

Discovering the Aloha State

DAVID S. VOGELS III

Hawaii is the most idyllic location in recent memory for the AAO's annual meeting. This year's innovation of following up the core meeting in Honolulu with smaller get-togethers on the neighbor islands makes the session especially attractive for orthodontists and their families.

The annual JCO convention preview will highlight the attractions of our most beautiful state.

Travel Information

Hawaii consists of six major islands (from east to west): Kauai, Oahu, Molokai, Lanai, Maui, and Hawaii (the Big Island). Their combined land mass is equivalent to that of Connecticut, but their tropical climate is nothing like New England's. With an average high temperature of 85°F and an average low of 70°F, the only weather concern during the meeting may be the occasional gusty tradewinds and accompanying high surf.

Most convention-goers will be entering the state through Honolulu International Airport. The Airport Waikiki Express, (800) 831-5541 or (808) 539-9400, runs every 20-30 minutes to the hotels on Waikiki Beach for an adult charge of \$8 one-way, \$13 round-trip (extra charges apply for golf bags, surfboards, and the like). Taxi fares are about \$25 each way, and city bus service is also available.

Travelers to the follow-up sessions on other islands will be flying from the Interisland Terminal to Kahului Airport (Maui), Kona International Airport (Hawaii), or Lihue Airport (Kauai). All three have direct flights to the West Coast. Ground transportation is available at each airport; if you're not renting a car, it's a good idea to prearrange transport with your hotel.

Be sure to visit the JCO booth (No. 108) at the AAO meeting and check out our new Online Archive. For information before the meeting, call us at (303) 443-1720.



Honolulu's skyline as seen from the harbor.

Historic and Cultural Attractions

May Day is celebrated as Lei Day throughout the state, with Mother's Day orchid shows scheduled on the weekend of May 8-10 in both Maui and Kauai.

No visitor to Oahu should miss the memorials and naval exhibits at Pearl Harbor, including the sunken **Arizona Memorial**, the **Battleship Missouri**, and the **USS Bowfin** submarine. Tour tickets for the Arizona (open daily 8 a.m. to 3 p.m.) are given out on a first-come, first-served basis, with long waits common; bathing suits and bare feet are not allowed, and security is heavy.

In Honolulu, the **Hawaii Maritime Center** goes farther back in Polynesian naval history, to the region's whaling days. For a glimpse of Hawaii's royal past, take in the **Iolani Palace** and the **Kawaiahao Church**, known as Honolulu's Westminster Abbey. The historic **Bishop Museum** features an exhibit on "Hula: The Dance of Poetry" and has a planetarium show scheduled for May 5.

An interesting exhibit called "Surf Culture: Surf Photography and Board Design in Hawaii" is scheduled for the **Contemporary Museum at First Hawaiian Center**, along with displays of



contemporary paintings and glass art. The **Honolulu Academy of Arts** showcases the annual exhibition of the Hawaii Quilt Guild, May 1-11, and also arranges tours of Doris Duke's fabulous Shangri La home, overlooking Diamond Head (get tickets early). Other outdoor attractions in the Honolulu area include **Senator Fong's Plantation & Gardens**, the **Dole Plantation**, the **Honolulu Zoo**, the **Waikiki Aquarium**, and **Sea Life Park**.

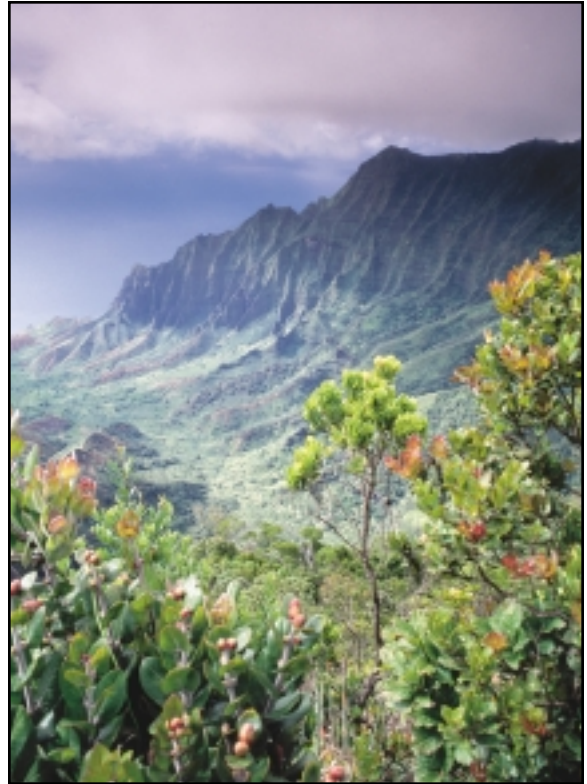
Music fans who are staying over in Oahu will want to take in the **Honolulu Symphony's** "Evening with Tan Dun", May 9 and 11, featuring a concerto based on the composer's Oscar-winning score to *Crouching Tiger, Hidden Dragon*, as well as his stunning Water Percussion Concerto.

