

Stars shine at NSA

By MC1(AW) Felix Garza Jr.
Staff Writer

MANAMA, Bahrain — Most Thursday nights, Naval Support Activity (NSA) Bahrain's Freedom Souq courtyard is a peaceful area to enjoy some quiet time after a long day at work. That was until the Junior Enlisted Association Southwest Asia (JEASWA) held a karaoke night for military, civilian, and their family members July 29.

Audience members offered the night's volunteer singers, who stood out among their peers as they took the stage to sing renditions of their favorite songs, howls of laughter and encouragement.

The musical hits sang consisted of such favorites as "Turn the Page" by Bob Seger, "Fallin'" by Alicia Keys and "Courtesy of the Red, White and Blue" by Toby Keith.

Some participants felt a bit uneasy to begin, but fell into their zone once they started singing; but all said they enjoyed the event.

"I was very nervous at first," said Jasmaire Ray, "but when I finished it felt really good. I love to sing and this was a great opportunity."

Volunteers and members of JEASWA began

setting up for the event at about 4 p.m. with the assistance of NSA's Moral, Welfare and Recreation (MWR), that provided equipment, music, advertisement and the stage.

Members of the JEASWA planned the Karaoke night for more than four months according to the association's president, Intelligence Specialist 2nd Class Dustin Douglas.

"With the support and encouragement of NSA, Command Master Chief Jim Key, the JEASWA Karaoke Night idea was on center stage."

According to Douglas, this is the largest event the junior enlisted association has held this year and there are plans for many more events to come.

"The JEASWA hasn't done anything to this scale before, and we plan to coordinate more events that will hopefully involve the entire base," said Douglas. "One of the future events may be an open mic night, and we just might have a few other aces up our sleeve."

JEASWA has 150 junior enlisted (E5 and below) members in its ranks from all branches of the U.S. and coalition military services.

For more information about the JEASWA contact Douglas at 439-6103. (More photos on Page 5)



Photo by MC1(AW) Felix Garza Jr.

Jasmaire Ray sings "Fallin'" by Alicia Keys during the JEASWA-sponsored Karaoke night on board Naval Support Activity, Bahrain July 29.

CNO Award



Photo by MC1 Tiffini Jones Vanderwyst

Chief of Naval Operations (CNO) Adm. Gary Roughead receives a lifetime achievement award at the Black Data Processing Association (BDPA) awards gala in Philadelphia. Roughead received the lifetime achievement award for his personal dedication to outreach and his progressive leadership.

Vice Admiral Fox explains guiding principles at NAVCENT "All Hands" call

From COMUSNAVCENT Public Affairs Office

MANAMA, Bahrain — Vice Adm. Mark Fox shared his expectations and guiding principles with more than 450 service members and civilians serving under his command as Commander, U.S. Naval Forces Central Command (NAVCENT)/5th Fleet/Combined Maritime Forces, at Naval Support Activity, Bahrain, July 28.

"We're engaged in an historic effort to attain and maintain stability in the Middle East, protect our friends and partners, and deter aggression," Fox said during his first "All Hands" call since taking command July 5.

In order to continue to win the struggle against violent extremism in the U.S. 5th Fleet area of responsibility, Fox shared his "Commander's Guiding Principles," which outline nine points and includes topics such



Photo provided by U.S. Navy

Vice Adm. Mark Fox

as mission focus, excellence, effective communications, teamwork and integrity.

"In each of the organizations I

have led throughout the years, I have discovered that the principles work, they are consistent, and they apply throughout, because human nature doesn't change," he said.

Fox repeatedly emphasized that the success of his commands were contingent upon the personal and professional growth and development of each individual in the chain of command.

"What I want you to do is understand your part, and own it. You need to be aware of your part of the mission and I expect people who work for me to own their portion of the mission and to use initiative to accomplish that mission."

Fox leads more than 25,000 U.S. and coalition service members operating in the region providing security, defending against violent extremism, conducting maritime security operations and providing support for Operations Iraqi Freedom and Enduring Freedom.

