

Life & Leisure

TIPS FOR SUMMER SAFETY

U.S. Navy photo by MC1 Daniel Barker

MC3 Diana Quinlan

Navy Public Affairs Support
Element West, Det. Hawaii

The Memorial Day weekend traditionally kicks off the summer season, which lasts until Labor Day.

The summer months are fast approaching for most of the U.S. but in Hawaii summer is practically year-round. Sun, warm

weather, beaches, mountains, volcanoes and tropical forests attract outdoor enthusiasts from all over the world. For Sailors and Airmen visiting or living here, it is especially important to maintain outdoor safety awareness.

Cmdr. Leo Murphy, Pacific Fleet safety officer, shared his advice on some of the dangers associated with summer-related recreational activities and how military personnel and their family

members can avoid an unplanned hospital visit.

"First, it should be understood that most recreational activities have a variable degree of inherent risks," Murphy said. "For example a family day at the beach may include sunburn, jellyfish stings, unexpected strong ocean currents, and dehydration.

Secondly, it should also be understood that recreation-related injuries are preventable. Home

and recreation-related injuries affect people of all ages and physical abilities and account for about a third of all injury-related emergency department visits."

"The key to prevention is becoming aware of the risks beforehand and making risk management decisions to mitigate those risks. In the example mentioned above, risk decisions should include the routine use of sunscreen applied regularly, searching for online jellyfish warnings, obeying beach warning signs for ocean currents, and taking plenty of water and providing beach shade," he said.

"The best injury prevention tool is taking the time to seek out and conduct even the most basic research into the activity planned and then developing a risk prevention strategy before venturing out," Murphy said.

on an activity or sport.

"Injuries often seem like an inevitable part of the game, but you can do some things to help prevent them," Murphy said. "Make sure you have the proper skills and training before participating in any sport and remember to play at your level.

"Use the proper protective gear for the particular sport you are playing to lessen the chances of being injured. Minimize the chance of muscle strain or other soft-tissue injury by warming up before starting and cooling down afterward to slowly bring down your heart rate and help fend off muscle soreness."

According to Murphy, "Like many good things, exercise can also be risky—especially if it's been a while since you've worked up a sweat or if you have any health conditions that could in-

"Understanding your limits and practicing risk management, with a good application of common sense, will go a long way to ensuring fun versus pain."

—Cmdr. Leo Murphy, Pacific Fleet safety officer

"All Navy service members are required to perform risk management assessments prior to engaging in a high risk recreational activity," Murphy said.

"Examples may include, but are not limited to skydiving, cliff diving, scuba diving, boating, motorcycle riding and parasailing. Some activities become high-risk based upon individual circumstances such as hiking in mountainous or remote areas, surfing, bike riding on motorways and snorkeling.

"A risk assessment is a process to identify and assess hazards. By identifying risks and establishing planned risk mitigating strategies will ensure recreational activities don't end up including a cruise to the emergency room," Murphy added.

Murphy also placed importance on service members knowing their limits and realizing that everyone has different skill levels depending

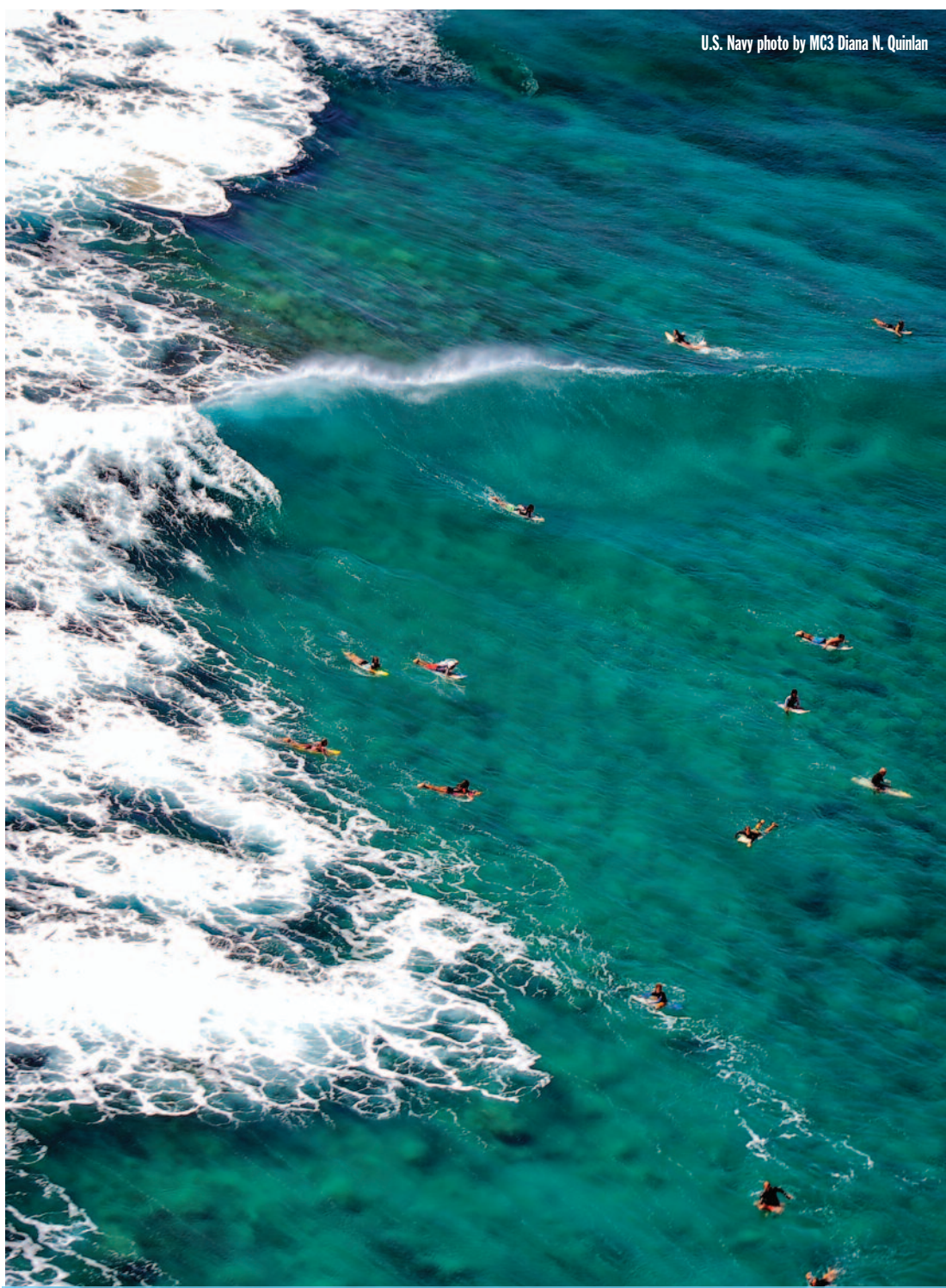
create your risk of injury, so it's important to know how to keep yourself safe and avoid potential problems before they happen."

