

HO'OKOLE

Life & Leisure

**JBPHH CELEBRATES
JULY
FOURTH!**



Photo Illustration

Colorful fireworks light up the sky at the Fourth of July celebration.



Musician 2nd Class Rick Baty performs evening colors on a bugle during the Fourth of July celebration.

**Story and photos by
MC2 Jeffrey Troutman**

Joint Base Pearl Harbor Hickam's (JBPHH) Morale, Welfare and Recreation hosted a Fourth of July celebration event in honor of Independence Day on July 4 at Ward Field.

The celebration featured a free concert by musical acts O.A.R. and Dishwalla, in addition to a variety of other activities. These included a fireworks display, an automobile show and a special performance by professional street bike stunt rider Aaron Colton.

Capt. Stan Keeve, commander of JBPHH, met with the members of O.A.R. during the band's meet-and-greet fan session prior to their performance and thanked the band for their participation at the celebration.

"We appreciate you gentlemen taking the time to celebrate our nation's Independence Day with us,"

Keeve told the band members. "I know it means a lot to the men and women who serve and support our country that you came here to perform for us and celebrate the holiday together."

Colton performed two separate demonstrations at the event, dazzling spectators with an array of street bike stunts and tricks he learned over his nine-year career.

"It's great to be here," Colton said. "I wanted to come out and show my appreciation for the military members who defend our freedom and make what I do possible. It's an honor that so many people wanted to watch my performances."

Prior to O.A.R. taking the stage, Musician 2nd Class Rick Baty, a member of the Pacific Fleet Band, performed evening colors on his bugle to an outpouring of support and applause.

"Being able to perform evening colors for so many people on the Fourth of July is right up there with playing Taps on the USS Arizona or the USS Missouri," Baty said. "To be able to serve my country in this capacity, on this day, is such an honor for me."

Thousands of service members and their families attended the day's activities, enjoying a kid's theme park setup, batting cages and a petting zoo in between the performances.

"This is my family's first time attending a Fourth of July event on a military base, and it's been a lot of fun," said Natalie Humphrey, a military spouse. "My kids have been asking me all week if it was time to celebrate Independence Day, and I'm just thankful the weather was so beautiful and conducive to being outdoors."

(Left) Aaron Colton, professional street bike stunt rider, performs for spectators.



(Above) Military service members and their families watch the fireworks display. (Right) Alternative rock band O.A.R. performs.



Disaster preparedness: How to prepare your pets

Forest City Residential Management

If you are like millions of animal owners nationwide, your pet is an important member of your household. Unfortunately, animals are also affected by disaster. The likelihood that you and your animals will survive an emergency such as a fire or flood depends largely on emergency planning done today.

Here are five ways to prepare your pet for an emergency:

• Pack a pet kit

Take pet food, bottled water, medications, veterinary records, cat litter/pan, manual can opener, food dishes, first aid kit and other supplies with you in case they're not available later. Each pet is unique, but each pet needs the basics in case of an emergency. For information, visit:

www.aspc.org/petcare/disaster-preparedness.
www.ready.navy.mil/.
www.beready.af.mil/.

• Update your pet's ID

Make sure identification tags are up-to-date and securely fastened to your pet's collar. If possible, attach the address and/or phone number of your evacuation site. If your pet gets lost, his tag is his ticket home. Here in Hawaii your pet must have

an ID chip. Ensure this is done to increase the chance of reunification with your pet if you're separated. For information, visit:

www.ready.gov/caring-animals.
www.oahusocietyforthe-prevention-of-cruelty-to-animals.com/.
www.ready.navy.mil/.
www.beready.af.mil/.

• Protect your pet during a disaster

Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can stop them from running away. Even if your dogs and cats normally get along, the anxiety of an emergency situation can cause pets to act irrationally. Understanding what to expect during a disaster is crucial. For information, visit: <http://www.ready.gov/caring-animals>.

• Identify a shelter

The JBPHH Pet Safe Haven is for JBPHH families living on the installation who may be displaced during a disaster. When you come for Safe Haven Registration, bring your pet with a cage/crate with food and water.

If you are off base, before disaster hits review the state of Hawaii or County Department of Emergency Management



Courtesy photo

website for shelter information on the shelters that will take people and their pets in your area. For information, visit:

www.scd.hawaii.gov/.
www.honolulu.gov/demevacuate.html.

And just to be safe, track down a pet-friendly safe place for your family and pets. Most boarding kennels, veterinarians

and animal shelters will need your pet's medical records to make sure all vaccinations are current.

