



## Kualoa Ranch

### A world of rustic enchantment



Story and photos by  
**Blair Martin**

Contributing Writer

For the adventurous seeking a departure from the usual aquatic attractions found on the island, Kualoa Ranch offers a world of rustic enchantment along with a variety of leisure activities among some of Hawaii's most spectacular vistas.

Considered one of the most sacred places on Oahu, this family-owned property lies on the northeastern shore and stretches nearly 4,000 acres across Kualoa Regional Park and the famous Ka'a'awa Valley. Many of the ranch's scenic terrain has been captured by television

shows and Hollywood films such as "Jurassic Park", "Windtalkers", "Pearl Harbor", "Godzilla", "Tears of the Sun" and "Lost."

Originally established as one of the first sugar mills on the island, Kualoa Ranch has managed to successfully recreate itself into a recreational haven offering various adventure activities such as horseback rides, all terrain vehicle (ATV) rides, bus tours and jungle exploration tours for anywhere between 100 to 300 visitors a day.

Despite its mass tourist appeal, the ranch to this day remains a working cattle ranch and home to over 250 heads of Angus and mixed cattle breeds, along with more than 70 horses and a bevy of other barnyard animals sure to be spotted within the lush property.

"Our ranch has been a part of Hawaiian culture for generations," said David Morgan, operations manager for Kualoa Ranch. "It is a very special place and we intend to do everything we can to preserve its beauty and legacy."

Morgan's family is descendents of the original landowner, Dr. Gerrit P. Judd, who served as close personal advisor to



A child pets "Princess" the pig before a trail ride at Kualoa Ranch, a 4,000-acre working ranch located in the valley of Ka'a'awa. Princess is one of many animals that live at the ranch, which offers many recreational activities, including horseback rides, ATV rides and tours throughout its vast property.

Hawaiian King Kamehameha III. In 1850, the king allowed Judd to purchase the land from him and it has remained in the family ever since.

After the surprise Japanese attacks at Pearl Harbor in 1941, the military used part of the island to set up an emergency air-

field along with bunkers in an effort to keep watch over the shoreline during wartime. Remnants of old World War II bunkers still lie today quietly among the brush and forested areas of the ranch's winding trails, privy to any visitor touring the ranch.

Kualoa

Ranch's historical heritage is intermixed with scenic views of the island's Koolau Mountains and sweeping Pacific Ocean shoreline. The ranch is also home to other agriculture delicacies such as acres of native tropical flowers, fruit trees, orchid gardens and most notably, an ancient fishpond dating back nearly 800 years. The Moli'i Fishpond is a 123-acre pond and has been preserved as a historical marker of early Hawaiian culture and agriculture practices.

Kualoa Ranch not only plays host to hundreds of tourists and visitors daily, but also offers packages and countryside rental property to special group events, weddings and annual concerts.

It offers military discounts for most of its adventure tours, including horseback riding and ATV tours and other park activities.

For more information on Kualoa Ranch or to purchase special packages, visit your local Information, Ticket and Travel (ITT) offices or visit [kualoa.com](http://www.kualoa.com).

Contact ITT offices at the Navy Exchange Mall at 422-2757 or at Naval Station Pearl Harbor at 473-0792.