Murphy added that common sense should always apply.

"For outdoor recreation, no matter what kinds of activities you choose, you can limit the number of injuries that occur and have a good and safe time," Murphy said. "The key is to make an honest assessment of your's and your family's ability and plan an activity accordingly.

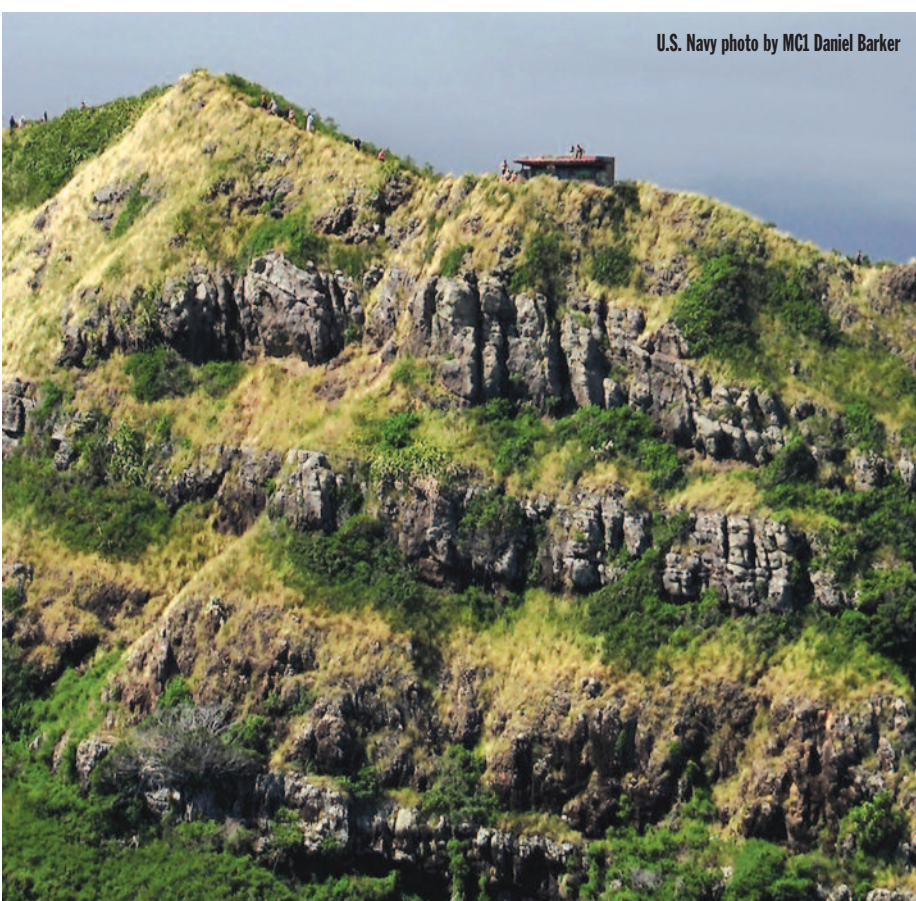
"You need to know your limits, and stick with them. Understanding your limits and practicing risk management, with a good application of common sense, will go a long way to ensuring fun versus pain."

For more information visit <http://safetycenter.navy.mil> on summer safety resources and <http://www.greatlifehawaii.com> for safe and fun summer activities.



U.S. Navy photo by MC3 Diana N. Quinlan

Surfers challenge themselves off Oahu's shoreline, highlighting the importance of summer safety for Sailors.



U.S. Navy photo by MC1 Daniel Barker

Service members and civilians hike the Lanikai Pillbox trail overlooking the Pacific Ocean. The hike highlights the importance of summer safety for military personnel — at work, home and during recreational activities.



An aerial view of a sandbar near Marine Corps Base Hawaii popular with boaters and swimmers.

U.S. Navy photo illustration by MC3 Diana N. Quinlan

HIANG hands 15th MXG first loss of the season

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

The defending softball champs Hawaii Air National Guard (HIANG) hit their way to a three-way tie for first place in the Red Division by beating down the previously undefeated 15th Maintenance Group (15 MXG), 21-13, on May 19 in an intramural softball showdown at Millican Field, Joint Base Pearl Harbor-Hickam.