Hawaii's aviation history is showcased in the **Paper Airplane Museum** near the Kahului Airport in Maui. Attractions on the Big Island include the **Dai Fukuji Soto Buddhist Mission**. Of course, the entire state is full of natural wonders if you simply rent a car and drive around. Two of the highlights are the **Hawaii Volcanoes National Park** on the Big Island and the **National Tropical Botanical Garden** on Kauai.

Restaurants

Go to a luau if you must, but don't pass up the exciting Pacific Rim cuisine that has been developed by Hawaii's top chefs over the past 20 years, especially in Honolulu and Lahaina (Maui). For a culinary overview, try the fourth annual **Taste of the Stars**, featuring many of Hawaii's premier chefs, on May 3 in Pearl City (suburban Honolulu).

The top tables in Honolulu, on a par with those of any major city in the country, are **Alan Wong's Restaurant**, **Sam Choy's Diamond Head**, **Chef Mavro's**, **Hoku's**, **3660 on the Rise**, **L'Uraku**, and the Halekulani Hotel's Continental pair of **La Mer** (jackets required) and **Orchids**. Roy Yamaguchi has now spread his **Roy's** restaurants throughout the state (as well as the rest of the country), and all provide a dependable, if noisy, fare of innovative Asian-fusion



The Kalalau Valley, one of Kauai's scenic wonders.

seafood.

On Maui, there are good restaurants at the **Kapalua Bay Hotel** complex and at the Wailea resorts, but the best dining action is in Lahaina, the old whaling town just south of the Kaanapali resort. Top choices are **David Paul's Lahaina Grill**, **Gerard's**, and **Pacific'O**.

The Big Island lags behind in culinary excellence; the best restaurant by far is the **CanoeHouse** at the magnificent **Mauna Lani Bay Hotel and Bungalows**. Try to arrive by sunset for a spectacular view of the Pacific. **The Batik** at the **Mauna Kea Beach Hotel** has become rather stodgy, but a more pleasant and scenic experience is available at the **Coast Grille** in the neighboring **Hapuna Beach Prince Hotel**.

On Kauai, the notable eateries are found in the two major resort complexes—Princeville (north) and Poipu Beach (south).



Lanikai Beach on the island of Oahu.

Shopping

The more established resort areas, such as Waikiki, Lahaina, Kaanapali, and Kona (Big Island), run toward souvenir shops and tourist traps. But malls abound in Hawaii, with modern conveniences such as Costco and Home Depot springing up everywhere. If you need flower shirts or macadamia nuts to bring home, the best prices are at the supermarkets.

More serious shoppers in the Waikiki area can choose from among **Ala Moana**, the **Aloha Tower**, **DFS Galleria Waikiki**, the **International Market Place**, the **Kahala Mall**, **King's Village**, the **Royal Hawaiian Shopping Center**, the **Victoria Ward Centers**, and the **Waikiki Shopping Plaza**.

Expeditions and Recreation

Hawaiian adventures are innumerable; this trip will be a great opportunity either to pursue favorite pastimes or stretch your limits. The best

advice is to sign up for one or more of the AAO tours, or arrange activities in advance with your hotel concierge.

Ocean activities include deep-sea fishing, glass-bottom boats and submarines, and various cruises (a sunset cruise is a wonderful way to end a day). Introductory diving sessions are available; more experienced divers can complete their deep-water certification. Tropical fish are plentiful for snorkelers in even the shallowest water, but look for more secluded beaches to avoid the waves. Two of the best beaches are at the Kapalua Bay Hotel (Maui) and the Mauna Kea Beach Hotel (Big Island).

Inland activities such as horseback riding, hiking, and cycling can be indulged on any island. The best way to take in an entire island's worth of scenery, including waterfalls and volcanoes, is on one of the ubiquitous helicopter tours.