# Nutrition and fitness: Getting back on track

Story and photo by  
Blair Martin

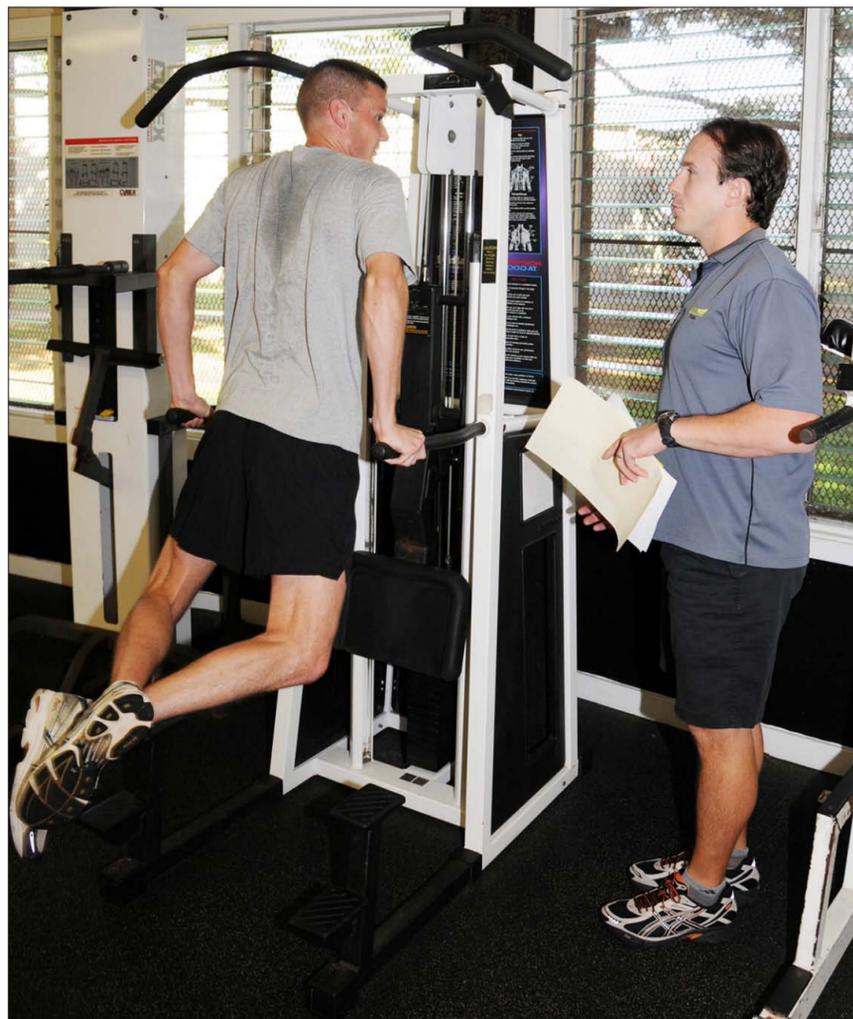
Contributing Writer

For many, January not only represents the start of a new year, but also another chance to accomplish unresolved resolutions from the previous year. Health and fitness are the two major resolutions that top those lists. In an attempt to promote a healthier and happier Navy community in the coming year, Naval Health Clinic Hawai'i (NHCLH) has declared this month Healthy Weight Awareness Month.

Eleanor Bru, registered nurse for the health promotions department at NHCLH, said this month is dedicated to getting Sailors and their families in top shape for the new year. "Every month, health promotions has a special cause that we try to promote to our Navy community," she said. "This month is dedicated to maintaining a healthy weight and living a healthy, more active lifestyle."

Bru said the featured program for this month is an eight-week course called ShipShape, focusing on nutrition, education, increasing exercise and behavior modifications that support a healthier lifestyle. The course is divided into three sessions, including a lecture of diet and nutrition and exercise and fitness. It culminates in a trip to the commissary with a nutrition expert for dietary tips on making healthier choices when grocery shopping.

The class is open to active duty Sailors and Marines and their family members and meets every Wednesday



Lt. J.g. Chris Beck, a native of Madison, Wisc. and assigned to the Pearl Harbor-based guided missile destroyer USS O'Kane (DDG 77), gets workout tips from fitness trainer Mark McFarland at the Bloch Arena Fitness Center on board Naval Station Pearl Harbor. Bloch Arena offers a variety of fitness equipment and programs which help promote healthy and active lifestyles for Pearl Harbor-based Sailors and their families.

at Bloch Arena. The class is limited to 15 people; Bru

encourages people to call for more information. "This is

our way of educating health and fitness to our Sailors and

Navy families," she said. "We want them to realize they have programs like this available to them at Pearl Harbor."

Bru said there is a nutrition class that is held the first and third Tuesday of the month at health promotions department at (NHCLH) and is open to all active or retired military and their family members. For more information about ShipShape or health promotions, contact Eleanor Bru at 473-1880 ex.2247.

The Bloch Arena Fitness Center at Pearl Harbor also offers a variety of fitness programs not only geared for active duty Sailors, but also for their families and the Navy community. "Our goal is to create a positive venue for Sailors and their families, a place where they can work out or vent stress and also still be family-oriented," said Mark McFarland, fitness specialist at Bloch Arena.