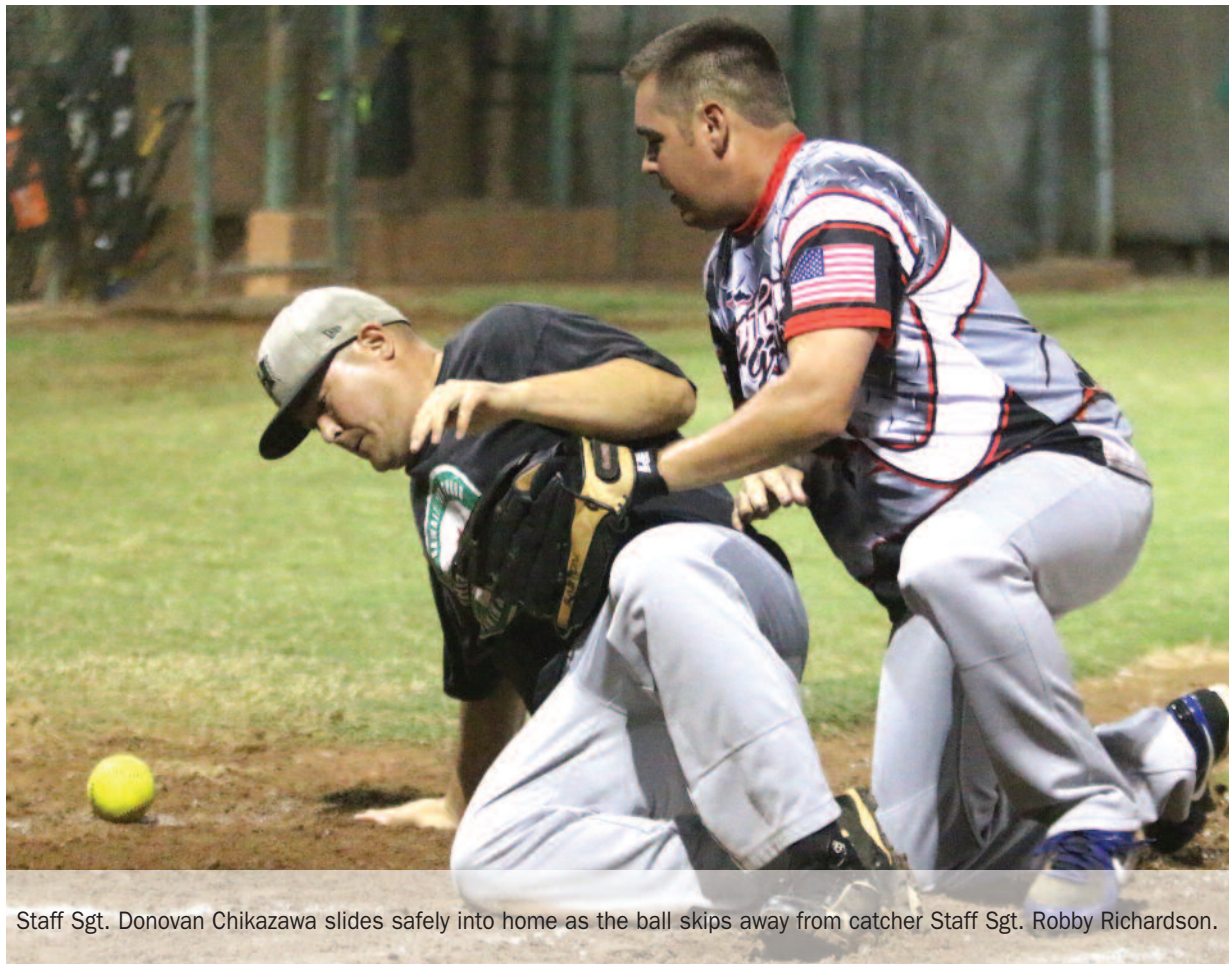
The win raised HIANG's record to 5-1, and they joined a select group of three teams at the top of the division that also includes the 15 MXG and 647th Security Forces Squadron (647 SFS) Pound Town.

"We're still working," said Tech. Sgt. Paki Victorino about the team's tie for first. "This is just the regular season. They (15 MXG) may not have all of their guys and we missed a few, but you just work. That's all we got to do."

Playing against one of the top teams in the division, HIANG put their work philosophy into action right away in their first turn at bat.

The HIANG loaded the bases on two hits and a walk before Staff Sgt. Karl Lopes drove in the game's first run with a single.

The team went on to get on base three more times and score four runs to take a 5-0 lead going into the bottom of the frame.



Staff Sgt. Donovan Chikazawa slides safely into home as the ball skips away from catcher Staff Sgt. Robby Richardson.

Instead of folding, the 15 MXG came out swinging and got right back into the game by leading off with back-to-back singles before Master Sgt. Matthew Schley jumped all over a pitch from Chief Master Sgt. Vince Ramos and launched a three-run shot over the left-field fence.

An error and two more hits reloaded the bases with no outs, and then Staff Sgt. Cory Hamilton walked into

the batter's box and delivered a two-run single to tie the game at 5-5.

Later, Staff Sgt. Kyle Boehme scored the tie-breaking run on a sacrifice fly to take a 6-5 advantage going into the second inning.

HIANG retook the lead with three runs in the second, but the 15 MXG answered with a single run to pull to within one at 8-7.

While the bats cooled off a bit for both teams in the

third inning, HIANG came back with a vengeance in the top of the fourth.

Three straight singles with one out scored a run for HIANG, but then with the bases loaded, cleanup hitter Staff Sgt. Eugene Winchester tomahawked a blast that cleared the fences and bases for a gram slam.

"We lean on Gino a lot," Victorino said about his teammate's shot. "He's one of our best hitters, so

when he got that, it really sparked us."

The HIANG added another run for a 14-7 lead, but back came the 15 MXG in their turn at the plate.

A walk put a runner on base with two outs when Master Sgt. Jason Ingraham batted a double to put two runners in scoring position.

Schley, who already drove in three runs with a homer, got two more RBIs

on a double.

Then with Schley on second, Master Sgt. Tyson Andrews deposited a two-run shot to keep the 15 MXG in the game at 14-11.

Another run in the bottom of the fourth by the 15 MXG cut the lead down to two at 14-12, but it was the calm before the storm as the HIANG responded with a seven-run rally in the top of the sixth to put the game away for good.

Big hits in the inning came off the bats of Winchester, who led off the inning with a triple, and Tech. Sgt. John Fukumoto, who blasted a two-run homer.

