

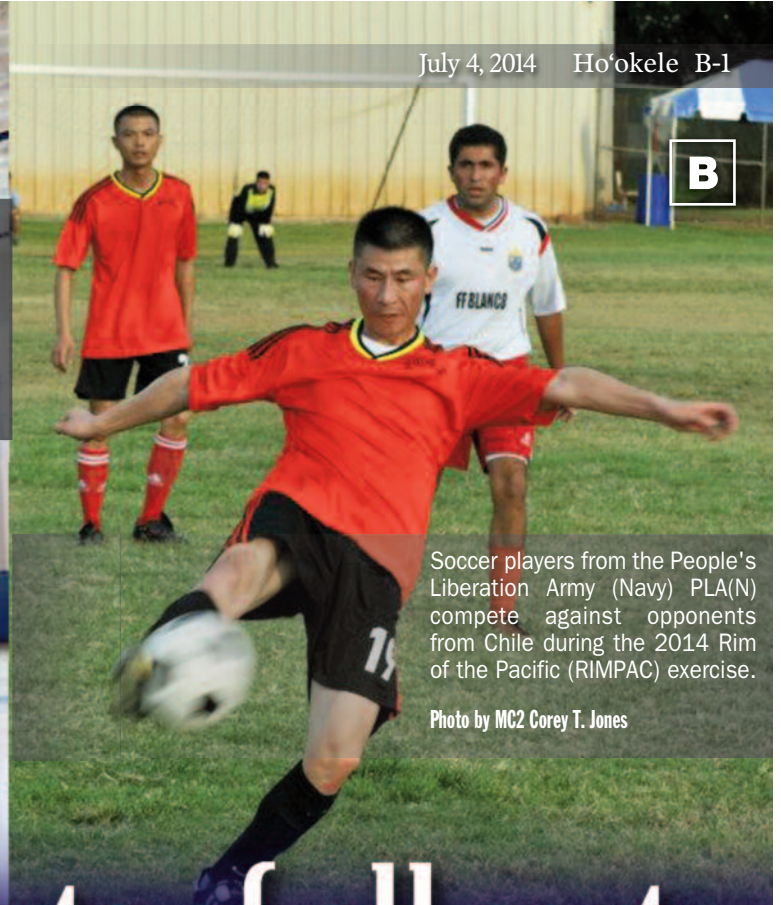
Life & Leisure

July 4, 2014 Ho'okele B-1

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The USS Spruance (DDG 111) basketball team competes for possession of the ball with players from HMAS Success as both teams go head to head at Joint Base Pearl Harbor-Hickam, during the harbor phase of Exercise RIMPAC.

Photo by ABIS Chantell Bianchi



Soccer players from the People's Liberation Army (Navy) PLA(N) compete against opponents from Chile during the 2014 Rim of the Pacific (RIMPAC) exercise.

Photo by MC2 Corey T. Jones

RIMPAC features sports of all sorts



Sailors from JS Kirishima (DDG174) huddle before competing in a soccer tournament at RIMPAC 2014.

Photo by PO1 Makoto Maeda

A U.S. Sailor shoots a layup during a basketball game between members of the USS Spruance (DDG 111) and HMAS Success (OR 304).

Photo by MC1 Martin Wright

Twenty-two nations involved in Exercise Rim of the Pacific 2014 (RIMPAC) fielded teams to participate in sports including basketball, volleyball, soccer and tennis during the harbor phase of the exercise at Joint Base Pearl Harbor-Hickam. The first in-port phase began on June 28 and will end on July 7.

Photos courtesy of www.facebook.com/rimofthepacific



Able Seaman Ayla Woodbury of HMAS Success and Petty Officer 2nd Class Adam Beach of USS Ronald Reagan (CVN 76) chase the ball during a soccer match.

Photo by LSIS Peter Thompson



Chief Petty Officer Moon Jeong Seo from the Republic of Korea Navy ship ROKS Seoae Ryu Sungyong leaps for a spike against Leading Seaman Naval Police Coxswain Nick Rayner of HMAS Success during a beach volleyball competition.

Photo by LSIS Peter Thompson

Fireworks, 3 Doors Down to highlight today's Fourth of July celebration

**Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation**

The Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation July 4 Celebration will begin at 3:30 p.m. today on Ward Field.

Multi-platinum recording artists 3 Doors Down will headline the evening's entertainment at 7:30 p.m.

The event finale will consist of a fireworks show which begins at 9 p.m.

Free activities during the day include a petting zoo, "Xpress Train," airbrush tattoos, batting cage and a 360-degree photo booth. The event will also include free pizza samples while supplies last and a car show exhibit.