McFarland said he has seen people from all different branches becoming more active than ever this year. Whether it is at the gym or one of their hosted family events or activities, he estimated that up to 25,000 people use the Bloch Arena facilities each month. To keep up with the high volume, the fitness center stays open 365 days a year, including a light holiday schedule. The fitness center also offers 27 cardio classes free of charge to military and their family members.

Bloch Arena developed a new fitness room dedicated to active-duty Sailors who want to take their fitness assessment tests indoors. The room has been open a couple of weeks and consists of 18

pieces of cardio equipment and mats, as well as calibrated scales used for testing. McFarland said that the entire focus is no longer just on the Sailor, but on the entire well being of the Navy family.

In an attempt to help children of military families become more active, Bloch Arena hosts several events each year geared toward youth physical fitness. A year ago, Bloch Arena designed a special exercise room with only "kid-sized" exercise equipment and fun activities. The special fitness room is used frequently for youth-tailored fitness programs such as "after school" and "home school" exercise programs that are available to children who need physical education credits from a licensed fitness expert.

Although getting started with a new exercise and diet routine can seem daunting, McFarland noted that every little bit of activity helps and above all, makes it fun. "Forty-five minutes a day of physical activity is what the surgeon general is asking," he said. "However, the common mistake everyone makes is that they think you have to be in a gym to do that."

He said that not only does Bloch Arena have a lot of healthy leisure activities, but Hawai'i greatly lends itself to maintaining physical fitness while still having fun. "We are so fortunate to be in the great state of Hawai'i and there are a ton of fun activities such as hiking, surfing or swimming you can find throughout the island. Just find something you love and do it on a consistent basis."

**GOT SPORTS**  
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Contact the HNN editor for guidelines and story/photo submission requirements



**Hawaii Navy News Online**  
www.hawaii.navy.mil

# Battleship Missouri Memorial hosts appreciation day

## USS Missouri Memorial

The Battleship Missouri Memorial honored members of its "Friends of the Mighty Mo" as well as the memorial's 55,000-strong volunteers workforce with a special Member and Volunteer Appreciation Day on Jan. 19.

The celebration was held as a sign of the memorial's appreciation for all those who have given their time, elbow grease and support toward the Missouri's preservation. The event also commemorated the upcoming 64th anniversary of the battleship's launching from Brooklyn Navy Yard on Jan. 29, 1944, as well as the ninth anniversary of the memorial's grand opening on Jan. 29, 1999.

"As the Battleship Missouri Memorial celebrates nearly 10 years in Hawai'i, we would be remiss not to recognize our valued volunteers and friends for their dedication and support in helping to make this great battleship the fitting memorial that it is today," said retired Navy captain Don Hess, president and chief operating officer of the Battleship Missouri Memorial. "Member and Volunteer Appreciation Day is our way of saying 'thank you' to all those who donate their time and support to our ongoing goal of remembering, honoring and educating through the Missouri."

Highlights of Member and Volunteer Appreciation Day included a boat cruise around Pearl Harbor and a tour of an active Navy ship. Participants also had the option to take a guided tour of the Battleship Missouri Memorial and visit the newly opened USS Oklahoma Memorial, which is located immediately outside the Battleship Missouri Memorial's entrance on Ford Island.

During the Dec. 7, 1941 attack on Pearl Harbor, the USS Oklahoma was berthed near where the Battleship Missouri is now located. The activity-filled day concluded with a reception and awards program on the Battleship Missouri's fantail.



Staff and volunteers paint the mighty 16-inch guns of the Battleship Missouri Memorial. The Battleship Missouri Memorial honored members of its "Friends of the Mighty Mo" as well as the memorial's 55,000-strong volunteers workforce with a special Member and Volunteer Appreciation Day on Jan. 19.