Although the 15 MXG lost their first game of the season, Andrews said that he doesn't look at the defeat as a setback.

"They were probably the best we've played yet," Andrews admitted. "Tonight they got the best of us, but we'll see them in the championship. You can't win them all. We just got to rebound and get better."

Victorino said no matter what the score is or how high HIANG is in the standings, the team just has to stay the course and continue to have fun.

However, even with the 21 runs scored against a solid team like the 15 MXG, he said that the HIANG could always use more hits.

"We stay the same if we're up by 20 or down by 20," he said. "We're satisfied (with hits), but we got to get more."

Nimitz student wins national contest



Marcy Kagami (left), principal of Nimitz Elementary School at Joint Base Pearl Harbor-Hickam, and Carol Wear, JBPHH branch director of Armed Services YMCA, announce Alisa Haase as the national Navy winner of the ASYMCA 17th Annual Art and Essay Contest on May 14 during a school assembly.

Story and photo by David D. Underwood Jr.

Joint Base Pearl Harbor-Hickam Public Affairs

A second grader from Admiral Chester W. Nimitz Elementary School at Joint Base Pearl Harbor-Hickam has been selected as national Navy winner of

the 17th Annual Art and Essay Contest sponsored by the Armed Services YMCA.

Alisa Haase, daughter of Navy Hull Maintenance Technician 1st Class Jeffrey Nix and Yasuyo Nix, submitted a picture she drew of her family, depicting what a military family looks like. The contest was open to boys and girls

nationwide, and Alisa's drawing was selected the winner. She is the first student representing Hawaii to win in the 17 years of this event.

More than 100 children entered the contest from each branch of service.

"We're really proud of her winning this very special recognition," said Marcy Kagami,

principal of Nimitz Elementary. "We encourage our students to be active in extracurricular activities and are really proud."

Alisa's mom, Yasuyo, said she worked very hard on her drawing and had been asking for months about who is the winner. Alisa was given the news in front of her schoolmates during an assembly in the school auditorium.

"She's a really outstanding student," said her teacher, Roxanne Kauffman.

The Armed Services YMCA of Hawaii serves more than 43,000 U.S. service members and their families on the island with locations at Joint Base Pearl Harbor-Hickam, Marine Corps Base Hawaii, Schofield Barracks and Wheeler Army Air Field.

They provide social, educational and recreational programs to help promote a healthy lifestyle, strengthen families, and connect them with the local community.

For more information on the ASYMCA, visit <https://www.asymca.org/honolulu-hi/>.

Memorial Day observances

Navy Region Hawaii Public Affairs

Upcoming Memorial Day observances and activities have been planned. They include:

- The National Park Service will conduct special white boat harbor tours at 2:45 p.m. May 23-25. Boat launches to the memorial after 2:45 p.m. will be suspended during this time. Reservations only accepted.

For more information, visit www.nps.gov/valr.

- The Friends of the Natatorium Memorial Day event will be held from 10 to 11 a.m. May 25 at the Waikiki World War I War Memorial Natatorium. The event is open to the public. Speakers will include Air Force Gen. Herbert Carlisle and U.S. Rep. Tulsi Gabbard.

- Roll Call of Honor in Remembrance ceremony will be held from 10 to 11 a.m. May 25 at the National Memorial Cemetery of the Pacific at Punchbowl.

- Annual Veterans Candlelight Memorial Day Ceremony will be held from 4 to 8 p.m. May 25 at National Memorial Cemetery of the Pacific at Punchbowl.

- Commander Navy Region Hawaii and Naval Surface Group Middle Pacific Memorial Day ceremony will be held at 7:30 a.m. May 26 at the Pearl Harbor Memorial Fountain.

- National Park Service morning colors special joint-service flag raising will begin at 8 a.m.

May 26 at the Pearl Harbor Visitors Center.

- Mayor's Memorial Day Ceremony will be from 8 to 10:30 a.m. May 26 at National Memorial Cemetery of the Pacific at Punchbowl.

- Kauai Veterans Memorial Day Ceremony will begin at 10 a.m. May 26 in Hanapepe.

- Pacific Fleet Band performance is scheduled from 10 to 11 a.m. May 26 at the Pearl Harbor Visitor Center.

- National Park Service unveiling of USS Arizona survey with USS Arizona survivor Don Stratton at 11 a.m. May 26 at the Pearl Harbor Visitor Center, Haumana Education Room.

- Joint Base Pearl Harbor-Hickam will conduct a rifle salute at noon May 26 from the Ford Island saluting battery in observance of Memorial Day.

- Bowfin Sub Vets Memorial Day ceremony starts at 11 a.m. May 26 at the USS Parche Submarine Memorial Park.

- Governor's 2014 Memorial Day ceremony will be from 12:30 to 2:30 p.m. May 26 at the Hawaii State Veterans Cemetery at Kaneohe.

- National Park Service Memorial Day sunset tour will begin at 3:45 p.m. May 26. The Pacific Fleet Band bugler and Joint Base Pearl Harbor-Hickam Honors and Ceremonies flag detail will perform evening Taps on the Arizona Memorial. Attendance at the event is by reservation only.

Intelligence Squadron beats Chung-Hoon Sea Warriors

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

The 8th Intelligence Squadron (8 IS) got two goals in the first half and added another score in the second half to get past USS Chung-Hoon (DDG 93) Sea Warriors, 3-0, on May 17 in a Blue Division intramural soccer game at Quick Field, Joint Base Pearl Harbor-Hickam.

An aggressive attack by the 8 IS paid off early as the team out-kicked the Sea Warriors 10 to three on kicks on goal to take a 2-0 advantage into halftime.

Team captain Staff Sgt. David Schiller, who got an assist on the team's second goal, said that the 8 IS used a press to control both sides of the ball.

"The whole team hustled," Schiller said. "We put pressure on their good players and we rushed their decisions."