Rides will be available for purchase. There will be food and beverage booths.

Food choices for sale will include hot dogs, burgers, plate lunches and sweets.

Participants can register and get their sponsor's punch card filled before turning it in at the sponsor's tent. They will have a chance to win prizes including gift cards and a trip to Las Vegas.



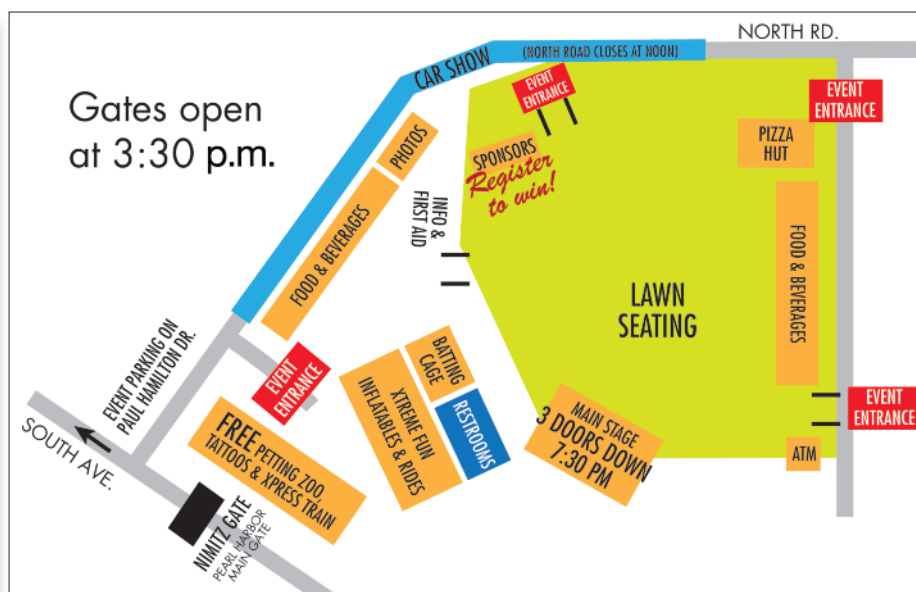
For the safety and security of patrons and to expedite entry, the following guidelines have been established for the event.

The following items are not permitted:

- Audio and video recording devices and cameras, including tablets and computers,

bags and camera bags.

- Purses larger than a clutch bag.
- Food and beverages, water bottles, coolers or thermoses.
- All bags including backpacks, briefcases, fanny packs and cinch bags.
- Seat cushions, wagons, umbrellas or luggage of any kind.
- Tents or barbecues.
- Weapons and blades of any type.



to exceed 32 inches in height. Leave all chair bags in your car.

• Clutch purses or clutch bags, with or without handles or straps, five inches height by seven inches by one inch deep.

Items can be carried in a clear, disposable plastic bag, no larger than quart size (seven inches by eight inches).

Exceptions may be made for those with extenuating

medical circumstances.

All personnel and items are subject to search.

North Road will be closed from noon until the end of the event from Nimitz Gate to the Pearl Harbor Boulevard intersection street along Ward Field.

Pearl Harbor Boulevard will be closed from 8 p.m. until the end of the event from North Road to Scott Pool (the street along Bravo piers).

Visiting Sailors volunteer to clean historic Kalaeloa Heritage Park

Lt. j.g. Eric Galassi

*Navy Region Hawaii
Public Affairs*

Eighteen volunteers from the visiting ships, USS Lake Champlain (CG 57) and USS Sampson (DDG 102), helped in a project to restore the historic Kalaeloa Heritage Park on June 26.

They were greeted with a Hawaiian blessing and a history of the park from Shad Kane, Native Hawaiian cultural practitioner. After a tour of the park and a depiction of its original inhabitants, the Sailors started work, clearing branches and

other plant waste to make space for landscaping that will use native plants.

Chaplain Lt. Shaun Kennedy of the Lake Champlain was appreciative of the history lesson.

"It's so great how Shad Kane took the time out of his busy schedule for us, sharing his knowledge about the Kalaeloa Heritage Park. He spoke of how some ancient Hawaiians lived and possibly why they settled there in such a dry, arid area. I've never thought how the sugar plantations in the upper regions affected life at the lower regions by channeling water to other

areas to water their crops," Kennedy said.

Kalaeloa Heritage Park is a 77-acre parcel of land located at the former Barbers Point Naval Air Station. After the air station's closure, the land was declared a heritage park due to historical structures. These structures consist of several house foundations constructed with stacked karst stones as well as a stone-lined path that once extended four miles.