Photo courtesy of Battleship Missouri Memorial Association

## STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

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**Hawaii Navy News**

# Skylark CENTRAL

WORD SEARCH  
Find the names of these 40

## Island Nations or Island Groups

- |                     |                 |                                     |
|---------------------|-----------------|-------------------------------------|
| ANTIGUA AND BARBUDA | CAPE VERDE      | TONGA                               |
| JAPAN               | MAURITIUS       | FIJI                                |
| KIRIBATI            | SINGAPORE       | PHILIPPINES                         |
| AUSTRALIA           | COMOROS         | TRINIDAD                            |
| MADAGASCAR          | MICRONESIA      | GRENADA                             |
| SAMOA               | SOLOMON ISLANDS | SAINT KITTS AND TOBAGO              |
| BAHAMAS             | CUBA            | ICELAND AND NEVIS                   |
| MALDIVES            | NAURU           | TUVALU                              |
| SAO TOME            | SRI LANKA       | JAMAICA                             |
| BAHRAIN             | CYPRUS          | SAINT LUCIA                         |
| MALTA AND PRINCIPE  | NEW ZEALAND     | VANUATU                             |
| BARBADOS            | TAIWAN          | SAINT VINCENT<br>AND THE GRENADINES |
| MARSHALL ISLANDS    | DOMINICA        |                                     |
| SEYCHELLES          | PALAU           |                                     |

BNEWZEALANDNPDNS  
KHSDRENSNUSNTSOUA  
EDOEESUITIRUAMARI  
ASLAVAUAIJNMGLIPN  
IAOLBIUYGTAJASEYT  
MEMDCNDDUHAPSAICV  
NVOOAAATLAMDBASBAI  
DONVIBSBRAHRAINION  
TTIYDARINMLDNRRLRC  
SPSDONCADDSSATAIOE  
AILAUASMBOKAKNSKN  
OGABOTDNADADINIRT  
TANCCMNRDRACTNIAA  
ONDOIAAPBAAITIIAN  
MMSMTNLSUUEGSWDUD  
EAGOEASIDDSNAURUT  
ARERCIEAIEENSRDH  
NIGOLTLANANIDDCOE  
DKSSJCLGIRIENRDAG  
PNEEENAAALPAEAETR  
RIYRNPHUCAPEVERDE  
IDCBOOSSKAIJIFRW  
NMHRATRANAALNSDRTA  
CLEURSACINIMODUAD  
IELACLMOIRHNDVINI  
PDLEIULILMPAANANN  
EIERUDBOABULAMSBE  
AASNSFBAICULTNIA



## WHO SAID IT?

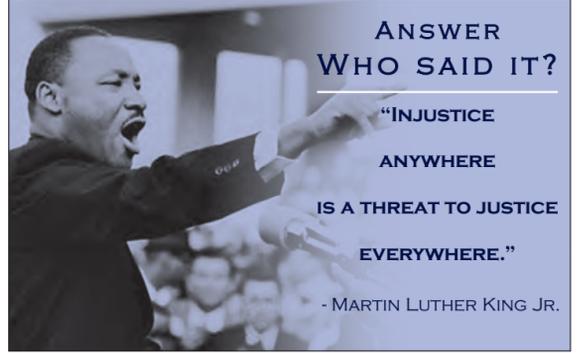
*“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”*

ANSWER  
WHO SAID IT?

“INJUSTICE  
ANYWHERE

IS A THREAT TO JUSTICE  
EVERYWHERE.”

- MARTIN LUTHER KING JR.



WORD SEARCH SOLUTION  
Find the names of these 39

## Outlaws of the old west

- |                     |                       |                    |
|---------------------|-----------------------|--------------------|
| APACHE KID          | OUTLAW BILL           | JESSE JAMES        |
| DAVE RUDABAUGH      | BLACK BART            | SOAPY SMITH        |
| KILLIN' JIM MILLER  | FRANK JAMES           | CLAY ALLISON       |
| ARKANSAS TOM        | PEARL HART            | JOAQUIN MURIETA    |
| DUTCH HENRY         | BLACK JACK            | SUNDANCE KID       |
| LAME JOHNNY         | FRISCO SUE            | COLE YOUNGER       |
| BELLE STARR         | RENO GANG             | JOHN WESLEY HARDIN |
| DYNAMITE DICK       | BURT ALVORD           | TEXAS JACK         |
| MCCANLES GANG       | HOLE IN THE WALL GANG | CURLY BILL         |
| BILL DOOLIN         | RUFUS BUCK            | JOHNNY RINGO       |
| FARRINGTON BROTHERS | BUTCH CASSIDY         | UNCLE TOM STARR    |
| MILTON SHARP        | SAM BASS              | DALTON GANG        |
| BILLY THE KID       | CLANTON GANG          | KID CURRY          |