Staff Sgt. Renaldo Blythe started the frenzy on goal with a shot that barely missed when it struck the crossbar and ricocheted out of bounds.

While one Blythe's shot failed to hit the net, another Blythe, Renaldo's brother Markus, was right on target when he snuck a shot in between the Sea Warriors' goalkeeper and the goal's left corner for a 1-0 lead.

"I kind of made sure that I got a good shot on that,"



Staff Sgt. David Schiller, team captain of the 8th Intelligence Squadron (8 IS) soccer team, heads the ball toward the goal on a corner kick.

Blythe said. "I hit it and it was on frame.

It was a slow roller and I was surprised he (goalkeeper) missed it. It looked like he had it."

Blythe continued to press the action and his aggressiveness was the catalyst for the team's next goal.

Pushing the ball upfield, Blythe got near the goal before passing a shot to Schiller, who was standing just above the goal.

Seeing that he didn't have a shot, Schiller tapped the ball toward Capt. Edward Yang, who booted in a short straight

away shot for the score and a 2-0 advantage.

"That's how we practice," Blythe said. "We just played the most unselfish game we've ever played. We know everyone's tendencies, so we basically know where everyone is going to be."

Schiller also agreed that

practice is the key to the team's solid cohesive play.

"We get out there every Tuesday and captain is always out there," Schiller said. "I had bad body position, so if I had shot it, it would have been useless. He just looked open."

The lead stood up

through halftime, but the 8 IS added an insurance goal midway through the second half.

Setting up on a corner kick, the ball was booted right into the direction of Schiller, but instead, the shot curved at the last second and went into the goal.

"I didn't even touch it," Schiller said. "It was close. It was going to my head and then it just curved right in. You can't beat that."

With the victory, the 8 IS seems to be right on track to get into the race for the division's top spot.

The recent success of the team is a far cry from the way it started the season with back-to-back losses.

"Every week, it's been a little bit easier," Blythe said. "We're figuring each other out and at the moment are just trying to play to our strengths. We're really going to try and build on this for the coming up games. We feel really good about how we're playing right now."

Schiller said that the team's recent hot streak bodes well for the rest of the season — especially when the team is about to get more reinforcements.

"Today, we beat the third-ranked team," he pointed out. "Today, teamwork was beautiful. This is the best we've ever played. We got some of our best players on leave, so we've got that coming up for us. Everything's paying off."

Hickam Elementary School performs Aladdin

David Tom

Navy Region Hawaii
School Liaison Officer

"A whole new world, a dazzling place I never knew" describes "Broadway" at Hickam Elementary School (HES).

Under the direction of music teacher Tracie Higashi, 69 HES Kani Le'a students from grades three to six performed the Disney Kids Aladdin May 1 and 2, in the school's Quonset Hut Theater.

Kani Le'a means "joyful singing" in Hawaiian, and Higashi said that for her and everyone involved, the HES annual productions are full of joyful singing and a labor of love.

Kanile'a is a voluntary after-school activity started by Higashi, who has taught at HES for more than 20 years.

"The students work really hard. They start vocalizing early in the school year and then experience acting in different roles. By December, they audition for their preferred parts. Once se-

lected, the students take home their scripts over the winter break and start rehearsals in January. Their dedication is absolutely fantastic," Higashi said.

"I joined Kanile'a because I have a passion to sing and act. It was a lot of work, but once we were on stage with our costumes and makeup, it was an amazing, beautiful play," said fifth grader Hannah Bradshaw, who played Princess Jasmine.

Haley Moree, another fifth grader, wanted to play Aladdin because "the character was really inspiring and always tried to do his best. Once we learned our parts and put it together without stopping, it was incredible."

"What a wonderful production the kids put on. This is the second year our son has been in a musical play, and it is such a joy to watch. All these young performers will forever remember this play and how much fun they had creating it. We look forward to next year's performance," said Tamsen Velazquez, an HES parent.



Baylor Howerton (Genie), Peyton Linge (Jafar), Madalyn Grauerl (Iago) and guards, Kaila Labra, Aidan Scism, Karlana Colon and Stacie Wolley, perform at Hickam Elementary School.

Photo courtesy of Katie Bradshaw

"I had been in chorus last year and really wanted to try for the role of Iago, who is a very annoying character in Aladdin. I like portraying

characters and finding out how to be them," said Madalyn Grauer, a sixth grader.

"Preparation was stressful but once we got it down, you just go with the flow. I probably can do it in my sleep," explained Jessica Jones, a sixth grader, who played a lamp vendor.

Higashi had lots of help from many people including retired HES teacher, Janet

Muranaka, who has helped with the last nine productions since retiring, and HES teachers, parents and staff who dedicated many after school hours to help make the production a success.

"To be a part of the children's education and to watch them explore, learn, and grow is a joy to see. Hopefully one day, fine arts will be seen as core to who

we are," Higashi said.

Greek philosopher Plato once said, "Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." Little did Plato know more than 2,000 years ago that his words, would come true for the entire production cast of Aladdin and the audience at HES "Broadway" Quonset Hut.

My Favorite Photo...

Tony Verceluz, Ho'okele senior graphic artist, took this photo recently after a Jewish/Catholic wedding at the Ihilani Resort at Ko'olina.



How to submit: Email your (non-posed) photos to editor@hookelenews.com

Shipyard extends application deadline

Pearl Harbor Naval Shipyard

Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility has extended the application deadline for 10 awards of \$2,000 for students interested and active in robotics. The new deadline is June 10.

The intent is for these awards to recognize local high school students who have demonstrated dedication to science/technology/engineering/mathematics (STEM) activities. These awards are funded by the National Defense Education Program (NDEP).

To be eligible for the STEM awards, applicants must be a resident of the state of Hawaii; a current high school (public, pri-

vate or home-schooled) student in good academic standing; and able to provide proof of active participation in Hawaii's annual FIRST Robotics Competition (FRC) for at least one full academic year.