The settlement has been dated to about 560 years old and was determined to be inhabited by people from Tahiti due to the manner of construc-



Photo by John Muraoka

Volunteers from visiting ships USS Lake Champlain and USS Sampson clear plant waste as part of a restoration effort at Kalaeloa Heritage Park on June 26.

tion of the house foundations, typically using upright stone formations.

The plan for the park is to eventually turn it into a re-creation of the original

Tahitian settlement that was located there centuries ago.

Port Royal gets overtime victory over ROKS SRS

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

A late game-tying goal by Gunner's Mate 1st Class Jeanot Blaise set up an overtime triumph by USS Port Royal (CG 73) over ROKS Seoae Ryu Seong-ryong (DDG 993) on June 30 in a Rim of the Pacific (RIMPAC) Exercise 2014 international soccer matchup at Ward Field, Joint Base Pearl Harbor-Hickam.

Although Blaise scored both of the two goals in regulation for Port Royal, he said that the team couldn't have done it without the total teamwork and cooperation of every player on the squad.

"It was an all team effort," Blaise acknowledged. "We played that team not too long ago and they got us 7-3. Today, we got lucky on that last pass and I just put my foot through it."

Earlier in the first half, Blaise put Port Royal ahead on a give-and-go that saw him take a pass at the top of the block and sneak a shot past the goalkeeper for a 1-0 lead.

"I said that if I get it right back, I'll take the guy [goalkeeper] on," he said about his first goal. "Next thing I knew, it was just me and the goalie. I had to make it to make my team proud."

The lead stood up through



Culinary Specialist Seaman Apprentice James Luebbe smothers a penalty kick in overtime to help USS Port Royal (CG 73) defeat ROKS Seoae Ryu Seong-ryong (DDG 993) in a 2014 Rim of the Pacific Exercise (RIMPAC) international soccer matchup.

halftime, but minutes after intermission, Seoae Ryu Seong-ryong got a break when Chief Petty Officer Hwang Sang Hyun cleared himself on a breakaway near the Port Royal goal.

Circling around the top of the box, Hyun got the one-on-one he wanted and booted a shot past the outreached arms of Port Royal goal-

keeper Culinary Specialist Seaman Apprentice James Luebbe for the goal and 1-1 tie.

While it took Seoae Ryu Seong-ryong a little more that a half to pick up their first goal, it didn't take nearly as long for the team to put another one into the net.

After getting a free kick,

Chief Petty Officer Shin Sung Min set the ball down on the left sideline before launching a high shot that was right on target for the team's second goal and a 2-1 advantage.

With time running down, it appeared that the clock was going to expire on Port Royal before the team could get off another shot.

However, with less than two minutes to go, Blaise ran a hook pattern at the top of the box, got a perfect pass, and shot it through the goalkeeper for the tie.

"The pass was even better," said Blaise about his game-tying shot. "I just shot it. They were expecting a long throw, and we did it short and got them on

it."

In the penalty-kick overtime, Seoae Ryu Seong-ryong shot first, but any advantage they might have had by leading off was quickly erased by the quick reaction of Luebbe.

After settling in, Luebbe made a leap off of the kick and got enough of a lead to pin the ball down for the stop.

"Normally, the first way they look is where they are going to go," Luebbe pointed out. "It was a complete guess. It's guess and luck. That's all PKs are really."

Once they got the stop, Blaise said that it was just a matter of time before Port Royal would wrap it up.

"We were motivated," he said. "That (PK) is our game. We knew we were going to get it."

While the competition was tough, Luebbe said his teammates loved every minute of it.

Blaise said that the great thing about competing in RIMPAC is that once the battle on the field is over, there is nothing but sportsmanship and camaraderie between ships.

"I love it because not only we represent the Navy but the U.S.," he stated. "We kick and scream (during the game), but after that we give each other a big hug, nice getting to know you."

Michael Murphy comes back to beat Ronald Reagan CS

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Down by five points with less than nine minutes remaining in the game, USS Michael Murphy (DDG 112) scored five straight points and then hung on to defeat USS Ronald Reagan (CVN 76) Combat Systems, 31-27, on June 29 in a 2014 Rim of the Pacific Exercise (RIMPAC) basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

A three-pointer by Electronics Technician 3rd Class Ryan McConnell put Ronald Reagan ahead, 24-19, but a trey by Yeoman 3rd Class Courtney Sims narrowed the margin before the shooting guard zeroed in on another basket to finally tie the score at 26-26.

Later a putback by Sims off of a missed shot by Culinary Specialist 3rd Class Terrance Sample put Michael Murphy ahead for good at 29-27 with only 52 seconds in the game.

