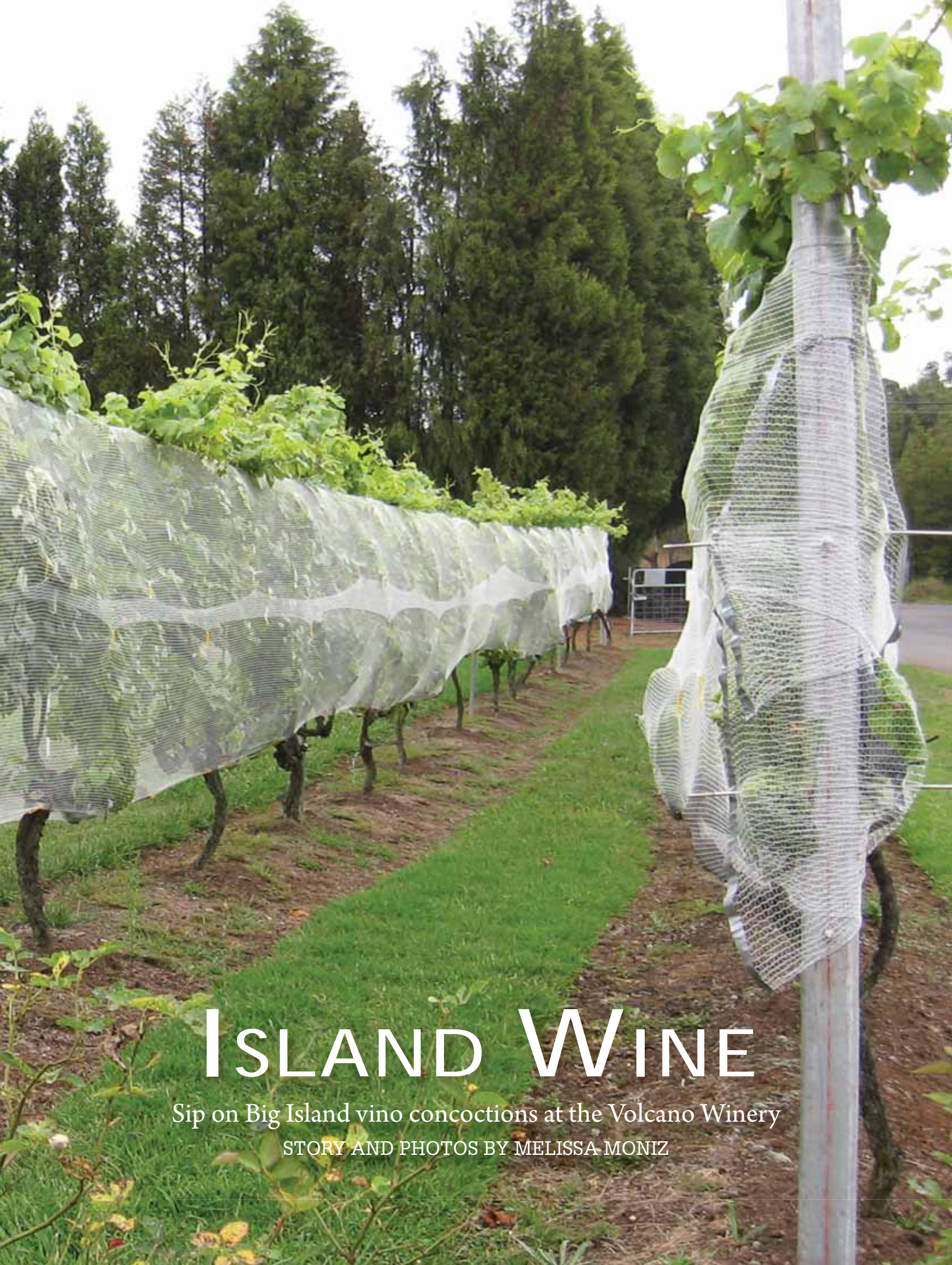
Ali'i Kula Lavender is located at 1100 Waipoli Road in Kula. For tour information and reservations, call 808-877-5977.

**NEW ZEALAND WATER
BARLEY, HOPS & YEAST
NO ADDITIVES
NO PRESERVATIVES**

KEEP IT PURE







ISLAND WINE

Sip on Big Island vino concoctions at the Volcano Winery

STORY AND PHOTOS BY MELISSA MONIZ



photo courtesy Volcano Winery

The Volcano Winery offers six house-made wine varieties

With harvest season in late September/early October, my visions of grape-filled vines and baskets brimming with bunches were shattered during my early-August visit to the Volcano Winery.

It was a pleasant and crisp afternoon, perfect for a brief walk around the vineyard with tasting room manager and tour coordinator Kathie Nyberg. Our tour began with a look at a few rows of symphony grapes — a white grape that is a cross between Muscat of Alexandria and Grenache gris — which were nicely displaying some fruit. Then we headed behind the wine shop where younger vines of pinot noir, syrah, Cayuga white and symphony were maturing.

“In 2004 we started growing other varieties, such as the pinot noir, syrah and Cayuga white,” explains Nyberg. “We lease the land from Kamehameha Schools, and we sit on 64 acres. We have about three-and-a-half acres of grapes, with room to expand.”

Nyberg spoke of the vineyard’s history, which dates back to 1986 when a retired O’ahu veterinarian Lynn “Doc” McKinney decided to expand on his hobby of wine and beer making. The area was chosen for its unusual climate (4,000 feet above sea level), and he planted 20 symphony grape vines, which soon expanded

to a few acres.