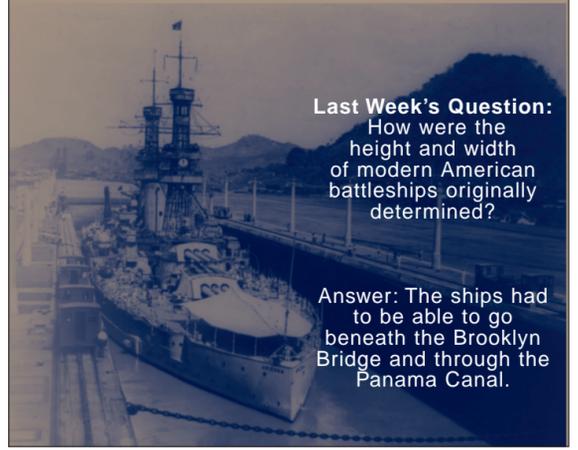
WCRFGTCDDAVERUDABAUGHRLN  
OLCLAYALLISONSYTCLVNEAA  
OAUUESRIJIDUTCHHENRYLMFLV  
HNBTCEIREITAGKKITALEOORD  
TTSLLDMILTONSHARPIJOSRII  
IOUNARKANSASTOMUMODKUGSS  
MNFCAWYJGLORMLMHLICNUCS  
SGUYSBSAODETSOCINLTDADLOA  
YARGIOANHISODJNIBIGJAUSC  
PNLLGHEUNKCSNYBUKLPKNAUH  
AGLLLRHTNVOIEBNO LHNCCMEC  
ONDIKEHTYLLIBJRALRLAEIT  
SAMBASSORLERGFWOMEOLKDFU  
EGBYBBEMIEYDSEJTDIBIDIB  
MSALMSYKNOOAHATOGHTKDIBI  
AEARARISGAUTAOMTSLEEAADA  
JLCUUEEJOHNWESLEYHARDINO  
KNJCNYKNEIGATLBECDOLSIMA  
NANUVJRBEPEARLHARTSXSTCD  
ACUOROVLATRUBTPTTEXASJACK  
RCXMYBOJIRJRRATSELLEBANN  
FMTCLHEDALTONGANGTARGEIJ



Q. What ship was first to be named after a Sailor?

Last Week's Question:  
How were the height and width of modern American battleships originally determined?

Answer: The ships had to be able to go beneath the Brooklyn Bridge and through the Panama Canal.



# Navy Region Hawai'i Manawa Nanea

## Morale Welfare & Recreation

### KID FITNESS ANNIVERSARY

On Saturday, Bloch Arena Fitness Center will host its "Fit Kids" fitness event to celebrate the first anniversary of the youth exercise room. The event will be from 9 a.m. to 1 p.m. and include agility courses, games and other activities geared toward youth fitness. FMI: 473-0793 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



### SPEND VALENTINE'S DAY WITH CHEERLEADERS

Single Sailors will have an opportunity to win a "date" with the Arizona Cardinal cheerleaders when the Dating Game comes to Beeman's Center After Dark at Pearl Harbor on Feb. 14. The single Sailor social hour will start at 5 p.m. and the Dating Game will begin at 7 p.m. Participants must be 18 and older; this is an adult-themed event. FMI: 473-4279.

For more information on Navy Region Hawai'i MWR events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

## Community Calendar

### January

**26** ~ (also February and March) - Get involved in the Hawaiian Islands Humpback Whale National Marine Sanctuary 2008 Sanctuary Ocean Count and help count the whales. The Sanctuary Ocean Count will be conducted at over 60 different shore sites around O'ahu, Kaua'i and the Big Island. Counts will be conducted the last Saturday of January, February and March. FMI: Oahu: 397-2651, ext. 253; Big Island: 1-888-55-WHALE, ext. 253; Kauai: (808) 246-2860 or [hawaiihumpbackwhale.noaa.gov](http://hawaiihumpbackwhale.noaa.gov).



### February

**13-17** ~ Lt. Col. Bill Holloman (USAF ret.), who flew "Red Tail" P-51s with the famous all-black 99th Fighter Squadron/332nd Fighter Group in WWII, will speak at 7 p.m. Feb. 13 and at 1 p.m. Feb. 17 at the Pacific Aviation Museum Pearl Harbor on Ford Island. General admission is \$14 or \$10 for military and kama'aina. Reservations are required. FMI: 441-1000.