• Keep an eye on your pet after an emergency

The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place

them in a fenced yard with access to shelter and water.

Familiar scents and landmarks may be altered, and your pet may become confused and lost. Remember to keep taking care of them even after the disaster. For information, visit:

www.humanesociety.org/issues/animalrescue/tips/pets-disaster.html.

Pacific Aviation Museum to offer series of events

Pacific Aviation Museum Pearl Harbor

Pacific Aviation Museum Pearl Harbor has announced a series of events this summer including exhibits, demonstrations and shows.

The Chinese "National Memories" exhibit is being held now through July 31 in hangar 79 at the museum.

It is the first stop of the "National Memories" 2015 United States tour.

The exhibit, which first went on display in the southern Chinese city of Shenzhen in 2010, has toured China and Taiwan. Through the use of imagery and more than 100 historic photos taken by the 164th U.S. Signal Photo Company in the China Burma India Theater, "National Memories" brings to life the camaraderie that existed between Chinese and U.S. Soldiers during World War II.

The museum's permanent "Flying Tigers Exhibit," featuring a WWII-era P-40 aircraft, anchors the photographic display.

Visitors to the museum are also invited to celebrate Amelia Earhart's 118th birthday on July 24. An Amelia look-alike contest with first, second and third place prizes will take place at 1 p.m. There will be free admission to families with at least one person dressed in Amelia or historic aviation attire.

The event will also include cake, juice and an "Amelia Earhart in Hawaii" photo exhibit.

Visitors can board a free Ford Island shuttle at the Pearl Harbor Visitor Center.

The museum is in front of Luke Field and Ford Island Runway, where Earhart ground looped her Lockheed Electra on takeoff March 20, 1937, while attempting her around-the-world flight.

The Biggest Little Airshow in Hawaii, featuring remote controlled aircraft, will be held from 10 a.m. to 4 p.m. Aug. 15 and 16 at the museum.

Visitors will be able to experience more than 100 remote control scale warbirds, jets and helicopters performing aerial combat, stunts and aerobatics.

The event will also include aircraft flyovers, military flyins, aircraft static displays, hangar tours and prize drawings.

Food, beverages, retail and entertainment booths, exhibits and a ride and games kids zone



U.S. Navy file photo

Sarah Hudgins, in character as Amelia Earhart, speaks to visitors in front of a Boeing N2S-3 Stearman last year at the Pacific Aviation Museum Pearl Harbor on Ford Island, Joint Base Pearl Harbor-Hickam. An event to celebrate Earhart's birthday will be held July 24 at the museum.

will also be featured.

A Smithsonian Magazine museum day live event will be held Sept. 26. The event will feature free admission to the museum for anyone presenting a museum day live ticket. Visitors can download free tickets at www.smithsonianmag.com/museumday/. This is an annual national celebration of culture and learning between the two museums.

In addition, an open cockpit day will be held from 10:30 a.m. to 3 p.m. Oct. 3 in the museum's hangar 79. Visitors can climb into the cockpit of one of several historic aircraft and talk story with pilots.

For more information on the museum, call 441-1000 or visit www.pacificaviationmuseum.org.

Upcoming blood drives

• July 14, 9 a.m. to 1 p.m., U.S. PACOM Joint Intelligence Operations Center, Volcano Room, Joint Base Pearl Harbor-Hickam.

• July 17, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2, Joint Base Pearl Harbor-Hickam.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

MFSC to hold family events

Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) is planning several upcoming events focused on children and families.

The Raising Financially Fit Kids class will be held from 10 a.m. to noon July 21 at MFSC Pearl Harbor. The class includes discussion of the pros and cons of giving an allowance, when and how to begin regular savings, and providing debit cards to kids.

An Exceptional Family Member Program (EFMP) meet and greet event will be held from 10 a.m. to noon July 23 at MFSC Pearl Harbor. Joint Base EFMP liaisons and re-

sources will be available. The event is open to current enrollees and military community members who would like to learn more.

Operation Hele On will be held from 7:30 a.m. to 3:30 p.m. Aug. 21 at Club Pearl, Joint Base Pearl Harbor-Hickam. Operation Hele On is a mock deployment event for children ages 8-14. The purpose of the day is to increase the children's understanding about deployments and the deployment process.

The deadline to apply is July 24.

(For more information, call 474-1999 or visit www.greatlifehawaii.com.)

My Favorite Photo...