Doc experimented with different tropical fruit, honey and grape blends, and in 1993 the Volcano Winery opened its doors. In 1999, Doc officially retired, and the winery ownership changed hands to wine aficionado Del Bothof, who has remained committed to the original products.

Nyberg then proceeded to show us other plants growing on the property, such as tea and koa trees — all a result of a grant received in 2007 to initiate mixed agriculture.

“The tea plants were obtained from the Hawaii Tea Society, and they were already rooted plants,” she explains. “The tea is not sold here yet. Our field manager did do an experiment, taking tea and infusing it in our honey wine, so that may be a possibility.”

After watching two *nene* glide into the fields for a rest, we headed to the vat. This is where the magic happens. We are welcomed with a burst of aromas, mostly from the bags of jaboticaba berries waiting to be smashed and used in the Volcano Red and Volcano Blush wines.

“We put fruit, grape fruit concentrate, honey or whatever ingredients are in the wine into the tank and it goes through a mixing process,” says Nyberg. “Then, after a certain length

of time, it stops and it goes through a refining process. The big particles drop down to the lower portion of the tank. Then the wine is transferred to the secondary fermentation vat. It sits in the secondary vats for four to six weeks. Then it goes through a racking process that gets rid of more particles, and later a filtering machine to take out even more of the particles.”

Then it’s time to be bottled.

No oak barrels and years of aging? “Vintage wines get better with age because of the amount of tannins — ours do not,” says Nyberg. “You don’t want to age them, and you want to drink them relatively young. Our recommendation is to drink it within a year of purchase.”

The bottling is done by hand, but an automated machine is on the winery’s to-get list as it would free up a lot of time for winemaker Tim Kenny to increase production and possibly expand on their product line.

The Volcano Winery currently has six wines — two made entirely of symphony grapes, three fruit-blended wines and a dessert wine made from nothing but macadamia nut honey. In an average year, the winery produces about 70,000 bottles or 6,000 cases.

We are then introduced to the corking machine, which corks each

bottle about two days after bottling to allow time for the extra gases to be released. A recent production upgrade is an automated labeling machine. As Nyberg explains, "Up to about four to five years ago, the tasting room staff was labeling by hand."

Next up, the wine tasting — about which I was especially excited after her mention of a macadamia nut honey wine.

So we headed into the gift shop/ tasting area where the six bottles awaited us — from dry to sweet — Symphony Dry, Volcano Red, Volcano Blush, Symphony Mele, Hawaiian Guava and Macadamia Nut Honey.

"Back in 1993, when we opened, we didn't have a Symphony Dry and a Symphony Mele — we just had a Symphony, which was right in the middle," says Nyberg as she prepares the area for the tasting. "We were also making Ohia Blossom Honey wine prior. And at one point we had nine different wines. Doc really experimented with all kinds of fruit. We've never done a pineapple wine, though. That's Tedeschi's (Tedeschi Vineyards/Maui Winery) domain and we're not going to go there."

The fruit-blended wines were the highlight of the tasting. The Hawaiian Guava was fun and colorful, and the jaboticaba in the Volcano Red was also a treat. But, as I anticipated, the Macadamia Nut Honey wine, made from the honey extracted from macadamia tree blossoms, was the highlight of my afternoon. It's no wonder that it is an award-winning favorite.

Free tastings and tours are conducted every day of the year from 10 a.m. to 5:30 p.m. For a private tour and tasting, the cost is \$25 per person. No reservations are necessary.

Volcano Winery
(808) 967-7772
www.volcanowinery.com



photo by Gina Lambert

Kathie Nyberg lets customers taste Volcano Winery creations.



Niaulani Nature Walk

Free Forest Tour in Volcano

Every Monday at 9:30 am

1 hour guided walk on easy 1/7 mile trail

Meet at Volcano Art Center's Niaulani Campus

(19-4074 Old Volcano Road at corner of Kalanikoa
in Volcano Village, just off Hwy 11)

Please bring a rain jacket, as walk takes place rain or shine
along a gravel & dirt trail. No reservations needed.



Volcano Art Center

(808) 967-8222 • volcanoartcenter.org

In a Kapu Cave

As told to Rick Carroll by Rob Pacheco

Photo courtesy Hawai'i Visitors and Convention Bureau



Hawai'i is a place that embraces. The islands have an energy that is warm, inviting, and familiar. The land seems to reach out and welcome you. That feeling is one of the many things I love about Hawaii. Maybe it's because of this warmth of place that I was very much affected by an incident that happened while I was caving a few years ago.

I have been caving for over fifteen years. Exploring the underground world is always fascinating. The Big Island is a caver's paradise. There are literally hundreds of caves on this island, all of them lava tubes.

A lava tube is created after red hot molten lava cools on its race to the sea and forms tunnels, caves, and subterranean caverns, often used long ago by Hawaiians as burial tombs.

For most people the idea of crawling on all fours in complete darkness as you descend is a spooky proposition. I have never felt that way. Though sometimes a particular stretch of passage can be difficult and challenging to get through, I always feel an adrenaline rush, as when playing a sport, rather than the threat of danger. In other words, I've never been really scared in a cave. Except one time in a cave in Kona ...

Now I normally don't go caving alone — it's stupid. But I had it in my head to check out this cave on Saturday. My regular caving partner was unavailable, so I thought I'd just do a quick look-see to determine if the cave was worth a full-on exploration.

My friend's directions were perfect,

and it took just a few minutes of hiking to find the entrance ...