Sims led all scorers with 14 points, nine coming in the second half, while McConnell paced Ronald Reagan with 11.

"It's all about motivation," said Sample about the team's come-from-behind victory. "Coach gave us a good talk. It's all about keeping your head in the game, slow it down and take it easy. That's what we did. We got the ball around and made some good shots."

In the first half, both squads teetered back and forth with the lead changing three times before taking a 13-13 deadlock into halftime.

Sims converted a basket-and-one for one tie and Sample knocked down a bomb from beyond the arc to put Michael Murphy ahead for the first time at 11-8 before Ronald Reagan caught them up just prior to intermission.

Ronald Reagan scored the first two baskets of the second half to go up by a score of 17-13, but instead of letting the game get away, Michael Murphy, behind the hot hand of Sims, stayed close behind.

With the score tied at 19-19, McConnell swished a 15-foot shot and connected on his third three-pointer of the game to put Ronald



Yeoman 3rd Class Courtney Sims goes airborne to score two of his game-high 14 points to lead USS Michael Murphy (DDG 112) over USS Ronald Reagan (CVN 76) Combat Systems, 31-27, in a 2014 RIMPAC games showdown.

Reagan up by five.

However, Sims accounted for Michael Murphy's next seven points in a row before throwing down a putback to seal the game.

"It's just the killer instinct," Sims said. "My teammates said, 'you got to get them,' so I got them."

Playing on an international scale, said Sims, provided an extra amount of motivation to compete at an even higher level.

"I think I showed the world," he said. "Me, I like to rebound and shoot that thing. I pride myself in crashing boards."

Sample said that things started to take a turn in their favor once the team came out with a more aggressive attitude.

"Once the momentum starts, offense reflects off of defense," he said. "It all

works together."

McConnell, whose long-range shooting helped keep Ronald Reagan stay within reach until the very end, said that although the team came up short, he was quite happy with the way his team performed.

"I think it was a lack of playing time together," he said. "This was actually our first time playing together, so for what it was, we actually played pretty well."

No matter what the score was at the end, McConnell said, just the opportunity to compete against another ship as part of the largest international maritime exercise in the world was a great experience.

"It's been a blast," he said. "Seeing all the other navies come in, play against each other, it's pretty awesome."



Lt. j.g. Brad Harden gets ready to pounce on an outside pitch. Harden got all of it and drove the ball over the right-field fence for a grand slam in the top of the fourth inning.

COMSUBPAC rallies past VP-47 with grand slam

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Down by five runs, Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC) needed a big swing to get back into the game and they got one in a thunderous way.

Facing two outs in the top of the fourth, COMSUBPAC loaded the bases and with one knock, Lt. j.g. Brad Harden drew his team to within a single run by crushing an opposite-field grand slam that hung just inside the foul pole and cleared the right-field fence to make the score 6-5.

Later COMSUBPAC would complete the rally and defeat the Golden Swordsmen of Patrol Squadron 47 (VP-47), 8-7, on July 1 in a softball semifinal of the 2014 Rim of the Pacific Exercise (RIMPAC) games.

"I knew we were down by five and the bases were loaded," Harden said. "I just kind of tried to drive a pitch, saw it on the outside half, took it to right and it stayed fair. The wind was blowing, but it barely made it over."

The comeback seemed unexpected as COMSUBPAC hitters were stymied by VP-47 pitcher Aviation Structural Mechanic 1st Class Dan Nicks, who had the opposing batters eating out of his hand for the first three innings of the game.

"Initially, we were swinging at a lot of bad pitches," Harden admitted. "He was throwing deep on us, so we were popping up a lot. We just started taking some pitches, hitting the ones we wanted to hit and then we started to get more hits."

While Nicks was shutting down the COMSUBPAC attack, VP-47 hitters were busy at the plate, scoring three times in the bottom of the first and second innings to take a 6-0 lead.

In the first, Aviation Ordnanceman Airman Dustin Vanderveen stroked a two-out single to drive in the first run of the game.

Later, with runners on second and third, Naval Aircrewman Avionics 2nd Class Eric Gordan beat out an infield single to drive in two more runs and a 3-0 advantage.

The visitors from Marine Corps Base Hawaii continued their attack in their next turn at-bat as VP-47 got two runners on base with two outs before Aviation Structural Mechanic 3rd Class Sean Tolbert cleared the bases with a triple.

Nicks followed up with a base hit to drive in Tolbert and seemingly put AV-47 in the driver's seat with a 6-0 lead.