**18** ~ Volunteers are needed to help with the 8.15 mile Great Aloha Run. More than 20,000 runners are expected to compete in the event. FMI: [www.greataloharun.com](http://www.greataloharun.com).

## Sharkey Showtimes



### The Golden Compass (PG 13)

Based on author Philip Pullman's novel, 'The Golden Compass' is an exciting fantasy adventure, set in an alternative world where people's souls manifest themselves as animals, talking bears fight wars, and Gyptians and witches co-exist. At the center of the story is Lyra, a 12-year-old girl who starts out trying to rescue a friend who's been kidnapped by a mysterious organization known as the Gobblers - and winds up on an epic quest to save not only her world, but ours as well.

#### TODAY

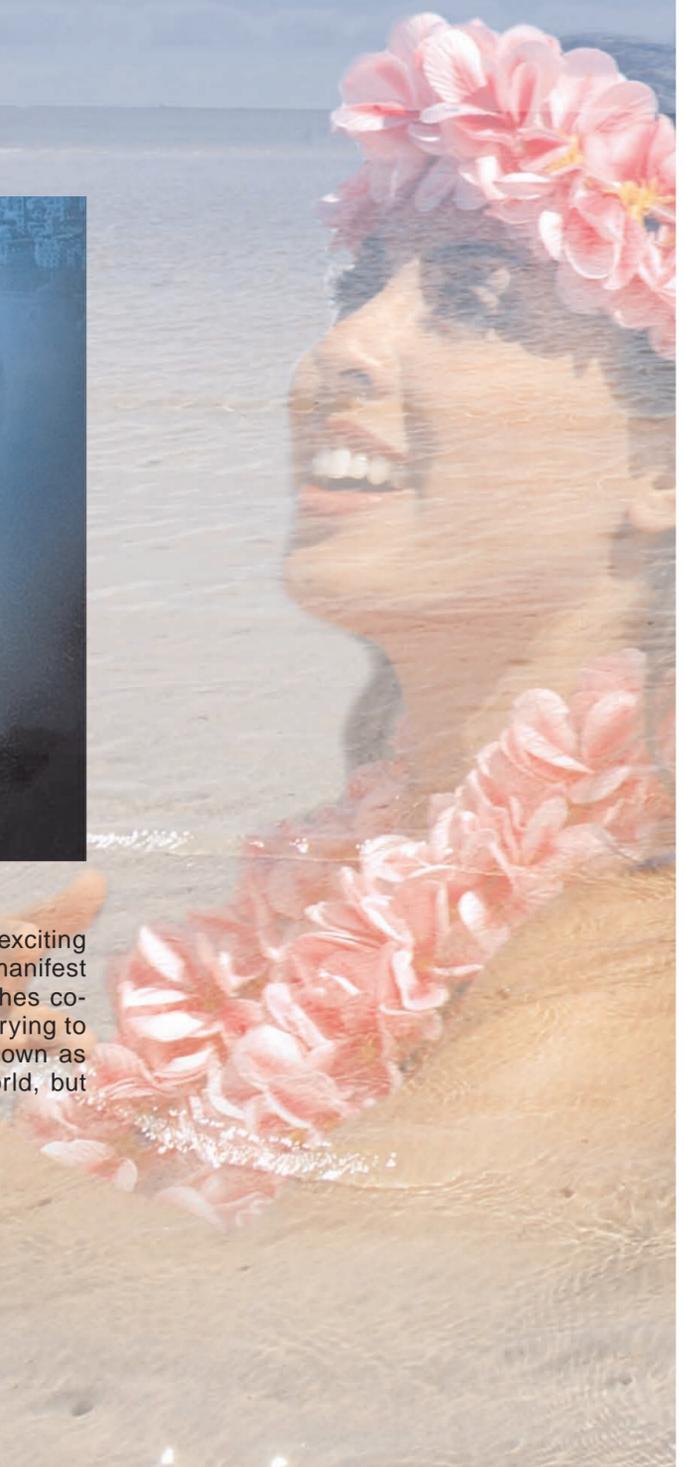
7:00 PM I Am Legend (PG 13)