After about thirty feet the cave opened up into a large room. At the other end of the room was a nice bore hole ten feet high with a smooth floor and lots of roots dangling down. Just what I was looking for!

I began to inspect the roots carefully, looking for tiny, white, eyeless planthoppers or anything else I could find. Even though the conditions were perfect, there didn't seem to be any troglodytes on the roots. I slowly worked my way through the cave, and the roots got thicker and thicker.

Soon I was walking through a forest of hair roots; the passage was completely filled with these fine, moist strands. I felt a little bad, because it is not good for the roots or the creatures that live in them to be touched and moved, but it was impossible to proceed without pushing the roots aside.

Suddenly, I walked out of the roots and stood before a large lava pillar that made a fork in the cave. It was at this moment it happened.

I didn't see anything.

I didn't hear anything.

I didn't smell anything.

But I felt an unmistakable message: "You don't belong here."

At first I tried to reason with myself. *I'm feeling this way because I'm by myself.* But for the few moments I stood there, the feeling grew stronger. It was almost as if I could feel a pressure on my body.

Don't panic, I told myself.

I turned around and headed through the roots again. On the way in, I had

moved carefully and slowly through the roots. Now, as a strong sense of dread overtook me, I rushed as fast as I could out of the cave. By the time I got to the large room, my heart was beating wildly, I was drenched in sweat, and I was truly terrified.

The whole time, I was trying to calm myself with rational inner speaking: *I'm fine. I'm only one hundred feet from the exit.* There's nothing here. *There's no reason to be scared.* But I was scared — and terribly so.

I scooted through the crawl space faster than a cockroach. I scrambled up the breakdown and out into the sunshine in full panic. I have never felt such a sense of dread and hostility from thin air. I lay on the ground for several minutes and calmed down.

Normally, I would return to the cave with friends to explore and survey. But, I have no desire to go back. Just thinking about it gives me chicken skin. I still cave and have never had a similar experience.

I'm not sure what happened to me down there. The fear I felt was strange. It was more than fear. It was a message of urgency. It was like an alarm going off, with flashing red lights and deafening wails.

If I had to define the feeling, I'd say it was the feeling of *kapu*.

Editor's note: Rick Carroll is a travel writer and editor of the popular "Hawai'i's Best Spooky Tales" book series. His work can be found at local bookstores, as well as via Bess Press at www.besspress.com.

The above story is taken from his book, "Hawai'i's Best Spooky Tales 4."

Oahu Events

calendars compiled by Kerry Miller



Edelwiess Band at Ala Moana Hotel's Oktoberfest

photo by Brad Kawakami

University of Hawai'i at Manoa Fall Sports Calendar

Football

Sept. 6: vs. Weber State

Sept. 27: vs. San Jose State

Oct. 11: vs. Louisiana Tech

Oct. 25: vs. Nevada

All UH Warrior Football games are played at 6:05 p.m. at Aloha Stadium, 99-500 Salt Lake Blvd., Aiea. Call the UH Ticket office at 808-956-4482 for season and individual game tickets.

Wahine Volleyball Waikiki Beach Marriott Volleyball Challenge

Sept. 4: vs. Minnesota

Sept. 5: vs. Wyoming

Sept. 7: vs. Cincinnati, 5 p.m.

Rainbow Wahine Invitational

Sept. 11: vs. St. Mary's

Sept. 12: vs. Pacific

Sept. 13: vs. Washington

Wahine Volleyball Regular Season

Sept. 19: vs. Idaho

Sept. 20: vs. Boise State

Oct. 10: vs. Louisiana Tech

Oct. 12: vs. New Mexico State, 5 p.m.

Oct. 24: vs. San Jose State

Oct. 26: vs. Fresno State, 5 p.m.

Oct. 31: vs. Nevada, 6 p.m.

All Wahine Volleyball games played at the Stan Sheriff Center on the UH Manoa lower campus. All games start at 7 p.m. unless otherwise noted. Call the UH Ticket Office at 808-956-4482 for season and individual tickets.

Waikiki Roughwater Swim

Sept. 1

A 2.348-mile open ocean swim.

Normally features 1,000 swimmers.

Starts at San Souci Beach at 9 a.m. and finishes at Hilton Hawaiian Beach. For entry information, visit www.active.com, and for more information, visit www.wrswim.com or call 808-891-7913.

All-Girls Rodeo

Sept. 6

Draws more than 120 competitors from

around the state, participating in 4D open barrel racing, 4D pole bending, breakaway roping, steer undercoating and more.

Kualoa Ranch, 49-560 Kamehameha Hwy., Kaneohe. 8 a.m. \$5 in advance, \$9 at the gate. Call 808-668-9006 or visit www.rodeoohu.com.

Aloha Festivals Events

Royal Court Investiture

Sept. 12

The 2008 Ali'i receive royal symbols of reign for the Aloha Festivals during today's special ceremony. Traditional chant and hula.

Hilton Hawaiian Village, 2005 Kalia Road, Waikiki. 9:30 a.m.

Opening Ceremony

Sept. 12

Official opening for 2008 Aloha Festivals on O'ahu. Traditional hula and chant to introduce the Royal Court.

'Iolani Palace, 364 S. King St., Honolulu. 4:30-6:30 p.m. Free.

O'ahu Events

Ho'olaulea

Sept. 13

Appearance by Royal Court, as well as eight entertainment stages, hula halau, food, lei vendors and hula crafters.

Spreads 12 city blocks from Kalakaua Avenue between Lewers Street and Kapahulu Avenue, Waikiki area. Opens 6:30 p.m., entertainment 7-10:30 p.m. Free.