After both teams failed to score in the third, COMSUBPAC hitters started to stir, when Senior Chief Operations Specialist James Casteen led off the bottom of the fourth with a double

and scored the team's first run on an RBI single by Information Systems Technician 2nd Class Morgan Myer.

A single and walk loaded the bases, and after a foul out, Harden launched the shot that made it a brand-new ballgame.

In the top of the fifth, COMSUBPAC loaded the bases once again and with one out, Cmdr. Ian Wexler hit a Texas-league hit that fell just past third base and into left field to drive in the game-tying and go-ahead runs.

COMSUBPAC added an insurance run in the top of the sixth on a two-out single by Casteen to make it 8-6 before the team closed out the win in the bottom of the seventh.

After giving up six runs in the first two innings, Harden said that once his team got out in front, it used its gloves to seal the deal.

"Being pretty sure-handed out there and then limiting their opportunities to score was pretty big for us," he said. "We knew we had a pretty good team and felt like we could make a run."

While Harden said that the competition is pretty tough, he is having a blast going up against armed forces teams from all over the world.

"It's been a lot of fun," he said. "To see these different teams out here, interact with them, it's been a good time."



Live the Great Life

Free MWR clinics help to improve golf game

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Golf may be a challenging sport to master, but players can improve at four golf courses managed by Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR). Each course offers its own unique features, for those considering taking up the sport. MWR helps beginning golfers with golf clinics every month.

Those looking to rise above being a "duffer" can register for these clinics and get some tips on improving their game. Three of the courses offer the clinics every month. The fourth, Kealohi, is a shorter, nine-hole course for those wanting to get in a quick round.



MWR Marketing photo

Free golf clinics provide tips for those looking to sharpen their game.

The Navy-Marine Golf Course will hold its next clinic beginning at noon July 10. On the Hickam side of the joint base, a similar clinic will begin at 9 a.m. July 12. For those living on the west side of the island, Barbers Point Golf Course will hold a clinic on July 19. All clinics are free.

Additional classes are added intermittently, including some tailored for specific groups. A junior clinic, taught as an introduction to the game, will be held at Barbers Point on July 16.

Women's and youth clinics are also planned throughout the year. Patrons can call their preferred location to find out more information and to register. Call Navy-Marine at 471-0142, Mamala Bay at 449-2304 and Barbers Point at 682-1911.

Summer teen center lock-in keeps things cool

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation



MWR Marketing photo

Teens can escape the summer heat with slushies at the lock-in.

and Spam musubis included. There will be designated safe sleep zones for boys and girls, so pillows and blankets are suggested.

Registration can be completed at the teen center, which is located on Hickam in building 1859 on McChord Street. Teens registering must have a current registration form filled out with a parent signature. For more information, call the teen center at 448-0418. Patrons can also "like" them on Facebook at facebook.com/jbphh teencenter.

Teens can join in on the summer fun and cool off with a slushee at the Sip-A-Slushee Sleepover Hickam Teen Center Lock-in. The lock-in will begin at 7 p.m. July 11 and end at 7:30 a.m. July 12. Registration is \$25 or \$20 with a canned food donation for the Hawaii Food Bank.

Each lock-in has a different theme. Participants can experience some of the regular teen center offerings like video games, pool, ping pong and movies. Special activities are also planned such as dodgeball, bowling and a photo booth.

Snacks are always provided, but for this themed lock-in there will be slushies

Your Weekly Fun with MWR

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



Teens Night Out will be held from 5 to 7 p.m. today at Naval Station Bowling Center for youth ages 13 to 19 years old. Admission is \$15 and includes bowling games and shoe rental, plus a cheeseburger, fries and medium drink. FMI: 473-2574.

Molokai Saint Damien Tour will be held from 8 a.m. to 3 p.m. Saturday. The Information, Tickets & Travel 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. The cost is \$325 per person. FMI: 448-2295.

Machine Quilting: Kimono Quilt class will be held from 9 a.m. to noon every Saturday from July 5 through July 26 at the Hickam Arts & Crafts Center. Students can learn how to cut fabric and assemble the pattern

while learning quilting tips and how to complete the quilt. Tuition is \$100. FMI: 448-9907.

Origami Paper Folding classes will be held every Saturday from July 5 through July 26 at the Hickam Arts & Crafts Center. The Beginning Origami class for youth ages 10 and older meets from 12:30 to 2 p.m. The Intermediate Origami class for youth ages 13 and older meets from 2:30 to 4:30 p.m. Tuition is \$40 for each class. FMI: 448-9907.