The official application form, which includes details on an essay requirement and required letters of recommendation, must be submitted in time to meet the new June 10 submission deadline. Interested students should contact Eric Petran at 473-8000, ext. 2560, or e-mail him at eric.petran@navy.mil to obtain the application form and details of the submission criteria.

The 10 STEM award winners will be announced in late June or early July.

GOT STORY?



Call Ho'okele @ 473-2890
or email editor@hookelenews.com
for submission guidelines



Live the Great Life

Jeff Dunham comedy concert at Ward Field



Photo courtesy Jeff Dunham

Dunham and his failed terrorist Achmed will perform at 7 p.m. Saturday at Ward Field, Joint Base Pearl Harbor-Hickam.

Reid Tokeshi

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Comedian and ventriloquist Jeff Dunham will bring his unique brand of comedy to Joint Base Pearl Harbor-Hickam beginning

at 7 p.m. Saturday at Ward Field.

No tickets are necessary. Gates open at 5 p.m. Guests are encouraged to come early and claim their spot on the field.

Dunham's Disorderly Conduct show is being brought to the base as part of his Tour for the Troops. The free show is presented by Air Force Reserve and Joint Base Pearl Harbor-Hickam Morale, Welfare & Recreation.

Fans of Dunham will recognize the many characters he will carry onto the stage. Old curmudgeon Walter, dead terrorist Achmed, NASCAR fan Bubba and Peanut are among the cast of characters joining Dunham for the event.

Food trucks from vendors will offer a variety of cuisine, from Mexican to southern barbecue, local "grinds" and more.

Those who arrive early enough and are one of the first 2,000 through the gate will receive a free commemorative concert T-shirt.

Service members in uniform will receive front of the stage standing privileges, while space is available.

The show is open to all military affiliated personnel and their guests, and the show material is recommended for mature audiences. Security restrictions will be in effect.

For more information, including unauthorized items, visit www.greatlife.hawaii.com.

Joint base joins America's Armed Forces Kid's Run

Justin Hirai

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam joined military bases worldwide on May 17 in the America's Armed Forces Kids Run.

MWR Youth Sports facilitated the run at Ward Field with 280 kids, ages 5 through 13 participating. Kids ages 5 and 6 ran a half-mile, 7- and 8-year-olds ran one mile, and 9-through 13-year-olds ran two miles. A quarter-mile course was set up around the field by the youth sports staff.

The kids run was set up to promote health and fitness around the base. Youth are encouraged to run for personal goals rather than race one another. A timer was set up at the finish line so kids could check their times

and challenge themselves to run their fastest half-mile, mile or two miles.

Parents were involved by cheering and some even ran next to their children for support. James Coper, youth sports and fitness director, emceed the event and provided encouraging words throughout the run.

"These events promote healthy habits, fitness and fun on base. They encourage parents and kids to come out and get involved with healthy activities," Coper said.

As the kids finished the run, they were greeted with high-fives and hugs from their parents, families and friends. Bottled water, oranges and bananas were provided as healthy snacks.

Participants also received an America's Armed Forces Kid's Run 2014 T-shirt as a souvenir and reminder of their accomplishments.



MWR Marketing photo

Kids start the 2014 America's Armed Forces Kids Run on May 17 at Ward Field, Joint Base Pearl Harbor-Hickam.

Your Weekly Fun with MWR



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

Memorial Day Intramural Softball Tournament will be played today through May 26 at various fields at Joint Base Pearl Harbor-Hickam. Families and friends are invited to watch the games and cheer for their favorite teams. Admission is free for spectators. FMI: 473-2494 or 473-2437.

Summer Craft Camp Registration is open now at the Hickam Arts & Crafts Center. Weekly sessions for youth ages seven years and older will be held Tuesdays through Fridays from 10 a.m. to noon. Seven sessions are available from June 3-6, June 10-13, June 17-20, June 24-27, July 8-11, July 15-18 and July 22-25. New creative projects will be offered each session. The cost is \$55 per session. FMI: 448-9907.

Molokai Saint Damien Tour will be held from 8 a.m. to 3 p.m. Saturday. Information, Tickets & Travel's tour to Molokai Island includes shuttle to aircraft, round-trip airfare and guided tour. Participants should wear comfortable clothes

and walking shoes and bring their own snacks, lunch and drinks. Retail facilities will not be available. The cost is \$325 per person. FMI: 448-2295.

Free Golf Clinic will begin at 9:15 a.m. Saturday at Barbers Point Golf Course. FMI: 682-1911.

UFC 173 will be presented at 3 p.m. Saturday at J.R. Rockers Sports Cafe. Lyoto "The Dragon" Machida will fight champion Chris "The All-American" Weidman in Las Vegas for the middleweight title. Admission is free for Air Force club members and \$10 for non-members. FMI: 448-2271.

Group Swim Lessons Registration will begin at noon May 27. Classes taught by Red Cross-certified instructors will be held at Hickam Pool 2 and Scott Pool for students ages six months to adult. Session one is from June 2 to June 12,

and session two is from June 16 to June 26. Youth need to register through the www.greatlife.hawaii.com website, and adults need to register in person at Hickam Pool 2 or Scott Pool. The cost is \$60 per session. FMI: 260-9736 or 473-0394.

Summer Reading Program Kick-off Party will begin at 10 a.m. May 28 at the Hickam Library. The theme of this year's annual summer reading program is "Paws to Read." Participants may register for the free program, receive a goody bag and have refreshments. FMI: 449-8299.

Community Calendar

MAY

MFSC VOLUNTEER OPPORTUNITIES

NOW — Volunteer opportunities are available at the Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC). Opportunities include areas such as deployment and readiness, JEMS jobs, customer service and Transition Assistance Program. FMI: 474-1999.