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THE TREE OF LIFE, CONSIDERED AS ONE OF THE MYSTERIES OF THE WORLD, P. 4



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THESE STORIES AND MORE...

Family Life at NSA Bahrain

Intercultural Relations Specialist helps bridge cultural gaps



By MC2(AW) Johansen Laurel
Staff Writer

MANAMA, Bahrain — Part of the military experience for many members of the U.S. Armed Services is a tour of duty overseas and exposure to various cultures. This exposure offers Americans the opportunity to experience first hand the diverse cultural practices of the country or countries in which they serve. Some of the practices are in stark contrast from cultural practices they are used to in the U.S.

Naval Support Activity (NSA), Bahrain

is one of those unique duty stations that takes the U.S. service members out of the western world and places them where the customs, traditions, religion and language greatly differ from what they are accustomed to. In order to promote greater cultural understanding and awareness, the NSA's Fleet Family Support Center (FFSC) provides service members stationed here with a mandatory cultural brief facilitated by Assistant Intercultural Relations Specialist Sara Muneer Albob as part of the NSA's indoctrination program. For Albob, who was born in Egypt

and raised in Bahrain, the program draws upon her natural talents.

"My passion is to share information about the Arab world to everyone," said Albob. "I want them to be immersed in the community while they're here and feel comfortable when they deal with the local population."

Although everyone who checks onboard NSA knows Albob as the Bahrain cultural expert, she never thought she would work as one.

"I received my International General Certificate of Secondary Education at Cambridge University and then finished a degree in business administration and economics in Egypt, but my mother would always tell me, 'you're going to be a teacher one day,'" said Albob. "I was like, 'I don't think so mom.' Well, she was absolutely right and here I am."

The indoctrination cultural brief she gives newcomers to Bahrain is designed to give them a concise, yet thorough, understanding of the Bahraini laws and culture.

"My role here at NSA is to educate everyone to better understand this culture," Albob said. "It makes me happy to know that I'm making a difference in someone's life by helping them transition from wherever they came from to living here."

Albob believes it takes a person who has been traveling and living abroad to fully understand many of the misconception and misunderstandings about different cultures and traditions.

Another area that Albob focuses on is

Islamic holidays such as the upcoming Ramadan.

"Ramadan is the ninth month of the Islamic calendar. It's not just about Muslims fasting for a month, but it's about taking care of their actions, deeds and bettering themselves in the principles of faith," said Albob. "The point of the fasting is to sacrifice in order to discipline the mind and body and regain a sense of spiritual awareness. The absence of food and drink and other pleasures provides a perfect opportunity to concentrate on prayer and worship."

Albob added that it is a sacred and holy month for Muslims so it is important for everyone to understand and respect the holiday. It marks the month where the holy book Quran was revealed to Prophet Mohamed by the Angel Gabriel.

"My job not only breaks the ice between westerners and Arabs, it also bridges the gap between them," said Albob. "Unfortunately, it's not just the westerners who draw conclusions about a foreign culture but the locals draw conclusions as well, and it's my duty to help them understand one another."

Through her work at FFSC, Albob said she can help dispel some of the false notions that many foreigners may have about the region and hopes her teachings about the Arab world will have an impact beyond NSA.

Albob also teaches free Arabic culture classes and Arabic language classes held at the FFSC. For more information contact FFSC at 439-9797.

NEWBORN CARE:

The first 3 months breastfeeding basics

August 10, 2010
1700-1830

WE WILL DISCUSS:

- Newborn Screening Test
- First Weeks at Home with a Newborn
- Newborn Normal Appearance
- Newborn Skin Care
- Breastfeeding a Newborn

FLEET AND FAMILY SUPPORT CENTER ANNEX
(Trailer next to the chapel)

Call 439-4046 / 1785-4046 to reserve a seat

Facilitated by Cmdr. Christina Jamieson, Pediatric Nurse Practitioner

the Bahrain DESERT TIMES

www.cnic.navy.mil/bahrain

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U.S. Naval Support Activity Bahrain
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Protect yourself against Skin Cancer

By Lt. Cmdr. James Polo

Naval Hospital Cherry Point Public Affairs

MARINE CORPS AIR STATION CHERRY POINT, N.C. (NNS) — As the warmer weather approaches, we all look forward to spending more time outside, enjoying the recreational activities available in our community.