Library Know-How will begin at 2 p.m. Saturday at the Hickam Library. This free program will cover how to search the online catalog and use the Dewey Decimal system and will include demonstrations of available online resources. FMI: 449-8299.

Ocean Adventure Summer Camps will be held July 7 through July 18 and July 21

through Aug. 1 at Hickam Harbor. **Keiki Camp** for ages 7 to 9 years old meets from 9 a.m. to noon, and youth camp for ages 10 to 15 years old meets from 1 to 4 p.m. Two-week sessions include swimming, fishing, sailing, kayaking and more. Space is limited. The cost is \$160 for each session. FMI: 449-5215.

Summer Craft Camp will be held from 10 a.m. to noon July 8 through July 11 at the Hickam Arts & Crafts Center. Weekly sessions are available until the end of July for youth ages seven years and older. New creative projects will be offered each session. The cost is \$55 per session. FMI: 448-9907.

Preschool Story Time will be held from 9 to 10 a.m. July 9 at the Hickam Library. The theme of this free program will be "Dogs and Puppies." FMI: 449-8299.

Kids' Book Club will begin at 2 p.m. July 9 at the Hickam Library for youth in fourth and fifth grades. The club will discuss "Electric Ben," a biography of Benjamin Franklin, and members can take home a copy of "Three Times Lucky," a mystery by Sheila Turnage. FMI: 449-8299.

Stars & Stripes 5K will begin at 7 a.m. July 10 at Wahiawa Annex Fitness Center. This free fun run is open to all eligible patrons. FMI: 653-5542.

Hickam Historical Tour will be held from 9:30 a.m. to 1:30 p.m. July 11 with visits to the original World War II Hickam Field buildings. The tour departs from the Information, Tickets & Travel Hickam office and from Royal Alaka'i Lodge and includes lunch. Due to the nature of the tour, it is not recommended for children under 6 years old. FMI: 448-2295.

Community Calendar

JULY

FEDS FEED FAMILIES

NOW — Joint Base Pearl Harbor-Hickam (JBPHH) is once again participating in the annual Feds Feed Families program through Aug. 31. The program is a charitable campaign by the United States Department of Agriculture that collects canned goods and non-perishable food items for those in need. Collection boxes for the food items have been placed at several locations around JBPHH including base chapels, the Naval Surface Group Mid-Pacific administration building, and the third floor of building 150. Individual commands will place their own collection boxes. FMI: Chief Religious Program Specialist Kimberly Bell at 473-4512 or www.fedsfeedfamilies.gov.

AMERICAN HERO OF THE YEAR

NOW —The Army & Air Force Exchange Service will salute the American Hero of the Year. All active-duty and retired U.S. military personnel and their family members are eligible to win a grand prize of \$25,000 or one of four runner-up prizes of \$1,000. Entries will be accepted through July 17. FMI: www.shopmyexchange.com/homewardbound.

COMMISSARIES HOLIDAY HOURS

TODAY — The Pearl Harbor Commissary will be open from 9 a.m. to 5 p.m. today and the Hickam Commissary will be open from 10 a.m. to 6 p.m. FMI: Pearl Harbor Commissary at 471-8402, ext. 101 and Hickam Commissary at 449-1363.

SING THE 4TH OF JULY

TODAY — A "Sing the 4th of July" event will be held from noon to 1:30 p.m. at hangar 37 at Pacific Aviation Museum Pearl Harbor. The event will include choral groups Melemai Kapu'uwaimai and from China, Liao Qiyu Opera Troupe. Admission is free with museum admission and free to museum members. FMI: 441-1000 or www.PacificAviationMuseum.org.

GIANT VOICE TESTING OF MORNING COLORS

SATURDAY — Joint Base Pearl Harbor-Hickam will test the use of the giant voice mass notification system to broadcast morning colors. The testing entails an announcement at 7:55 a.m. for the first call of colors, followed by morning colors (playing of the national anthem) at 8 a.m. and closing with a "carry on" bugle. The test will take place over giant voice towers located throughout the joint base including Pearl Harbor-Hickam, Pearl City Peninsula, Ford Island, Wahiawa Annex and West Loch. Full implementation will begin July 14 when the giant voice towers will broadcast morning and evening colors.

SLEEP BETTER NOW

7, 21 — A free two-part "Sleep Better Now" class will be taught by clinical psychologist Dr. Melissa Belanger from 11:30 a.m. to 12:30 p.m. at the Makalapa conference room, Naval Health Clinic Hawaii. Participants need to attend the first session. Military, their family members and retirees who receive medical services at NHCH clinics are welcome to sign up for the class. The class is for people having trouble falling asleep or staying asleep. FMI: 473-1880, ext. 2299.