John Burns, administrative support assistant at Navy Region Hawaii, recently took this photo of a rainbow on Oahu.

How to submit:
 Send your non-posed photo to editor@hookelenews.com.

STORY IDEAS?

Contact the Ho'okele editor for guidelines and story/photo submission requirements

Phone: (808) 473-2890/2895

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Fitness instructor takes PT to another level

Lt. Damall Martin and MCC John Hageman

Navy Region Hawaii Public Affairs

With speakers blasting the latest hip tunes in the early morning June 26 at Joint Base Pearl Harbor-Hickam, one certified fitness instructor is taking Navy physical training (PT) to another level. But this is no ordinary fitness instructor.

He is also the senior enlisted leader at National Security Agency/Central Security Service (NSA/CSS) Hawaii and his name is Master Chief Kyuucca-Ali Simpson.

"I need those knees waist high," Simpson yelled out to the crowd of more than 300 enthusiastic Sailors as sweat poured down their faces, keeping up with his every command.

Staying motivated and engaged for command PT sessions can be difficult at the best of times and a true chore many days. Simpson noticed this and started a program that has not only been popular but also has shown results.

Simpson runs his "total body fit" session at 6 a.m. every Friday. The location alternates every other Friday between Ward

Field and the Kunia softball field.

"Getting young people to PT and enjoy it can be a challenge, so you have to engage them with what they relate to, and a big part of that is the music and providing them a program that is fun," said Simpson.

Simpson started his total body fit program five years ago while aboard the USS Washington (CVN 73). With the departure of the FIT Boss, he took over the fitness program and his total body fit program was an instant success. The FIT Boss is the physical fitness leader aboard a carrier.

"People were losing between 30 and 40 pounds, getting and staying off of the fitness enhancement program, and that's when I realized I had something that worked," Simpson said.

Since transferring to NSA Hawaii, his total body fit program has been a huge success. The program is highly supported by his chain of command and offers a different approach to standard Navy PT.

He routinely has Sailors from various ships and other commands in attendance. His PT sessions average between 200-350 people, and what makes that number even more astonishing is that the program is

completely voluntarily. Sailors are not required to attend. They are there because they want to be.

Sailors have responded with enthusiasm and a renewed attitude toward fitness.

"The program is great. I wish I could do it every week. I am transferring to become a recruit division commander at boot camp and will be getting with the master chief to provide me a program to take with me," said Cryptologic Technician (Technical) 1st Class Kelly Rixie.

Every service member understands the need and value of working out and staying fit. According to the Sailors involved, total body fit gives them the motivation and the drive to achieve their fitness goals, with new ideas and fresh activities. The unit as a whole has seen the changes in fitness levels, and a renewed attitude toward command physical training, all while building esprit de corps and a sense of camaraderie.

"His program has changed the culture of the command. People are excited and want to come and PT instead of dreading Navy PT," said Senior Chief Cryptologic Technician (Maintenance) Chris Brown.

(For more information, email Simpson at kyuccaali.simpson.mil@mail.mil.)



U.S. Navy photo by Lt. Damall Martin
Master Chief Kyuucca-Ali Simpson leads Sailors in PT.

690th COS stretch out to hammer two-set victory

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Led by 6-foot-10-inch Airman 1st Class Theryn Hudson and 6-foot-6-inch Senior Airman Demetrius Harvey, the 690th Cyberspace Operations Squadron (690 COS) dominated the frontcourt en route to a straight-set, 25-20 and 25-18, victory over Headquarters Pacific Air Forces (HQ PACAF) HQ 5-0 on July 2 in a Blue Division intramural volleyball game at Joint Base Pearl Harbor-Hickam.

For the 690 COS, the win was the second in a row to start off the new season while HQ 5-0 fell to 0-2.

"A lot of our players are over 6 foot 4 inches, and you can't really compete against that," said Staff Sgt. Steve Frost. "You can't replace that kind of height with special shots or anything. Out there, you can't get past them at all. They're like brick walls."

While the team used Hudson and Harvey intermittently throughout the matchup, their impact was felt immediately each time the duo entered onto the court.

Hudson led a comeback in the first set with a kill that pulled the team to within a point at 12-13.

Senior Airman Timothy Johnson, who took over

service with the NOS down by two, tied the score at 13-13 on a service ace and put his team up by two on another serve for point.

The NOS clung to their two-point advantage late into the first set before Johnson took over service once again.

A missed hit by HQ 5-0 put the NOS up by three before a service ace by Johnson and a kill by Hudson closed out the set.