Hopefully, when you reach for your tennis racquet, golf clubs or running shoes, you are also reaching for your sun block and wide-brimmed hat.

With the incidence of all forms of skin cancer on the rise, each of us must pay attention to how much and to what type of sunlight we are exposed.

The sun plays a major role in the three most common types of skin cancer. Basal cell carcinoma (BCC) is the most common form of skin cancer. It is estimated that more than 1 million new cases of BCC will occur in the United States this year. This slow growing tumor frequently occurs on sun-exposed skin of the face, neck and upper body. It will often appear as an enlarging bump that will bleed easily if rubbed or scratched.

Squamous cell carcinoma (SCC) is the second most common sun-related cutaneous malignancy. These tumors usually appear as persistent scaly or tender red bumps on sun exposed skin, and can be quite extensive and invasive at the time of diagnosis.

Melanoma is the most serious form of sun-related skin cancer. Our lifetime risk of developing melanoma has increased from one in 150 persons to one in 71 persons over the past 20 years. Sun exposure is a significant risk factor for developing melanoma, with blistering sunburns and outdoor summer jobs as a youth being identified as risk factors. A melanoma is characterized by a brown or black spot on the skin that changes in size, shape or color over weeks to months.

The American Academy of Dermatology has established the ABCDs of melanoma, which identify the warning signs of melanoma as Asymmetry, Border irregularity, Color variation and Diameter greater than a pencil eraser (6 mm). If treated early, thin melanomas are curable with simple surgery. If the diagnosis is delayed, melanomas can rapidly spread throughout the body.

Since the sun plays a major role in the development of skin cancer, the majority of

skin cancer is preventable. Sunscreens and sun block play a vital role in keeping our skin safe from the harmful wavelengths of light emitted by the sun.

Tanning of the skin results from the effects of two components of sunlight within the ultraviolet spectrum. UVB, abundant in sunlight, is responsible for burning the skin and inducing the tan many of us enjoy. UVA, present in a much lower percentage than UVB, penetrates more deeply in the skin, has greater effects on the genetic material, but causes less tanning.

For many years, sunscreens have been rated with an SPF or 'sun protection factor' that evaluated the product's ability to protect the skin from UVB. A properly applied sunscreen with an SPF of 30 would theoretically permit the wearer to remain in the sun 30 times longer before burning occurred.

Unfortunately, there is no similar scale for UVA and early products did not protect the skin from this type of light. Individuals who used these early sunscreens believed they were safe because they did not burn. In actuality, the increased exposure to UVA may have increased their risk of skin cancer.

Today, many sunscreens and sun blocks offer excellent UVB and UVA protection. Sunscreens labeled "broad spectrum UVA protection" with an SPF of 30 or greater are recommended for daily use. Sun blocks, most of which contain small metal particles, reflect the sunlight and offer the broadest and most complete protection from the sun.

Here are some recommendations for protecting yourself when from the sun's harmful rays:

- Wear a broad-brimmed hat
- Use a broad-spectrum UVA sunscreen or sunblock with an SPF of at least 30
- Reapply sunscreen or sunblock frequently, even if it claims to be waterproof
- Avoid the midday sun
- Wear sunscreen beneath light cotton clothing

Gone are the days of drugstore displays for 'dark tanning oils' and 'sun tan lotion.' Public awareness of the risks related to sun exposure has increased dramatically over the past several years and this awareness will hopefully have an impact on the incidence of skin cancer in our country.

Know the example we set matters. More than 80 percent of our lifetime sun exposure occurs before the age of 18. If we use sunscreen and wear a hat, our children are more likely to do the same.