**For more information on these 2008 Aloha Festivals events and others call 808-589-1771 or e-mail info@alohafestivals.com. Get your Aloha Festivals ribbon.

Taste At Kapolei

Sept. 13

Food prepared by Hawai'i top chefs, beer and wine stations, live entertainment, silent auction, farmers market and fireworks show. Benefits Kapolei and Leeward O'ahu students.

Ko Olina Resort, 92-1480 Aliinui Drive, Kapolei. Call for time and tickets.

Call the Rotary Club of Kapolei at 674-2500 for information or visit www.TasteAtKapolei.com.

Honolulu Century Ride

Sept. 28

Hawai'i's oldest and largest cycling event. Participants choose to ride 20, 25, 40, 50, 75 or 100 miles at their own pace. At finish area is live entertainment, food and various booths.

Begins and ends at Kapiolani Park, Waikiki. Call 808-735-5756 or visit www.hbl.org for more information and to register.

34th Annual Intertribal Pow Wow

Oct. 4-5

Highlights Native American culture through food, arts and crafts, entertainment, dance contest, drumming, singing and more.

Thomas Square, 925 S. Beretania St.,



Saltimbanco

photo courtesy Cirque du Soleil

Honolulu. Saturday and Sunday 10 a.m.-5 p.m. Free admission. Call 808-734-8018.

Oktoberfest

Oct. 7-12

Hawai'i's longest running Bavarian-style festival, featuring German food, entertainment, and of course, beer.

Ala Moana Hotel, Hibiscus Ballroom, 410 Atkinson Drive, Honolulu. Tuesday through Thursday 6-11 p.m., Friday and Saturday 6 p.m.-midnight, Sunday 5-11 p.m. \$5 Tuesday through Thursday and Sunday, \$10 Friday and Saturday. Call 808-955-4811 or visit

www.alamoanahotel.com.

'Shark Megalodon' Exhibit

Oct. 11-Jan. 11 (2009)

A traveling exhibition highlighting the evolution, biology and misconceptions regarding the Megalodon, a giant prehistoric shark.

Bishop Museum, Castle Memorial Building, 1525 Bernice St., Honolulu. Daily 9 a.m.-5 p.m. General admission \$15.95 adults, \$12.95 ages 4-12 and seniors, kamaaina rates available. Call 808-847-3511 or visit www.bishopmuseum.org.

Hawai'i Fishing and Seafood Festival

Oct. 12

Sample and purchase fresh Hawai'i seafood products, learn ancient and modern Hawaiian fishing methods, watch fishing demos, enjoy fun activities and more.

Pier 38 Fishing Village at Honolulu Harbor, Honolulu. 9 a.m.-4 p.m. Free. Call 808-265-4962 or visit www.fishtoday.org.

Oh Baby! Family Expo

Oct. 18-19

Features more than 150 exhibitors offering information and the newest products for young families and children. Includes demonstration area, speakers, children's activity area, entertainment and more.

Neal Blaisdell Center, Exhibition Hall, 777 Ward Ave., Honolulu. Call 808-239-7777 or visit www.ohbabyfamilyexpo.com.

Wiki Wiki Hawaiiiana, Collectibles Show

Oct. 26

Features a variety of items at least 20 years old and older for sale by vendors from the Mainland and Neighbor Islands.

Neal Blaisdell Center, Hawaii Suites, 777 Ward Ave., Honolulu. Early entry 9 a.m. \$4 general, \$15 early entry, \$2 ages 7-11. Call 808-941-9754 or visit www.ukulele.com.

Podcamp Hawai'i

Oct. 24-25

A conference for podcasters, bloggers and others interested in creating new media for the Internet. Focus is on learning and networking.

Hawaii Convention Center, 1801 Kalakaua Ave., Waikiki. Free. Call 808-384-5554 or visit www.podcamp-hawaii.com for times and other information.



Taste At Kapolei

photo courtesy Taste at Kapolei

'Saltimbanco' Premieres

Oct. 31-Nov. 16

The Cirque Du Soleil show combines theater, music, dance, acrobatics, colorful costumes and more.

Neal S. Blaisdell Arena, 777 Ward Ave., Honolulu. Tuesday through Thursday 7:30 p.m., Friday and Saturday 3:30 and 7:30 p.m., Sunday 1 and 5 p.m. \$40-\$95 adults, \$32-\$76 for age 12 and up.

Visit www.cirquedusoleil.com to purchase tickets.

'Bodies ... The Exhibition' On View

Through January 2009

Features more than 200 specimens (whole bodies and individual organs) showing off the complex systems of the human body.

Ala Moana Center, next to Nordstrom (Kapiolani Boulevard side), Honolulu.

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Maui Events



Augie T's Comedy Show

photo courtesy Augie T

Maui Chefs Present

Sept. 5
A dinner and cocktail party with 12 of Maui's top chefs. Also, with wine, open bar, entertainment and silent auction. Benefits Maui Community College's Culinary Arts Program. Call for location and tickets (limited to 800 persons). 6:30-10 p.m. Call 808-667-9175 or visit www.visitlahaina.com.

Maui Arts And Cultural Center Events

Maui Film Festival Presents

Sept. 3 and 10
Man on Wire is screened on Sept. 3 and Priceless is screened on Sept. 10. Film clips at www.mauifilmfestival.com.
Castle Theater. Both days 5 and 7:30 p.m. Candlelight cafe open from 4:30-7:30 p.m. \$12 single or \$10 with MFF passport.