Johnson, whose serves led two separate rallies for the NOS, said that he was able to keep his composure in pressure situations by keeping things simple.

"The team was a little nervous, so I was just trying to calm them down," he said. "All I had to do was get the service down, get the ball over, and good things was going to happen. Anytime you can get the serve over and in-bounds, that's all we're looking for."

The second set was just as close as the first with NOS staking themselves to a four-point lead before HI 5-0 tied it up and went ahead at 13-11.

A kill by Tech. Sgt. Wayne Fiery made it a one-point game and later, Harvey came through with a huge side-out that finally tied the score at 16-16.

Frost took over service and, like Johnson did in the first set, set off

another rally that put the NOS in charge.

Frost picked up two aces and forced several hitting errors by HQ 5-0 to lead the NOS on a six-point rally for a 22-16 advantage.

"Just don't change anything," Frost said about how he approached each serve. "Keep serving to the same person or same spot. I try to aim for an empty spot, somewhere that they have to move where they are not prepared."

After each squad exchanged points, Hudson scored on a kill before the game ended on a service error by HQ 5-0.

Besides having a vertical advantage against practically every team they will face, Frost also added that this year's squad has other qualities that should contribute to a successful season.

"There's a lot of experience on this team and we got great coaches," Frost pointed out. "I'm just happy to learn from them."

While Johnson said that the team hasn't discussed its future, if they keep it focused on one game at a time, they should go far.

"We haven't talked about long-term goals," he admitted. "We're just looking to win as many games as possible and make the playoffs in a good spot."



Airman 1st Class Theryn Hudson taps the ball to a clear spot for a kill. At 6 feet 10 inches tall, Hudson sees the court well from his vantage point.

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Appease your appetite with garlic balsamic chickpeas



I love chickpeas. They are one of my favorite foods. I'm not alone. People have been eating and cultivating chickpeas for at least 7,500 years. Besides being delicious, chickpeas are also very nutritious. They are rich in protein, minerals, fiber and essential amino acids.

Chickpeas also have a starring role in one of my go-to quick meals: Garlic balsamic chickpeas. The recipe is a variation on one that originally appeared in the excellent cookbook "Happy Herbivore Abroad" by Lindsay S. Nixon.

Garlic Balsamic Chickpeas
Serves 2
2 tablespoons olive oil
1 15 oz. can of chickpeas, rinsed and drained
2-3 garlic cloves, minced
1/4 cup balsamic vinegar
1-tablespoon ketchup
Put the oil in a nonstick pan on low-medium heat. Once the oil is



Photo by Brandon Bosworth

heated, add the garlic, stirring constantly.

Just as the garlic starts to brown, add the chickpeas, balsamic vinegar and ketchup.

Continue stirring, making sure all the chickpeas are coated. Reduce the heat to low and continue cooking, stirring occasionally for about 10 minutes. When it looks like the vinegar has pretty much thickened, remove the pan from the heat. The chickpeas are ready to eat but will taste better if you let them sit for another 10 minutes.

There. Done. Pretty simple,

no? This is one of those recipes that's perfect for when you want something fresh and tasty but don't really feel up to cooking something more complicated.

Garlic balsamic chickpeas taste great on salads or stuffed into pitas. I like to have them on top of rice or couscous with a side order of steamed kale tossed with lemon juice and olive oil.

Ho'okele Assistant Editor Brandon Bosworth blogs about food, fitness, philosophy, martial arts and other topics at www.agentintraining.com.

Know Graphic Design?



Have some time and want to contribute your ideas?

If interested, please call the Ho'okele editor at 473-2890 or email Karen.spangler@navy.mil.

GOT SPORTS

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Contact the Ho'okele editor for guidelines and story/photo submission requirements.



Olympic Day brings sporting fun to CYP kids

Story and photos by Olivia Mills

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Team USA's Olympic Day program brings communities together on June 23 each year for sports and team-building experiences. This year, the children at Catlin and Hickam School Age Care played multiple games, such as volleyball, basketball, soccer and hockey alongside their teammates during their Olympic Day.

This annual event will include children at Catlin and Hickam next year also, and event directors say they are looking forward to another fulfilling Olympics in 2016.

Stacy Mata, the event coordinator, planned with directors, assistant directors and trainers from child and youth programs (CYP) to establish a schedule of activities for the children. Setting up the event took a lot of effort on the adults' part, but Mata said the work proved to be worth it.