Chaplain's Corner

Smile! God loves you

By Cmdr. Chin Van Dang

Supervisory Chaplain

The other day I went up to a local Christian bookstore and saw a "Honk if you love Jesus" bumper sticker. I bought the sticker and put it on my bumper.

What an uplifting experience that followed! I was stopped at a red light at a busy intersection, just lost in thought about the Lord and how good He is... and I didn't notice that the light had changed.

It is a good thing someone else loves Jesus because if he hadn't honked, I'd never have noticed! I found that LOTS of people love Jesus!

Why, while I was sitting there, the guy behind started honking like crazy, and then he leaned out of his window and screamed, "For the love of GOD! GO! GO! Jesus Christ, GO!"

What an exuberant cheerleader he was for Jesus!

Everyone started honking! I just leaned out of my window and started waving and smiling at all these loving people. I even honked my horn a few times to share in the love!

There must have been a man from Florida back there because I heard him yelling something about a "sunny beach"...

I saw another guy waving in a funny way with only his middle finger stuck up in the air. Then I asked my teenage grandson in the back seat what that meant, he said that it was probably a Hawaiian good luck sign or something. Well, I've never met anyone from Hawaii, so I leaned out the window and gave him the good luck sign back. My grandson burst out laughing... why, even he was enjoying this religious experience!

A couple of the people were so caught



up in the joy of the moment that they got out of their cars and started walking towards me. I bet they wanted to pray or ask what church I attended, but this is when I noticed the light had changed. So, I waved to all my sisters and brothers grinning, and drove on through the intersection.

I noticed I was the only car that got through the intersection before the light changed again and I felt kind of sad that I had to leave them after all the love we had shared, so I slowed the car down, leaned out of the window and gave them all the Hawaiian good luck sign one last time as I drove away.

Praise the Lord for such wonderful folks!

Grandma humor.

Humor is beneficial for group dynamics. It helps relieve stress and tension and also helps build team cohesiveness. So smile – God loves you!

Al Fateh Grand Mosque



Photo by MC2(AW) Johansen Laurel

The Al-Fateh Islamic Center, also known as Al-Fateh Grand Mosque, is one of the largest mosques in the world. It is the largest place of worship in Bahrain and can accommodate more than 7,000 worshippers at a time. The dome on top of the mosque is fiberglass, weighs over 60 tons, and is currently the world's largest fiberglass dome. The Mosque was built by the late Shaikh Isa Bin Salman Al Khalifa in 1987 and is named after Ahmed Al-Fateh, the conqueror of Bahrain.