TAKE 20 SECONDS TO RELAX CLASS

8 — A "Take 20 Seconds to Relax" class will be held from 11:30 a.m. to noon at Makalapa Conference Room, Naval Health Clinic Hawaii. Participants can learn what to do to de-stress quickly on those days that they can't work out or when life is more hectic than usual. Military members and their families and retirees who receive medical services at NHCH are welcome to attend. FMI: 473-1880, ext. 2299.

STRESS MANAGEMENT

8 — A stress management class will be held from 8 to 11 a.m. at MFSC Pearl Harbor. The class will discuss how stress affects personal and professional lives, how to decrease the stress and how to interrupt the stress cycle and use relaxation techniques. FMI: 474-1999 or www.greatlifehawaii.com.

MILLION DOLLAR SAILOR/AIRMAN

8, 9 — The Million Dollar Sailor/Airman class can be held at Military and Family Support Center (MFSC) Pearl Harbor. This two-day class is designed for junior Navy and Air Force personnel who can learn about proper budgeting techniques, credit management, savings and investment options, insurance, military pay and allowances, consumer rip-offs, how to obtain a loan, credit scores, report, and new and used car purchasing techniques. FMI: 474-1999 or www.greatlifehawaii.com.

BUILDING GOOD SELF-ESTEEM IN CHILDREN

9 — A class called "Building Good Self-Esteem in Your Children" will be held from 10 a.m. to noon at MFSC Pearl Harbor. FMI: 474-1999 or www.greatlifehawaii.com.

STARS AND STRIPES 5K

10 —A Stars and Stripes 5K run will begin at 7 a.m. July 10 at Wahiawa Annex Fitness Center. This free fun run is open to all eligible patrons. FMI: 653-5542.

EFFECTIVE COMMUNICATION FOR COUPLES

10 — A class called "Effective Communication for Couples" will be held from 8 to 11 a.m. at MFSC Wahiawa. FMI: 474-1999 or www.greatlifehawaii.com.

SMOOTH MOVE

10 — A "Smooth Move" workshop will be held from 8 to 11:30 a.m. at Makai Recreation Center, 1859 McChord St. This workshop features speakers from various departments to provide a better understanding of the permanent change of station (PCS) process such as: entitlements, travel regulations, shipping your vehicle, filling out necessary paperwork, clearing quarters, researching new base and location, and financial planning. FMI: 474-1999 or www.greatlifehawaii.com.

COSMIC BOWLING NIGHT

11 — A Single Airmen and Sailors Cosmic Bowling Night will be held from 7 to 9 p.m. at the Naval Station Bowling Center. Free bowling, pizza and soda are available for single, active-duty Airmen and Sailors only. FMI: 473-2583.



X-MEN: DAYS OF FUTURE PAST (PG-13)

The ultimate X-Men ensemble fights a war for the survival of the species across two time periods in "X-Men: Days of Future Past." The beloved characters from the original "X-Men" film trilogy join forces with their younger selves from "X-Men: First Class," in an epic battle that must change the past - to save our future.

Movie Showtimes

SHARKEY THEATER

Sharkey Theater is closed until further notice. For updates visit <https://www.facebook.com/greatlifehawaii>.