"The most rewarding part of the event was seeing our kids laughing and encouraging each other," Mata said. She added that for the kids, the Olympic medal presented to them at the end of the long day was the high-

light of the event.

Because this is the first year the event was held by CYP, there were some hiccups along the way. For example, the bus schedule had cut into the available time, causing the opening and closing sequences of the Olympics to be omitted. The main area coordinators of the event hope to resolve this error for next year.

Overall, Mata said the event was memorable.

"I also want to thank everyone involved with helping us prepare for the event and making it a success. Along with working with our regional director, school age directors, assistant directors, trainers, and CYP support staff, we had additional help from Logistics, who set up staging, and the Liberty Program, who let us use their sound equipment," Mata said.

"On behalf of Navy Child and Youth Programs, we would also like to extend a big thank you to our volunteers from the Air Force 690th Cyber Operation Squadron of the 690th Cyber Operations Group, Lt. Col. Uhl, who volunteered the support of the squadron and Staff Sgt. Risch who coordinated all volunteers for three full work days, including one Saturday," Mata added.



Children from Catlin and Hickam School Age Care participate in the first Olympic Day.

Your Weekly Fun with MWR

Visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.



Free Golf Clinic will begin at 1 p.m. Saturday at Mamala Bay Golf Course. FMI: 449-2304.

"Read to the Rhythm" Summer Reading Program: Family or Group Rap Recital will be held from 2 to 4 p.m. Saturday at the Joint Base Pearl Harbor-Hickam Library. Patrons can write and perform an original rap, using family-friendly language and hand-made instruments made of recycled materials. FMI: 449-8299.

Learn to Stand-Up Paddleboard at Hickam Harbor classes will be held at 9:15 and 10:30 a.m. July 12 at Hickam Harbor. This class will cover the basics of stand-up paddling in a stress-free environment. The cost is \$25 for each

session. The sign-up deadline is July 10. FMI: 449-5215.

\$1.50 Mondays will be held from 5 to 9 p.m. July 13 at the bowling center on the Pearl Harbor side of Joint Base. Bowling games, shoe rental and hot dogs are \$1.50 each. FMI: 473-2574.

One-Fifty Wild Wednesdays will be held from 4 to 9 p.m. July 15 at the bowling center on the Hickam side of Joint Base. Bowling games, shoe rental and hot dogs are \$1.50 each for patrons with military CAC cards. FMI: 448-9959.

Mongolian Barbeque will be offered from 5:30 to 8 p.m. July 16 on the lanai of the Historic

Hickam Officers' Club. A variety of meats, vegetables and sauces will be available. Rice, noodles, soup, beverages and fortune cookies are included. FMI: 448-4608.

"Read to the Rhythm" Summer Reading Program: Final Party will be held from 10 a.m. to noon July 18 at the Joint Base Pearl Harbor-Hickam Library. Magician Glen Bailey will be performing some tricks for the audience, and refreshments will be provided by the Hickam Library Friends. The reading log deadline is July 11. FMI: 449-8299.

Bottom Fishing at Hickam Harbor will be held from 2:30 to 5:30 p.m. July 18 at MWR Outdoor

Recreation-Hickam Harbor. The trip includes gear, bait, guides and the boat. Patrons are allowed to bring snacks and drinks. The cost is \$30. The sign-up deadline is July 15. FMI: 449-5215.

Learn to Spearfish will begin at 9 a.m. July 18 and July 19 at MWR Outdoor Recreation-Hickam Harbor. On the first day, class will be held at Hickam Pool 1 and will last about three hours. All participants will need a mask, fins and snorkel. Other equipment and transportation are provided. The cost is \$60. The sign-up deadline is July 15. FMI: 449-5215.

Kayaking Chinaman's Hat will begin at 9 a.m. July 18 at the MWR

Outdoor Adventure Center-Fleet Store. Accompanied by the OAC staff, participants can kayak paddle on the windward side of the island leading out to the Chinaman's Hat. Participants should swim or snorkel upon arrival on the island. Participants should bring sun block, lunch and plenty of water. The cost is \$20, and the sign-up deadline is July 15. FMI: 473-1198.

Day Hike: Aiea Loop will begin at 10 a.m. July 19 at the MWR Outdoor Adventure Center-Fleet Store. Participants are encouraged to bring water, sun block and snacks. The cost is \$10. The sign-up deadline is July 15. FMI: 473-1198.