The Tree of Life, considered as one of the mysteries of the world

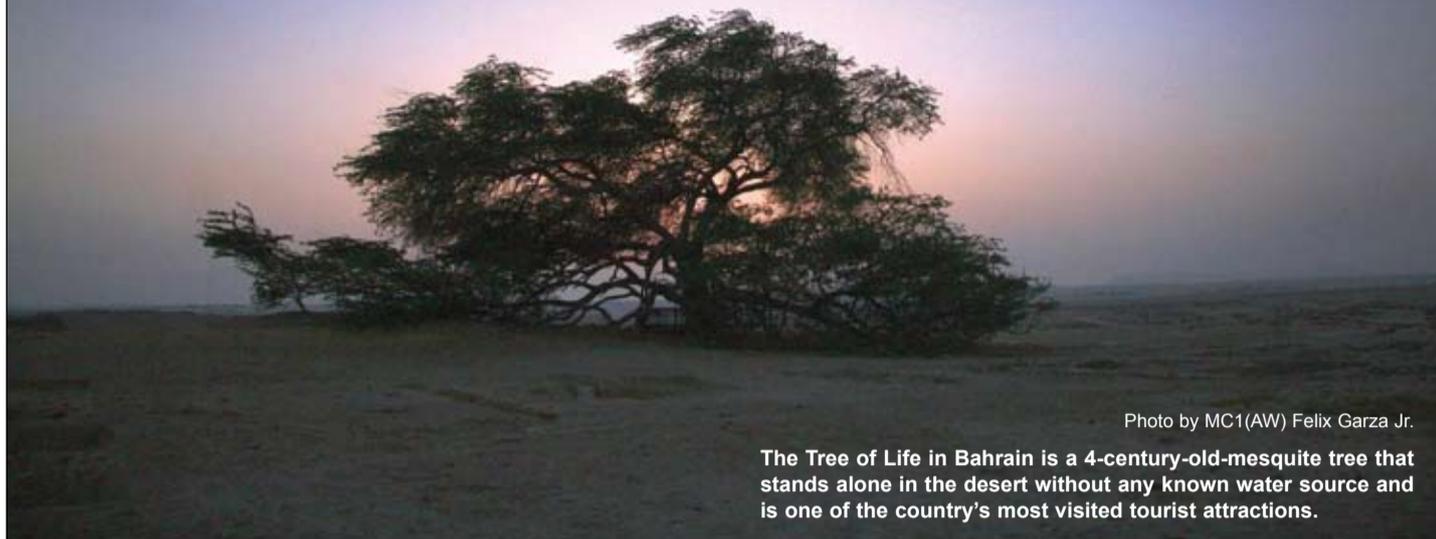


Photo by MC1(AW) Felix Garza Jr.

The Tree of Life in Bahrain is a 4-century-old-mesquite tree that stands alone in the desert without any known water source and is one of the country's most visited tourist attractions.

By MC1(AW) Felix Garza Jr.
Staff Writer

MANAMA, Bahrain — The Tree of Life in Bahrain is a 4-century-old mesquite tree that stands alone in the southern region of the country in the middle of the desert.

The name "Tree of Life," also known as Shajarat al-Hayah, is said to symbolize the magic of life because the source of water the tree thrives on is unknown and yet it grows in a hot, dry desert and is not indigenous to the island. This has baffled biologists and scientists alike, and adds to the lure of the site.

According to Bahraini legend, local inhabitants believe this is the actual location of the Garden of Eden. Bedouins believe that Enki, a Samarian mythical god of water, showered its blessing and greenery on the tree.

People from all over the world make it a point to visit the "Tree of Life" and witness this mystery of nature.

Naval Support Activity, Bahrain's Moral Welfare and Recreation (MWR) frequently provides tours to the Tree of Life. For more information contact MWR at 439-4206.

Hospital Corpsman participates in Pacific Partnership 2010

By MC2 Cynthia Griggs
USS Blue Ridge (LCC19)

It has always been a dream for Hospital Corpsman Paul Amores to be in the field of medicine and to make a difference in people's lives. It's one of the reasons he joined the Navy, to help people. And he gets to fulfill that dream in Palau.

Growing up with family in the military influenced Amores' decision to join the Navy. His father, Efren N. Amores, was in the Navy and now is Naval Support Activity Bahrain's Housing Support Director. Paul has already lived in a few places around the world, but still his dream was to see other places he hasn't been yet.

"I decided to become part of a family tradition and join the navy and make my own history," he said.

Amores chose to be a corpsman because his future goal is to become a dental hygienist.

"I loved being a corpsman, because I know that I will have an impact on some-

one's life," said Amores.

Amores is assigned to 7th Fleet command ship USS Blue Ridge (LCC 19), which is currently participating in Pacific Partnership 2010. Pacific Partnership 2010 is an annual joint effort with host nations, partner nations, non-governmental charity and service organizations, and other U.S. government agencies to provide medical, dental, veterinary and engineering civic action programs.

Blue Ridge medical and dental capability teams held free medical and dental clinics on the Palau islands of Koror, Peleliu, and Angaur. Not only did the team perform basic medical and dental care, they trained doctors and nurses how to run a clinic more efficiently and how to effectively manage personnel, expenditures and goals in addition to traditional medical care training.

This was Amores' first big medical capability exercise. He said he was honored to participate in Pacific Partnership.