TRIPLER PHARMACY HOURS

TODAY TO 26 — Tripler Army Medical Center Pharmacy announced its hours from May 23 to 26. NEX pharmacy hours will be today, 10 a.m. to 2 p.m.; Saturday, 10 a.m. to 2 p.m.; Sunday and Monday closed. Family practice will be closed for Memorial Day weekend today through Monday. Main outpatient hours will be today, 8 a.m. to 5 p.m.; Saturday, 8 a.m. to 4 p.m.; Sunday and Monday closed. There will be no change to hours for the discharge pharmacy. All pharmacies will resume normal business hours May 27. FMI: 433-2809.

COMEDIAN JEFF DUNHAM

SATURDAY — Jeff Dunham Comedy Show: "Disorderly Conduct" will begin at 7 p.m. at Ward Field, Joint Base Pearl Harbor-Hickam. This free event featuring stand-up comedian and ventriloquist Jeff Dunham is recommended for mature audiences. Gates will open at 5 p.m. Personnel in military uniform will have front of stage privileges while space is available. Chairs and guests will not be allowed in the area in front of the stage (uniformed personnel and standing only). Tickets will not be issued as the area is open to first-come first-served and space is limited. Authorized items include small clutches, blankets and low beach-style chairs. All items are subject to search. Outside food and beverages, pets, backpacks, bags and purses are not authorized. FMI: www.greatlifehawaii.com.

MAHALO TO MILITARY VOLUNTEERS

SATURDAY — In celebration of Military Appreciation Month, a mahalo (thank you) event for volunteers in the armed services and their families will be held from 2 to 4 p.m. at the Hawaiian Humane Society. The event will include food, prizes and a screening of the film "Always Faithful" about military working dogs. Service members interested in learning more about the society's volunteer programs are welcome to attend. Those who are interested can RVSP online. FMI: www.Facebook.com/HawaiianHumaneSociety.

MEMORIAL DAY COMMISSARIES HOURS

26 — The Pearl Harbor Commissary will be open from 9 a.m. to 5 p.m. on Memorial Day. The Hickam Commissary will be open from 10 a.m. to 6 p.m. on Memorial Day. FMI: Pearl Harbor Commissary at 471-8402, ext. 101 or the Hickam Commissary at 449-1363.

SAVINGS AND INVESTMENT BASICS

28 — In this Savings and Investment Basics class from 9 to 11 a.m. at Military and Family Support Center Pearl Harbor, participants will learn the basic skills and techniques of managing and budgeting their money, how to shop for investments, the difference between stocks, bonds, Roth and traditional IRAs, CDs, money market accounts and more. Register online. FMI: www.greatlifehawaii.com or 474-1999.

ALL MILITARY SURF CLASSIC REGISTRATION

28 — All-Military Surf Classic registration will close May 28. This annual surf meet will be held June 7 and June 8 at White Plains Beach with longboard and shortboard competitions in men's and women's categories. Entry fees are \$40 for the Department of Defense division, \$30 for active-duty division, and \$20 for children's division (12 years and younger). Application forms are available at Hickam Beach or the White Plains Beach Surf Shack and online at www.greatlifehawaii.com. No same-day beach entries will be accepted. FMI: 682-4925 or 449-5215.

SPOUSE ALOHA ORIENTATION

29 — Navy and Air Force spouses new to the islands may attend an informational spouse *aloha* orientation from 8 a.m. to noon at Military and Family Support Center (MFSC) Pearl Harbor. The event will include experts in the fields of employment, education, volunteerism, financial aid services, personal financial management, recreation, shopping, pets and a bit of the Hawaiian culture. Participants will also have an opportunity to meet other new spouses in an informal setting. FMI: www.greatlifehawaii.com or call 474-1999.

ASIAN AMERICAN PACIFIC HERITAGE EVENT

29 — U.S. Sen. Mazie Hirono is scheduled to be the guest speaker at the Naval Computer and Telecommunications Area Master Station Pacific Asian American and Pacific Heritage Month event from 11:30 a.m. to 1 p.m. at Hale Anuenue chief petty officer mess, building 235 at Wahiawa Annex.

DENTAL ASSISTANT PROGRAM

30 — American Red Cross and Schofield Barracks Dental Clinic is now accepting applications for the 2014-2015 dental assistant program until May 30. This program provides those accepted with comprehensive training and knowledge needed to assist in many fields of dentistry. The program is open to a spouse or family member of active duty military personnel looking for a new career opportunity, and has a minimum of 18 months remaining on the island. FMI: Yolanda Gainwell at 433-6631 or email Yolanda.m.gainwell.vol@mail.mil.

NURSE ADVICE LINE

30 — Beginning May 30, Hawaii TRICARE beneficiaries can call the Nurse Advice Line 24 hours a day, seven days a week for professional medical advice. Registered nurses will be available to answer a variety of urgent healthcare questions and help beneficiaries decide whether self-care is the best option or if it is better to see a healthcare provider. FMI: 1-800-TRICARE (874-2273), option 1.

FAMILY BOWLING TOURNAMENT

31 — A national family tournament will begin at 1 p.m. at Naval Station Bowling Center, Joint Base Pearl Harbor-Hickam. The doubles event includes one parent and one child. Grandparents are also allowed to bowl with their grandchildren. All participants must have a United States Bowling Congress (USBC) sanctioned bowling card. The tournament costs \$20 per doubles team to enter. Each team bowls six games at the tournament. The deadline to enter the tournament is May 28. FMI: 473-2651.



Heaven is for Real (PG-13)

Todd Burpo flings an angry prayer heavenward when his four-year-old, Colton, lies in a hospital bed, his life hanging in the balance as surgeons operate following a ruptured appendix. Colton lives, but he comes back from the brink talking about an unexpected thing that happened during his surgery: a round trip to paradise.