JULY

O'MALLEY BOULEVARD CONSTRUCTION NOW THROUGH JULY 30— From 1:30 to 8 p.m. daily, construction will be ongoing on the left-hand out-bound lane (nearest the guard post) on O'Malley Boulevard, with traffic controls on O'Malley Boulevard. Traffic will be directed away from the guard post. All personnel should plan accordingly and be cautious.

KARAOKE NIGHT TODAY — A karaoke night will be held from 6 to 10 p.m. at Turtle Cove, Bellows Air Force Station. The event is open to active duty personnel, military retirees, Reservists, National Guard members, current and retired Department of Defense civilian employees with an authorized ID card and their families. FMI: 253-1508.

STRESS MANAGEMENT CLASS SATURDAY — A stress management class will be held from 8 to 11 a.m. at Military and Family Support Center Wahiawa. This class is designed to help participants learn how stress affects personal and professional lives, how stress can be decreased, and how the stress cycle can be interrupted. FMI: www.greatlifehawaii.com or 474-1999.

TEEN LOCK-IN TODAY, SATURDAY— A lock-in event will be held from 7 p.m. July 10 to 7 a.m. July 11 at the Joint Base Pearl Harbor-Hickam Teen Center for ages 13 to 18 years old. The cost is \$25 or \$20 with a Food Bank donation. FMI: 448-0418.

FREE MOVIES, POPCORN 13, 15 — Free movies and popcorn will be offered on Mondays and Wednesdays at 4 p.m. at Turtle Cove, Bellows Air Force Station. The movies include "Strange Magic" (PG) on July 13 and "Jupiter Ascending" (PG-13) on July 15. The events are open to active duty per-

sonnel, military retirees, Reservists, National Guard members, current and retired Department of Defense civilian employees with an authorized ID card and their families. FMI: www.bellowsafs.com.

PEARL HARBOR COLORS 16 — The Pearl Harbor Colors ceremony from 7:30 to 8:30 a.m. at the Pearl Harbor Visitor Center will have the theme "Navy Youth Outreach programs." It will recognize military programs such as the U.S. Sea Cadets, JROTC and Drug Education for Youth, demonstrating the Navy's commitment to youth programs.

LUAU, SHOW WITH LIBERTY 18 —A luau and show with Liberty will be held at the Polynesian Cultural Center. The cost is \$20. Transportation will leave from Liberty Express at 3 p.m., Beeman Center at 2 p.m., Instant Liberty at 2:15 p.m. and Makai at 2:30 p.m. Dinner starts at 6:30 p.m. and participants will return about 10 p.m. The event is open to single, active-duty military from E1 to E6 only. FMI: 473-2583.

SAPR TRAINING 21, 22, 28 — Base-wide Sexual Assault Prevention and Response (SAPR) training will be conducted at the Hickam Memorial Theater at 9 a.m. and 2 p.m. July 21 and at 2 p.m. July 22 and 28. All military personnel assigned to Joint Base Pearl Harbor-Hickam are required to attend one of the four training sessions.

SUPER HERO 10K 25 — The free Super Hero 10K will begin at 8 a.m. at Hickam Fitness Center. This is the final run in preparation for the ninth annual Hickam Half-Marathon next month. Awards will be provided to first-place winners in the following categories: men's, women's, youth boys, youth girls, men's and women's stroller, and best super hero costume. Participants can sign up on the day of the race. FMI: 448-2214.



JURASSIC WORLD (PG-13)

A new theme park is built on the original site of Jurassic Park. Everything is going well until the park's newest attraction—a genetically modified giant stealth killing machine—escapes containment and goes on a killing spree.

Movie Showtimes

SHARKEY THEATER
TODAY 7/10
 7:00 PM Jurassic World 3-D (PG-13)
SATURDAY 7/11
 2:30 PM Tomorrowland (PG)
 5:10 PM Jurassic World (PG-13)
 7:40 PM Spy (R)
SUNDAY 7/12
 2:30 PM Jurassic World 3-D (PG-13)
 4:50 PM Aloha (PG-13)
 7:10 PM San Andreas (3-D) (PG-13)
THURSDAY 7/16
 7:00 PM Insidious Chapter 3 (PG-13)

HICKAM MEMORIAL THEATER
TODAY 7/10
 6:00 PM Jurassic World 3-D (PG-13)
SATURDAY 7/11
 4:00 PM Jurassic World (PG-13)
 7:30 PM Jurassic World (PG-13)
SUNDAY 7/12
 2:00 PM Jurassic World (PG-13)
THURSDAY 7/16
 7:00 PM San Andreas (PG-13)