Tennis players will find well-groomed courts at every hotel; among the most beautiful are the tennis gardens at the Mauna Kea and Mauna Lani hotels on the Big Island. Play early in the morning to avoid the heat and wind. And if you're weary from all this exercise, many resorts have world-class spas.

Two of the smaller islands, Lanai and Molokai, are jewels in their own right, accessible by either interisland air or boat. Lanai has two sister resorts, the inland **Lodge at Koele** and the beachfront **Manele Bay Hotel**, and one major town, Lanai City. The top sightseeing attraction is Shipwreck Beach. Molokai, home of Father Damien's famous leper colony, the **Kalaupapa Settlement** (now only a historic site), has one town, Kaunakakai, and abundant natural beauty.

Golf

Golf deserves its own heading in a state for which the sport must have been invented. Beginners and scratch golfers alike will want to bring or rent clubs. Wind is usually a factor in Hawaii, but temperatures are never uncomfortable. A good idea on any course is to ask a local which way the greens break; the grain is often more significant than the slope, which can make putting



The signature third hole at the Mauna Kea Golf Course is a long par 3 over the Pacific Ocean.

an adventure.

In the Honolulu area, start with the scenic **Ko Olina Golf Club**, a Ted Robinson design, or the windy and watery, but moderately easy, **Kapolei Golf Course**, home of an LPGA tournament. Near Pearl Harbor are two other good layouts, the 27-hole **Hawaii Prince** and **New Ewa Beach Golf Club**. If you can make it to the North Shore, there are two outstanding courses at the **Turtle Bay Resort**, with the Arnold Palmer design preferred over Greg Fazio's.

The best trio of courses on Maui, and perhaps in the state, is found at Kapalua. If you've never hit a 300- (or 400-) yard drive, your best chance may be a downhill shot at the mountainous **Plantation Course**, home of the PGA's tour-opening Mercedes Championship. With the Verizon Hall of Fame Pan-Am Golf Tournament scheduled for May 3-5, the greens will be lightning-fast. Locals tout the **Village Course**, which has plenty of variety, but the gem of the threesome is Palmer's **Bay Course**. This gorgeous layout, the only one at Kapalua that plays over the ocean, is a fair test for long and short hitters alike. The **Wailea Golf Club** features three more 18-hole courses, one of which hosts the Senior Skins Game; they are somewhat dated, but have

magnificent views. The **Kaanapali North and South** courses are mediocre in this company.

Robert Trent Jones's venerable **Mauna Kea Golf Course** has pride of place on the Big Island, but it plays long and difficult. Slightly inland, the hilly **Hapuna Golf Course** is more friendly and less windy. The immaculate **Mauna Lani North Course** is the best bet on the island for golfers of all ability levels; although several holes are currently under construction, there are two passable temporary holes, and the rest of the course will take your breath away. The **South Course** is equally scenic, but more of a test, lying more exposed to the ocean breezes. If you happen to be staying at the Four Seasons Resort near Kona, the exclusive **Hualalai Golf Club** gets raves for its beauty.

On Kauai, the most notable course in the AAO meeting area is the scenic, wind-blown **Poipu Bay Golf Course**. At Lihue, near the airport, don't miss Jack Nicklaus's famous **Kauai Lagoons Kiele Course** and its sister **Mokihana Course**. The best tracks on the island, however, are up north at the Princeville Resort—the 27-hole **Makai Course** and the top-rated **Prince Course**. Be prepared for a little drizzle at these stunning upland layouts.

DIRECTORY*

Historic and Cultural Attractions

	Phone**	Internet Address
Arizona Memorial, Pearl Harbor	422-0561	www.arizonamemorial.org
Battleship Missouri Memorial, Pearl Harbor	973-2494	www.ussmissouri.com
Bishop Museum, Honolulu	847-3511	www.bishopmuseum.org
Contemporary Museum at First Hawaiian Center, Honolulu	526-1322	www.tcmhi.org
Dai Fukuji Soto Buddhist Museum, Honalo, Hawaii		www.hawaiiweb.com
Dole Plantation, Wahiawa	621-8408	www.dole-plantation.com
Hawaii Maritime Center, Honolulu	536-6373	holoholo.org/maritime
Honolulu Academy of Arts	532-8700	www.honoluluacademy.org
Honolulu Symphony	792-2000	www.honolulusymphony.com
Honolulu Zoo	971-7171	www.honoluluzoo.org
Iolani Palace, Honolulu	522-0832	www.iolanipalace.org
Kalaupapa National Historical Park, Molokai	567-6802	www.arizonamemorial.org
Kawaiahao Church, Honolulu	522-1333	www.hawaiiweb.com
National Tropical Botanical Garden, Poipu, Kauai	742-2623	www.hawaiiweb.com
Paper Airplane Museum, Kahului, Maui	877-8916	www.hawaiiweb.com
Sea Life Park, Waimanalo	259-7933	www.sealifeparkhawaii.com
Senator Fong's Plantation & Gardens, Kaneohe	239-6775	www.fonggarden.com
USS Bowfin Submarine Museum & Park, Pearl Harbor	423-1341	www.bowfin.org
Waikiki Aquarium	923-9741	waquarium.mic.hawaii.edu