Comedy Show

Sept. 6
Island comedian Augie T performs his stand-up routine to benefit his Speak the Dream Foundation scholarship program.
Castle Theater. 7:30 p.m. \$15, \$20 or \$25.

Richard Hoopii Leo Kiekie Maui Ha i Falsetto Contest

Sept. 12
Seventh annual. Hawai'i's finest amateur falsetto singers compete. Emcee is Alakai Paleka and other special guests. McCoy Studio Theater. 6 p.m. \$20.

Ku Mai Ka Hula

Sept. 13
International adult hula competition, featuring halau winners from Japan and Hawai'i.
Castle Theater. 1 p.m. \$25 adults, kids half price.

Reggae On The Valley Concert

Sept. 13
A tribute show to Ray Wilhelm, featuring Fiji and friends, Laga Savea, J Boog, The Rushouze Allstars and Piilani Arias.
Lawn. 6 p.m. \$30 advance or \$35 day of show.

Year of the Hula Film Festival

Sept. 14
Na Kamalei: The Men of Hula and Kumu Hula: A Tradition of Teachers are screened. Plus, a guest speaker discusses the films' topics.
McCoy Studio Theater. 3 p.m. \$12 adults, kids half price.

Music And Hula Concert

Sept. 27
Hawaiian recording artist Uluwehi Guerrero performs with Halau Hula Kauluokala.
Castle Theater. 7:30 p.m. \$12-\$30, kids half price.

**The Maui Arts and Cultural Center is located at One Cameron Way in Kahului. For more information on any of these events, call 808-242-SHOW or visit www.mauiaarts.org.

Maui Marathon

Sept. 12-14
A road race sending runners across Maui's mountains and seaside high-

ways. In conjunction with the Maui Tacos 5K run, Front Street Mile Run and Maui-Half Marathon. Visit www.MauiMarathon.com.

A Taste of Lahaina and Best of Island Music Festival

Sept. 19-20
Showcases new and popular restaurants' food (25 restaurant tents), beer and wine garden, country store, kids fun area and live entertainment. Benefits Maui youth groups.
Lahaina Recreation Park II (behind soccer field). 5-10 p.m. Call 888-310-1117 or visit www.visitlahaina.com.

Maui County Fair

Oct. 2-5
Features carnival, parade, chili cook-off, crafts, live entertainment, local foods and more.
War Memorial, 1580 Kaahumanu Ave., Wailuku. Thursday 5-11 p.m., Friday 5 p.m.-midnight, Saturday 10 a.m.-midnight, Sunday 10 a.m.-11 p.m., \$5 adults, \$2 ages 5-11, free for under-ages. Call 808-242-2721 or visit www.mauicountyfair.com.

Kapalua LPGA Classic

Oct. 13-19
Hawai'i's third LPGA tournament for the year. A 72-hole tournament, includes practice rounds and Pro-Am open.
Kapalua Resort, Bay Course, 100 Bay Drive, Lahaina. Call 1-877-KAPALUA or visit www.kapalua.com.

Aloha Team Classic

Oct. 21-24
Beyond the Rainbow Foundation hosts. Features two evening activities, three-day amateur golf tourney. Prizes awarded each day of tournament. Multiple locations on Maui. Visit www.AlohaTeamClassic.org for location, times and other information. Call 808-541-7357.

Big Island Events

Hawaii Island Festival

Sept. 1-30

Formerly the "Aloha Festivals." Month-long series of events including falsetto singing and storytelling (Sept. 6 at Waikoloa Marriott Resort), Miss Aloha Nui contest (Sept. 5 at Waikoloa Marriott Resort), poke contest (Sept. 7 at Waikoloa Queen Shops), paniolo parade and hoolaulea (Sept. 13 in Waimea). Call 808-885-3110 or 808-885-9259.

Weekend of Hawaiian Culture

Sept. 5-7

In conjunction with this year's Hawai'i Island Festival (formerly called Aloha Festivals). Features Hawaiian arts and crafts, hula performances, Hawaiian entertainers, Ms. Aloha Nui pageant, Great Waikoloa Poke Contest and more. Waikoloa Beach Resort, 600 Waikoloa Beach Road, Waikoloa. Call 808-886-8822 for times and other information

Mauka Food and Fun Festival

Sept. 13

Celebrates the multi-ethnic ranching lifestyle of old Kona, featuring Portuguese stone-oven bread baking, music, traditional food demos, crafts, games and more.



A Taste of the Hawaiian Range

photo courtesy Hilton Hawaiian Village

Kona Historical Society (Kalukalu historic site), Mamalahoa Highway, between marker 111 and 112, Kona, 10 a.m.-3 p.m. Call 808-323-3222.

Peace Parade

Sept. 21

Second annual Parade and Festival for the United Nations International Day of Peace. Parade features bands, floats, clubs, school groups, performance artists and more. Festival follows parade, with food, info booths, entertainers and more. Parade begins at noon on Mamane Street, Honokaa. Festival from 1-3 p.m. Call 808-933-9772 or visit www.peace-dayparade.org.

Queen Liliu'okalani Festival

Sept. 28

Food, music, dance, halau performances and more honoring Hawai'i's last monarch. Shuttle provided to and from the Civic Auditorium parking area. Queen Liliu'okalani Park, Hilo. 10 a.m.-4 p.m. Call 808-961-8706.