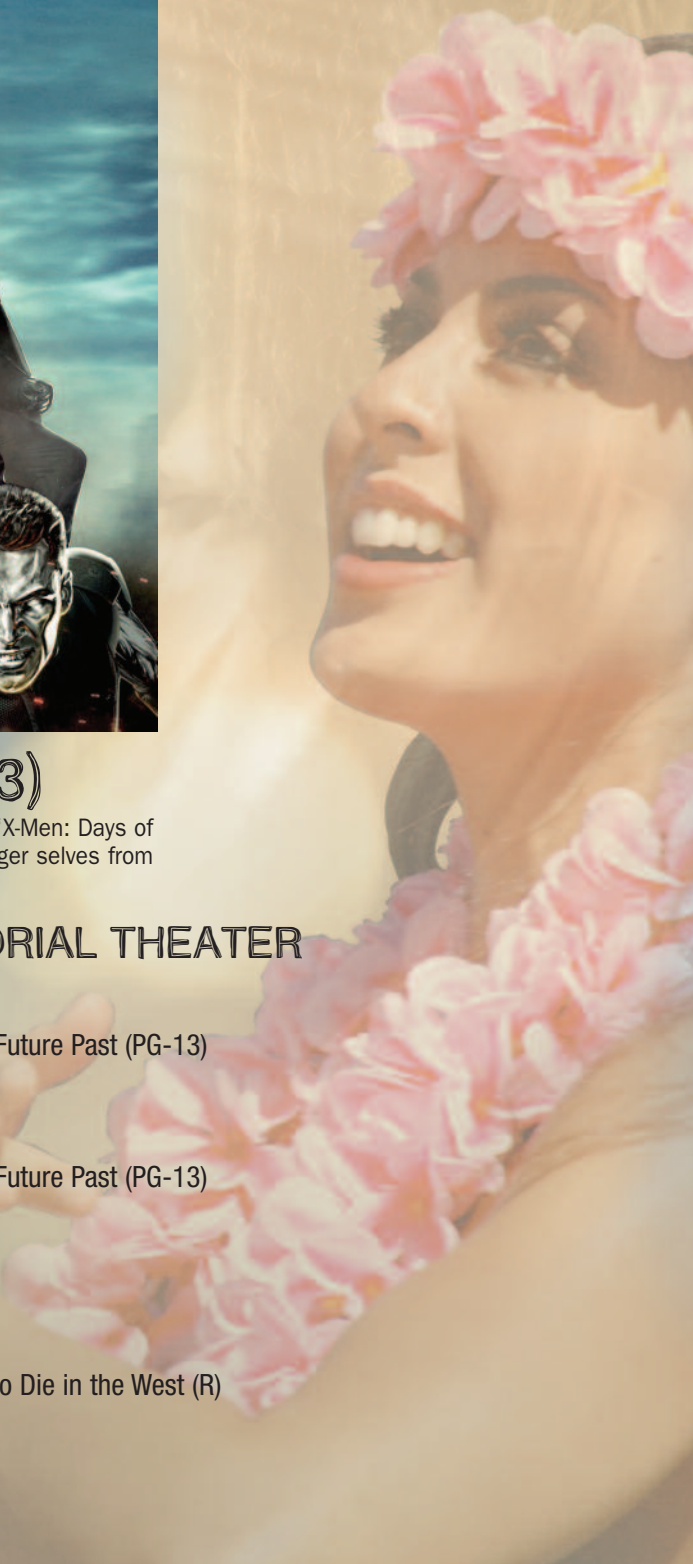
HICKAM MEMORIAL THEATER

TODAY 7/4
6:00 p.m. X-Men: Days of Future Past (PG-13)

SATURDAY 7/5
4:00 p.m. Maleficent (PG)
7:00 p.m. X-Men: Days of Future Past (PG-13)

SUNDAY 7/6
2:00 p.m. Maleficent (PG)

THURSDAY 7/10
7:00 p.m. A Million Ways to Die in the West (R)



Bellows Air Force Station to hold July events at Turtle Cove

Bellows Air Force Station will show free movies with popcorn Mondays and Wednesdays at 4 p.m. at Turtle Cove. They include:

- July 7, The Legend of Hercules (PG-13).
- July 9, Jack Ryan: Shadow Recruit (PG-13).
- July 14, Pompei (PG-13).

- July 16, The Monuments Men (PG-13).
- July 21, Ride Along (PG-13).
- July 23, The Legend of Hercules (PG-13).
- July 28, Jack Ryan: Shadow Recruit (PG-13).
- July 30, The Monuments Men (PG-13).

In addition, a "Patriot Game Operation

Geocache" will begin at 10 a.m. July 18. Items will be stored away in a hidden place. The mission is to uncover a hidden box on Bellows by using clues and global positioning satellite coordinates. Instructions and coordinates will be available at Turtle Cove and by calling 259-4112 or visit <https://www.facebook.com/pages/Bellows-Air-Force-Station/>.

Events are open to active duty military, military retirees, Reservists, National Guard, current and retired Department of Defense civilians with an authorized ID card and their families. For more information, visit www.bellowsafsa.com or call 259-4200.

Clinic to have limited operations July 16

Naval Health Clinic, Hawaii will have limited health care on July 16. Beneficiaries are asked to take this into consideration when scheduling care.

For Makalapa Clinic, there will be limited health care operations from 7:30 a.m. to 4 p.m. Laboratory, pharmacy and radiology services are available.

For Kaneohe Bay, Camp Smith, Wahiawa and ship-

yard clinics all health care operations are closed including laboratory, pharmacy and radiology services.

Beneficiaries can speak to a health care provider at any time the clinics are closed by calling the toll-free "Nurse Advice Line" at 1-800-874-2273, ext. 1. For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergencies, call (808) 864-4705.

Blood Drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP). They include:

- July 8, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.
- July 10, 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, michelle.lele@amedd.army.mil or www.militaryblood.od.mil.

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