"I've dreamed of being able to change someone's life even if with just a small care

that you've given that person," said Amores.

He said he knew Pacific Partnership was going to be hard work but he was ready to do his job and make a difference.

"It's been great interacting with the community. Seeing the local peoples' smiles has been one of the greatest gifts in the world for me," said Amores. "Seeing children with smiles on their faces makes me feel good about myself."

Blue Ridge is commanded by Capt. Rudy Lupton and serves under Commander, Expeditionary Strike Group (ESG) 7/Task Force (CTF) 76, the Navy's only forward deployed amphibious force. Blue Ridge is the flagship for Commander, U.S. 7th Fleet. Task Force 76 is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo, Japan.



Navy photo by MC2 Daniel Viramontes

Hospital Corpsman Paul Amores, assigned to U.S. 7th Fleet command ship USS Blue Ridge (LCC 19) applies fluoride to a patient's teeth at the Southern Community Health Center. Blue Ridge is in the Republic of Palau conducting Pacific Partnership 2010, the fifth in a series of annual U.S. Pacific Fleet endeavors aimed at strengthening regional relationships with host nations and partner nations. The visit will also mark the first time Pacific Partnership visit has come to Palau.

A random act of kindness (Priceless)

On July 31st at 07:30 AM, I arrived at NSA Bahrain to have some breakfast and do my laundry. I put the laundry in the washing machines and left to get some breakfast. I took my tray and went to watch a movie in the recreation area. The movie was great and the food was exceptional. I returned to put the laundry in the dryers and went shopping in the NEX. After paying my BATELCO bill, I returned to gather my laundry.

On August 1st at 05:00, I realized that I had not displayed due diligence and had left ALL of my white clothes at the NSA laundry facility. Well, that is a costly mistake, two white dress shirts, several T-shirts, and some socks were gone. At 07:00 on 1 August, I decided to check the laundry to see if perhaps my clothes were still there.

As I arrived at the laundry facility, I checked the dryers I had been using. Sure enough, my clothes were gone. As I turned to walk out, I noticed that an "Angel" had folded all of my clothes and placed them in one of the clothing carts.

The cost of anticipated clothing loss, \$68.00, cost of someone's caring and kindness. PRICELESS.

To who ever performed this gracious act for me, your actions are uncommon and are GREATLY appreciated. Please contact the NSA Bahrain Public Affairs Officer, Jen Stride at jennifer.stride@me.navy.mil.

VR,
Skip Giesecking

Stars shine at NSA



Photos by MC1(AW) Felix Garza Jr.

Mass Communication Specialist 2nd Class Lenny Francioni, "Da Wolf" of Armed Forces Networks' radio station "106.3 The Heat" belts out "Turn the Page" by Bob Seger during the JEASWA-sponsored Karaoke night on board Naval Support Activity, Bahrain July 29.



Audience members show their approval as singers performed during a Karaoke night sponsored by the Junior Enlisted Association Southwest Asia.



Volunteers sang the words displayed on a monitor during a Karaoke night sponsored by the Junior Enlisted Association Southwest Asia.

*Every Day We Inspect
Countless Items to Insure
That Even Small Details
Are Right. We Must Pay
the Same Attention When
Protecting Classified &
Sensitive Information.*

Report to Security:

- ✓ Unauthorized Disclosure of Sensitive or Classified Information
- ✓ Adverse Information on Cleared Individuals
- ✓ Unlocked & Unattended Security Containers
- ✓ Suspicious, Unattended Packages
- ✓ Photography or Surveillance of Closed Facilities & Areas
- ✓ Anything or Anyone Else That Seems Suspicious

The
Fleet & Family Support
Center

Enrich Empower Educate

As a veteran of United States Armed Forces you may be eligible for a broad range of programs and services provided by the Veteran's Affairs.

If you have questions about Compensation, Montgomery or The New 9/11 GI Bill, Home Loan Guaranty, Counseling, Life Insurance, Medical Record Screening or other Veteran Services, now is the time to inquire.