Restaurants

Alan Wong's Restaurant, Honolulu	949-2526	www.alanwongs.com
Chef Mavro's, Honolulu	944-4714	www.chefmavro.com
David Paul's Lahaina Grill, Maui	667-5117	www.lahainagrill.com
Gerard's, Lahaina, Maui	661-8939	www.gerardsmaui.com
Hoku's, Honolulu	734-2211	www.mandarin-oriental.com
La Mer, Honolulu	923-2311	www.halekulani.com
L'Uraku, Honolulu	955-0552	www.luraku.com
Orchids, Honolulu	923-2311	www.halekulani.com
Pacific'O, Lahaina, Maui	667-4341	www.pacificomaui.com
Roy's, Hawaii Kai	396-7697	www.roysrestaurant.com
Roy's, Kahana, Maui	669-5000	www.roysrestaurant.com
Roy's, Kihei, Maui	891-1120	www.roysrestaurant.com
Roy's, Poipu, Kauai	742-5000	www.roysrestaurant.com
Roy's, Waikoloa, Hawaii	886-4321	www.roysrestaurant.com
Sam Choy's Diamond Head, Honolulu	732-8645	www.samchoy.com
Taste of the Stars, Pearl City	455-0687	www.gohawaii.about.com
3660 on the Rise, Honolulu	737-1177	www.3660.com

Resorts

	Phone**	Internet Address
Hapuna Beach Prince Hotel, Kohala Coast, Hawaii	880-1111	www.hapunabeachprincehotel.com
Kapalua Bay Hotel, Maui	669-5656	www.kapaluabayhotel.com
Lodge at Koele, Lanai City, Lanai	565-7300	www.lanai-resorts.com
Manele Bay Hotel, Lanai	565-7700	www.lanai-resorts.com
Mauna Kea Beach Hotel, Kohala Coast, Hawaii	882-7222	www.maunakeabeachhotel.com
Mauna Lani Bay Hotel and Bungalows, Kohala Coast, Hawaii	885-6622	www.maunalani.com
Princeville Resort, Kauai	826-3580	www.princeville.com
Turtle Bay Resort, Kahuku	293-8574	www.turtlebayresort.com

Shopping

Ala Moana, Honolulu	955-9517	www.alamoana.com
Aloha Tower, Honolulu	566-2337	www.alohatower.com
DFS Galleria Waikiki, Honolulu	931-2655	www.dfsgalleria.com
International Market Place, Honolulu	971-2080	
Kahala Mall, Kahala	732-7736	www.kahalamallcenter.com
King's Village, Honolulu	944-6855	www.kings-village.com
Royal Hawaiian Shopping Center, Honolulu	922-0588	www.shopwaikiki.com
Victoria Ward Centers, Honolulu	591-8411	www.victoriaward.com
Waikiki Shopping Plaza, Honolulu	923-1191	www.pagemarketing.com

Golf

Hawaii Prince Golf Club, Ewa Beach	944-4567	www.princeresortshawaii.com
Hualalai Golf Club, Kailua Kona, Hawaii	325-8480	www.hualalairesort.com
Kaanapali North and South Courses, Lahaina, Maui	661-3691	www.kaanapali-golf.com
Kapolei Golf Course, Kapolei	674-2227	
Kauai Lagoons Golf Club, Lihue, Kauai	241-6000	www.kauailagoonsgolf.com
Ko Olina Golf Club, Kapolei	676-5309	www.koolinagolf.com
New Ewa Beach Golf Club, Ewa Beach	689-8351	
Poipu Bay Golf Course, Koloa, Kauai	742-8711	www.kauai.hyatt.com
Wailea Golf Club, Maui	875-7450	www.waileagolf.com

*Oahu unless otherwise noted.

**Area code 808.