Hawaii Island Festival Poke Contest

Sept. TBA

Competitors make poke creations using seafood, seeds, herbs, tofu and more. Activities include a recipe contest, poke 101 class and craft fair. Hapuna Beach Prince Hotel at Mauna Kea Resort, 62-1000 Kauna'oa Drive, Kohala Coast, call for dates and times. Call 808-589-1771 or visit www.Poke-Contest.com.

Ford Ironman World Championship

Oct. 11

Triathletes from around the world compete in a 2.4-mile ocean swim, a 112-mile bike course and a 26.2-mile run. Kailua-Kona. Call 808-329-0063 or visit www.ironman.com.

Hilton Waikoloa Village Events

A Taste of the Hawaiian Range

Oct. 3

An all-you-can-eat event. Local celebrity chefs make dishes using locally grown range-fed meats and Big Island vegetables, as well as Kona coffee desserts.

Grand Ballroom and Lagoon Lanai. 6-8 p.m. \$35 presale or \$70 at the door. Call 808-981-8285 or visit www.CTAHR.Hawaii.edu/Taste.

Oktoberfest

Oct. 4

Enjoy authentic German foods, beers and live music. Reservations accepted. Palm Terrace. 5-9 p.m. \$42 adults, \$21 ages 5-12.

STYX In Concert

Oct. 11

The Chicago-based classic rock band entertains live. Doors open 6:30 p.m. \$50. Call 808-345-3100 or visit www.kingmichelconcerts.com to purchase tickets.

Halloween Spooktacular

Oct. 26

Costume contest with prizes, haunted house, games, face painting, cookie decorating, DJ/dancing, food and silent auction. Benefits Na Lima Hana. Grand Ballroom. 5-9 p.m. \$1 or canned food donation for Hawaii Island Food Bank.

**The Hilton Waikoloa Village Resort is located at 69-425 Waikoloa Beach Drive on the Kohala Coast. Call 808-886-1234, ext. 54 for information on any of these events, unless otherwise noted.

Na Mea Hawai'i Hula Kahiko

Oct. 18

Final performance of this 2008 hula series. Halau Mohala Ilima performs traditional hula and chant. Hawaiian craft demonstrations. Gallery. 9:30 a.m.-2 p.m. Free with park entrance fee.

Kaua'i Events



Coconut Festival

photo courtesy Coconut Festival

Menehune Moonrise Concert

Sept. 7

Doug and Sandy McMaster perform traditional Hawaiian slack key and ukulele songs (and stories!) all about the Menehune.

Hanalei Family Community Center, 5-5299 Kuhio Highway, Hanalei, 3-4 p.m. \$20 adults, \$15 keiki and seniors. Call 808-826-1469.

Kauai Mokihana Festival Events

Hawaiian Instrumental Competition

Sept. 21

Traditional Hawaiian music performed before a live audience.

Poipu Bay Bar and Grill. 6 p.m. \$15. Call 808-742-1234 for tickets to this event only.

Composer's Contest and Concert

Sept. 22

Performances of Hawaiian, contemporary Hawaiian music, and rounds of open musical choices.

Kaua'i Community College, Performing Arts Center. 7 p.m. \$15 advance, \$20 at the door.

'Eo, E Lili'u

Sept. 23

A children's music competition featuring songs honoring Queen

Lili'uokalani and others in Olelo performed.

Kaua'i Community College, Performing Arts Center. 9 a.m. \$5.

Kahiki Nei Hula Show

Sept. 25

Practiced dancers compete in many solo and group categories of Hawaiian hula.

Kaua'i War Memorial Convention Hall. 6 p.m. \$15 advance, \$20 at the door.

Festival Finale

Sept. 27

Solo hula performances and award ceremony.

Kaua'i War Memorial Convention Hall, noon, \$15 advance, \$20 at the door.

**For information on any of the above Kaua'i Mokihana Festival events visit <http://mokihana.kauai.net> or call 808-822-2166

Ninth Annual Kaua'i Pow Wow

Sept. 26-28

Native American and Native Hawaiian performances, dances, arts and crafts, food, children's activities and silent auction tent.

Kapaa Beach Park, Kapaa. Call 808-829-1294.

Matsuri Kauai 2008

Oct. 11

Activities and demonstrations, including Oshie (quilted art), origami, musubi madness contest, mochi pounding, martial arts, local dancers, singers and more.

411 Hardy St., Lihue. Call 808-822-5353.

Coconut Festival

Oct. 11-12

Entertainment, cultural displays and experiences, shopping, children's theater, games, cooking demos, contests, food and more — all coconut related.

Kapaa Beach Park, next to Library. Saturday 9 a.m.-5 p.m., Sunday 9 a.m.-4 p.m. Call 808-651-3273 or visit www.KBAKauai.org.

Hawaiian/Malama Ola Festival

Oct. 30-Nov. 2

Workshops, demonstrations, entertainment, lectures and ceremonies teaching and celebrating native Hawaiian culture.

Grand Hyatt Kaua'i Resort and Spa, 1571 Poipu Road, Koloa. Visit www.poipubeach.org or call 808-240-6369.

'Release' Party

Ongoing, every Friday

Flash and Matty Boy present. Rotating DJs, FM dancers and live percussion with Justin James of the New Jass Quartet. 21-plus. Stylish attire strongly suggested.

The Point at Sheraton Kaua'i. 9 p.m.-2 a.m. \$10, guest list closes at 11:30 p.m. Call 742-1661 or visit www.flashandmattyboypresent.com.

Friday Art Night

Ongoing. Every Friday

Meet local artists, gallery owners, enjoy live music, food and explore the historical village of Hanapepe.