SHARKEY THEATER

TODAY 5/23
7:00 PM Captain America: The Winter Soldier (PG-13)

SATURDAY 5/24
2:30 PM Rio 2 (3-D) (G)
4:40 PM Heaven is for Real (PG)
7:00 PM A Haunted House 2 (R)

SUNDAY 5/25
2:30 PM Heaven is for Real (PG)
4:50 PM Captain America: The Winter Soldier (PG-13)
7:00 PM Draft Day (PG-13)

HICKAM MEMORIAL THEATER

TODAY 5/23
6:00 PM Rio 2 (G)

SATURDAY 5/24
4:00 PM Rio 2 (G)
7:00 PM Heaven is for Real (PG)

SUNDAY 5/25
2:00 PM Rio 2 (G)

THURSDAY 5/29
7:00 PM Transcendence (PG13)

Movie Showtimes



Pearl Harbor NEX to hold series of events this month



Pearl Harbor Navy Exchange file photo

The Pearl Harbor Navy Exchange annual diaper derby will be held from 1 to 2 p.m. Monday at the NEX mall children's department.

Pearl Harbor Navy Exchange

The Pearl Harbor Navy Exchange (NEX) has planned a series of free events for authorized patrons to commemorate Memorial Day week and Military Appreciation Month.

• NEX movie night will be held tonight. Seating begins at 7 p.m. and the movie "Frozen" starts at 7:30 p.m. in the NEX parking lot. Beach mats, chairs and towels are allowed. Tickets are available on a first come, first served basis at the NEX aloha center. Tickets will be good for one free beverage and one free bag of popcorn during the movie. Prior to the movie, there will be entertainment and giveaways.

• Drug Education For Youth (DEFY) program will be held from 10 a.m. to 5

p.m. today and Saturday in the NEX parking lot. NEX and the Navy's DEFY program have partnered in teaching children the importance of saying "no" to drugs. Parents and children are welcome to come and learn about social peer pressure, classes and programs that DEFY has to offer to promote and protect Navy families.

• Marine Corps Jazz Band will perform from 5 to 6 p.m. today in the NEX parking lot entertainment stage. The band will play popular music from several genres.

• Keiki (children's) ID event with the Honolulu Police Department will be held from 11 a.m. to 3 p.m. Saturday in the NEX mall children's department.

• Hello Kitty appearance will be held from 10 a.m. to 1:30 p.m. Saturday in the NEX mall children's

department. The event will include balloons, and participants can take their own photos with Hello Kitty.

• TRICARE benefits event will be held from 11 a.m. to 3 p.m. Saturday at the NEX mall second floor self-service department. A local TRICARE representative will be available for advice and consultation on health benefits.

• Isle 5 Band will perform from 4 to 5 p.m. Saturday at the NEX parking lot entertainment stage. Patrons can bring their beach chair, put on their dancing shoes and listen to the band.

• Hula Halau Kehaulani will perform from 5 to 6 p.m. Saturday at the NEX parking lot entertainment stage. Kumu Kehaulani and her hula students will be presenting dance from Hawaii, Samoa and Tahiti.

• NEX movie night will

feature "Planes" on Saturday. Seating is at 6:30 p.m. and the movie starts at 7:30 p.m. in the NEX parking lot. Beach mats, chairs, towels are allowed. Tickets are on a first come, first served basis at the NEX aloha center. A ticket will be good for one free beverage and one free bag of popcorn during the movie. Prior to the movie, there will be entertainment and giveaways.

• "501 Legion: Star Wars" characters will make

an appearance from 10 a.m. to 2 p.m. Sunday at the NEX mall. Authorized patrons can meet and greet the Star Wars storm troopers and emperors. They will be able to take pictures and get autographs from their favorite character.

• Memorial Day celebration will be held May 26 at the NEX mall tent in the lower parking lot. The event will include entertainment, demonstrations, giveaways, special appearances and health and fitness education.

• NEX annual diaper derby will be held from 1 to 2 p.m. Monday at the NEX mall children's department. Patrons who have a speedy little crawler at home, 12 months and under can join the event. Applications are available now and can be picked up at the aloha center concierge desk.

Applications must be submitted prior to competition day to be contestant.

For more information on the events, call Stephanie Lau, NEX customer relations manager, at 423-3287.

Pools to open for summer season

Joint Base Pearl Harbor-Hickam

Morale, Welfare and Recreation

In time for the warmer weather, Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation has announced extended pool hours for the summer season. The new hours include the opening of Arizona Pool beginning Memorial Day.

SCOTT POOL:

Monday to Friday:

- 5 to 7 a.m., lap swim.
- 11 a.m. to 1 p.m., lap swim.
- 1 to 5 p.m., open swim.
- 5 to 7 p.m., evening lap swim (Monday through Thursday only).

Weekends:

- 10 a.m. to noon, lap swim.
- Noon to 5 p.m., open swim.

Holidays:

- Noon to 5 p.m., open swim.

HICKAM POOL 2:

Closed — Monday (open Memorial Day and Labor Day only).

Wednesday to Friday:

- 1 to 5 p.m., open swim.

Tuesday:

- 1 to 5 p.m., open swim (starting Memorial Day and ending Labor Day).

Weekends and holidays:

- Noon to 5 p.m., open swim.

Note: after Memorial Day, Hickam Pool 2 will be closed Mondays and Tuesdays to treat and maintain the pool.

HICKAM POOL 1:

Monday to Friday:

- 5 to 7 a.m., lap swim.
- 11 a.m. to 1 p.m., lap swim.
- Closed weekends and holidays.

TOWERS POOL:

Monday to Friday:

- 11 a.m. to 1 p.m., lap swim.

Friday:

- 1 to 5 p.m., open swim.

Monday to Thursday:

- 1 to 5 p.m., open swim (starting Memorial and ending Labor Day).

Weekends:

- Noon to 5 p.m., open swim.
- Closed holidays except Memorial Day, Independence Day and Labor Day.

ARIZONA POOL (seasonal):

Memorial Day through Labor Day only.

Monday to Friday:

- 1 to 5 p.m., open swim.

Weekends and holidays:

- Noon to 5 p.m., open swim.
- Also open on holidays and school breaks.