#### SATURDAY

2:30 PM Alvin and the Chipmunks (PG)  
4:45 PM The Golden Compass (PG 13)  
7:15 PM Hitman (R)

#### SUNDAY

2:30 PM Alvin and the Chipmunks (PG)  
4:45 PM I Am Legend (PG 13)  
7:15 PM The Mist (R)



# Silver Dolphin Bistro

## Lunch Menu for Jan. 28-Feb. 3

• Monday •

Old fashioned bean soup, chicken pot pie, teriyaki beef slices, boiled egg noodles, steamed rice, steamed green beans, steamed zucchini, hot biscuits, peach shortcake, cheesecake with blueberry topping, pineapple chiffon pie.

• Tuesday •

Cream of broccoli soup, New England boiled dinner, southwestern shrimp linguine, boiled potatoes, steamed rice, boiled carrots and onions, boiled cabbage, hot dinner rolls, apple crisp, peach pie.

• Wednesday (Hawaiian delight meal) •

Chicken papaya soup, pork Kailua, Hawaiian huli-huli chicken, steamed rice, paprika potatoes, stir fry vegetables, hot pandesal, assorted ice cream, vanilla cream pie, spice cake, pecan pie.

• Thursday •

Doubly good chicken soup, Swiss steak, five spice chicken, brown gravy, rice pilaf, mashed potatoes, steamed spinach, stewed tomatoes, hot French bread, yellow cake, chocolate cream pudding, apple pie.

• Friday •

New England clam chowder, tempura fish, beef and broccoli, oven browned potatoes, steamed rice, steamed mixed vegetables, sprout superba, hot pandesal, pumpkin pie, maple nut cake.

• Saturday •

Minestrone soup, charbroiled hamburgers / cheeseburgers / frankfurters, American chop suey, steamed rice, vegetable combo, hot dinner rolls, peanut butter cake, mocha Blanca, chocolate cream pudding.

• Sunday •

Tomato bouillon soup, charbroiled hamburgers/cheeseburgers/frankfurters, turkey barbecue sandwich, Boston baked beans, vegetable combo, hot dinner rolls, butterscotch brownies, chocolate cream pie, jelly roll.

## Dinner Menu for Jan. 28-Feb. 3

• Monday •

Chicken aroz caldo soup, sweet and sour pork, southern fried chicken, chicken gravy, steamed rice, mashed potatoes, steamed collard greens, steamed mixed vegetables, hot cornbread, easy chocolate cake, chocolate chip cookies, cherry pie.

• Tuesday •

Chicken aroz caldo soup, sweet and sour pork, southern fried chicken, chicken gravy, steamed rice, mashed potatoes, steamed collard greens, steamed mixed vegetables, hot cornbread, easy chocolate cake, chocolate chip cookies, cherry pie.

• Wednesday •

Logging soup, Salisbury steak, turkey cutlets, mix gravy, steamed rice, mashed potatoes, simmered broccoli, steamed creamed corn, hot pandesal, assorted ice cream, brownies, coconut cake, rainbow pie.

• Thursday •

Cream of mushroom soup, Caribbean flounder, stuffed beef rolls, brown gravy, Franconia potatoes, steamed rice, steamed cauliflower, simmered asparagus, hot dinner rolls, cream puffs, blueberry pie, vanilla cream pudding, filled cake.

• Friday •

Mulligatawny soup, chicken chow mein, oriental pepper steak, chow mein noodles, tossed green rice, glazed carrots, steamed turnips and bacon, hot dinner rolls, oatmeal cookies, marble cake, apple pie.

• Saturday •

Bean and bacon soup, chicken teriyaki, beef stroganoff, noodles Jefferson, orange rice, steamed broccoli, eggplant parmesan, hot pandesal, Boston cream pie, lemon meringue pie, cheesecake with strawberry topping, meringue.

• Sunday •

Beef noodle soup, Cajun baked fish, ginger pot roast, natural gravy, oven glo potatoes, steamed rice, steamed cauliflower, steamed peas, hot dinner rolls, pineapple upside down cake, pecan pie, cherry cobbler.

\*A salad bar, dessert bar and beverage bar are also available for each lunch and dinner meal.

Note: The galley may make changes to this menu when necessary to provide substitutions.