Main Street area, Hanapepe. 6-9 p.m. Free. Call 808-246-2111.

go! Events

Thrice In Concert

Sept. 5

The Orange County, Calif., rock band returns to Hawai'i, performing its classic screamo anthems and material from its new release, *The Alchemy Index*.

Pipeline Cafe, 805 Pohukaina St., Honolulu. \$25 general admission; \$50 VIP. Visit www.bampproject.com for more information.

Hawai'i Volleyball Association

Sept. 8: The fifth annual HVA four-person beach volleyball challenge. Proceeds to benefit the Hawai'i Foodbank.

Sept. 27: A Halloween-themed volleyball match-up. Four-person teams.

Oct. 11: HVA games. Four-person teams.

**Great American Volleyball (GAV) and the Hawai'i Volleyball Association present the above events all at Queen's Beach in Waikiki. For more information, visit www.HawaiiVolleyball.net.

Ukulele Contest

Sept. 14

Amateur ukulele players compete for prizes and a chance to represent the Aloha Festivals. Celebrity judges, ukulele displays and live entertainment.

Aloha Tower Marketplace, Center Atrium, Honolulu. 10 a.m. Free. Call 808-566-2337 or visit www.alohatower.com.

Underoath In Concert

Oct. 4

Christian metal rockers from Florida take the stage.

Pipeline Cafe, 805 Pohukaina St., Honolulu. \$25 general admission; \$50 VIP. Visit www.bampproject.com for more information.

STYX In Concert

Oct. 9

The Chicago-based classic rock band entertains.

Neal S. Blaisdell Concert Hall, 777 Ward Ave., Honolulu. 7:30 p.m., \$50-\$75. Call 1-877-750-4400 or visit www.ticketmaster.com



photo courtesy King Michael Concerts



courtesy photo

Hotel Street Social Club

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A socially cool mixer for those in the media industry as well as college students.

Giveaways. DJ, dancing. 18-plus.

Next Door, 43 N. Hotel St., downtown Honolulu. Doors open 9 p.m. \$10. Call 808-275-7210 or e-mail jason@heavywatermag.com for the guest list.

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Lulu's, 2589 Kalakaua Ave., Waikiki. 10 p.m.-4 a.m. Call 808-926-5222 or e-mail jason@heavywatermag.com.

where to find go!

Honolulu International Airport (HNL), O'ahu



Lihu'e Airport (LIH), Kauai



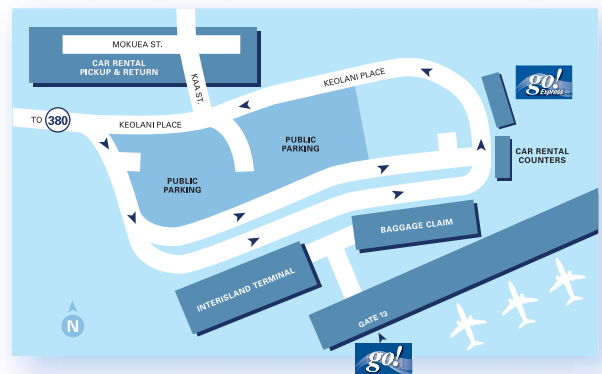
Ho'olehua Airport (MKK), Moloka'i



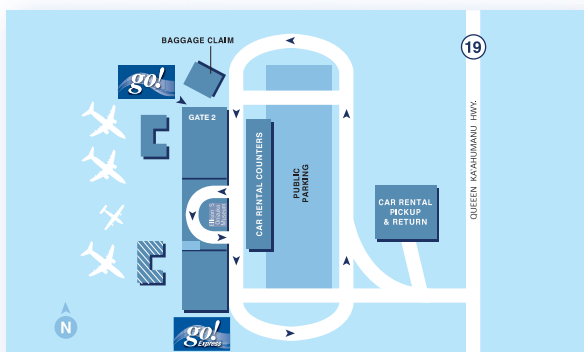
Kapalua Airport (JHM), Maui



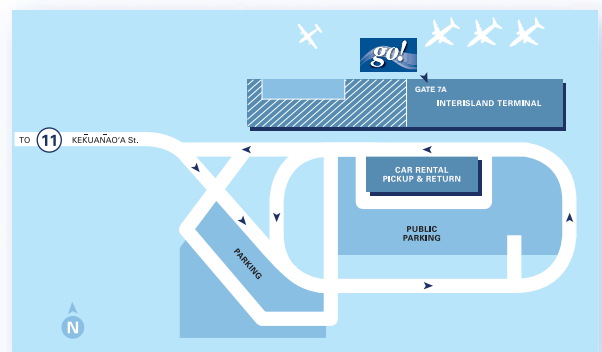
Kahului Airport (OGG), Maui



Kona International Airport at Keāhole (KOA), Hawai'i



Hilo International Airport (ITO), Hawai'i



Mesa Air Group Route Map



LEGEND

- DELTA CONNECTION
- US AIRWAYS EXPRESS
- UNITED EXPRESS
- AIR MIDWEST

Kaua'i



O'ahu

Honolulu

Moloka'i

Lāna'i

Maui

Kahului

Hawai'i (The Big Island)

Kona

Hilo



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LEGEND

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Express



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Ticketing and Check-in.

We request that you check in at least 45 minutes prior to departure. Don't forget that you may need additional time for parking and security lines—we don't want you to miss your flight!

You can check in at any **go!** kiosk or our website: www.iflygo.com, up to 24 hours in advance.

Boarding and Deplaning.

All passengers must be at the gate at least 15 minutes prior to departure or there is a chance you may lose your seat.

If you are connecting to another airline in Honolulu, advise a ramp agent prior to leaving the tarmac, who will direct you to a walkway leading to the Interisland and Overseas Terminals.

Exit Row Requirements

So ... you were one of the first on board and lucky enough to snag row 8, which is designated as an Emergency Exit Row. This row offers our customers a few extra inches of legroom, but in return we ask for your assistance in the event of an emergency. If you are seated in row 8, you must be able to understand The Passenger Safety Information located in the seatback and follow commands from the crew, be at least 15 years of age and understand English.

In Flight Safety

We ask that all passengers remain seated with seatbelts fastened at all times. This is for your safety in the event of unexpected turbulence. If you need to use the restroom (located in the rear), press the Flight Attendant call button and ask if it is safe to do so.

Passenger Luggage

go! provides the option to check 1 bag for \$10 and a second for \$15. Due to the size of our aircraft, we cannot accept surf/bodyboards over 6 feet in length. Passengers are asked to keep extremely important items like laptop computers and medication in their carry-on luggage.

Smoking Policy

The use of cigars and cigarettes while in flight is not permitted. This also applies to anywhere in or around the aircraft, so please refrain from smoking while deplaning. Smoking is only allowed in certain designated areas at our airports, so kindly wait until you are in an appropriate area before lighting up.

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\$2.50*

Heineken and Amstel Light Beers, Starbucks Doubleshot Coffee Drink

\$3.50*

Vodka, & Rum plus your choice of mixer (Juice, Bloody Mary Mix, Club Soda, Tonic Water)

*These are the only alcoholic beverages allowed to be consumed onboard the aircraft. All alcohol must be served by the flight attendant only. Regulations prohibit **go!** from serving anyone under the age of 21 or people who appear to be intoxicated.

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Mesa's mission is to be the premier high quality, low cost regional airline...



Mesa Air Shuttle was founded by Larry Risley in 1982 and began with scheduled service between Farmington and Albuquerque, New Mexico using a nine passenger Piper Chieftan. Mr. Risley, an aircraft mechanic by trade, mortgaged his house and fixed base operation business to start the airline. Mesa has since grown to be one of the world's largest independent regional airlines.

In its first ten years of business, Mesa grew from a company with one aircraft serving two cities to an organization operating 38 aircraft and serving 63 cities. During this same period, the company transformed itself from a small closely held corporation to a publicly traded corporation on the NASDAQ exchange under the symbol MESA. In 1989, the company expanded its operations through a codeshare agreement with Midwest Express and then in 1990 with the acquisition of Aspen Airways. With the Aspen acquisition, Mesa gained its first codeshare agreement with United Airlines and began operating as United Express out of Denver.

In 1991 Mesa purchased Air Midwest, adding US Airways as a codeshare partner, and West Air in 1992, adding additional routes as United Express. Mesa further expanded in 1992 through the signing a codeshare agreement with America West. In 1994 Mesa acquired Pittsburgh-based Crown Airways, further strengthening the company's ties to US Airways.

In 1998, Mesa negotiated a new codeshare agreement with America West and relocated its corporate headquarters from Farmington to Phoenix. In 1999 Mesa announced the acquisition of Charlotte-based CCAir, adding more US Airways routes to its route network. Also in 1999, Mesa announced the acquisition of Charlotte-based CCAir, adding additional US Airways routes.

In 2000, Mesa codeshare agreement with America West increased to include 22 regional jets. By this time 75% of Mesa's operations were being conducted under revenue guarantee contracts with other airlines.

In 2001, Mesa announced an agreement with America West to add up to 40 larger CRJ aircraft and became the launch customer for the new 86-seat Bombardier CRJ 900.

Mesa's mission is to be the premier high quality, low cost regional airline while also looking to innovate and pursue new opportunities in the rapidly changing airline industry. Mesa continues to grow and recently expanded its codeshare agreement with Delta Air Lines, its United codeshare agreement and the launch of **go!**, Mesa's independent operation in Hawaii. **go!** operates state-of-the-art 50-seat regional jets to provide low-cost, high frequency service to the cities of Lihue, Kahului, Kona, Hilo and Honolulu. **go!** recently expanded its route network in Hawaii with the launch of service as **go!Express** operated under a codeshare agreement with Kona-based Mokulele Airlines. This new service adds the airports of Kapalua, Maui, Ho'olehua, Molokai and Lanai City, Lana'i to the **go!** route network.

As of August 1, 2007 Mesa was operating 199 aircraft with over 1,300 daily system departures to 181 cities, 46 states, Canada, Mexico and the Bahamas. Mesa operates as Delta Connection, US Airways Express and United Express under contractual agreement with Delta Air Lines, US Airways and United Airlines, respectively, and independently as Mesa Airlines and **go!**.

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* Tickets are nontransferable and nonrefundable. Seats are limited and fares may not be available on all flights. Changes can be made prior to scheduled departure for a fee of \$20 per person plus any applicable difference in airfare. Fares displayed do not include September 11th Security Fees of up to \$5 each way and a Federal Segment Excise Tax of \$3.50 per segment. A segment is defined as one takeoff and one landing. All taxes and fees must be paid at the time of purchase. Flights operated by Mesa Airlines doing business as go! Fares are valid for travel through December 31, 2008. Other restrictions may apply. Special fares are valid per segment. Special fares may be combined for one-way travel between neighbor islands and may also be combined for roundtrip travel between neighbor islands.



Divers and fishermen at Waimea Bay

photo by Ryan Ohara

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