Post 9/11 GI Bill
Benefits Brief

29 Aug 10 : 0900-1030
31 Aug 10 : 1500-1630

Veteran's Affairs
Benefits Brief

30 Aug 10 : 0800-1200
01 Sept 10 : 1300-1700

Location: FFSC Annex, Trailer# 109
(Next to the Base Chapel)

30 minute individual appointments are available
(FFSC Main Office, Bldg 267)
by contacting Fleet & Family Support Center

For additional information or to schedule
an appointment call FFSC @
DSN (318) 439-4046, COMM: (973) 1785 4046

TO OUR PATRONS:

Effective 03 August 2010

Food and beverage prices increased 15%.

The reasons for increased Food and Beverage prices are:

- Warehouse storage fees have increased
- Cost of food has risen
- MWR has not adjusted our prices in four years
- Loss of other related funding

This change is a Navy-wide directed action for OCONUS bases



HR Classified Ads

BG POSITIONS:

Announcement: NSA-10-065

Position: Telecommunications Mechanic, BG-2502-07/08/09/10

Department: NCTS Bahrain

Opening Date: 28 July 2010 - Closing Date: 17 Aug 2010

Who May Apply: Bahraini Citizens (1st Priority consideration), GCC Nationals, Local Foreign Nationals, or Current BG employees.

Announcement: NSA-10-066

Position: Power Support System Mechanic, BG-5378-10

Department: NCTS Bahrain

Opening Date: 28 July 2010 - Closing Date: 17 Aug 2010

Who May Apply: Bahraini Citizens (1st Priority consideration), GCC Nationals, Local Foreign Nationals, or Current BG employees.

2010 NSA Bahrain Captain's Cup Standings

COMMAND PARTICIPATION POINTS PLACE OF FINISH POINTS TOTAL

LARGE COMMAND

NSA	200	15	215
NCTS	100	30	130
NAVCENT	200	15	215

SMALL COMMAND

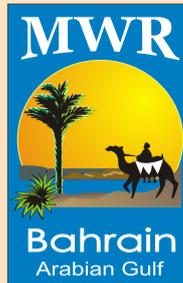
CTF-53	200	50	250
AIMD	200	0	200
USCG	200	0	200
PWD	200	0	200
PSD	200	-50	150
ARMY	100	30	130
DESC	100	0	100
NSWU-3	100	0	100
MCM	100	-50	50

Comedian Mark Viera at NSA



Photo by MC1(AW) Felix Garza Jr.

Mark Viera performed his Latin-based comedy routine poking fun at life and growing up in the Bronx, at a Moral Welfare and Recreation sponsored event for military, civilians and family members on board Naval Support Activity, Bahrain July 29.



ITT

Cooking Demonstration of Arabic Food & Dinner

Thursday, August 5

- Time: 1700
- Min 5 people; ITT Price: \$23.00

Hawar Island Day Trip

Friday, August 6

- Time: 0800
- Max 10 people; ITT Price: \$67.00 per person

Swim with the Dolphins

Saturday, August 7

- Time: 1000 – 1300
- Min 10 people; ITT Price: \$67.00 per person

Ramadan Iftar Buffet

Thursday, August 12

- Time: 1630 – 1900
- Min 5 people; Cost: \$3.00 (Only transportation provided)

Scuba Dive

Friday, August 13

- Time: 0800
- Min 4 people; ITT Price: \$82.00

Group Fishing Trip

Saturday, August 14

- Time: 0530 – 1300
- Max 8 people; Group Cost: \$352.00

****Please arrive 15 minutes prior****

All dates and times
are subject to change

Movie Schedule

Friday, August 6

Theater A

- 10 a.m. - Marmaduke (PG)
- 12 p.m. - Alice In Wonderland (PG)
- 2 p.m. - The Back Up Plan (PG-13)
- 4 p.m. - Our Family Wedding (PG-13)
- 7 p.m. - From Paris With Love (R)
- 9 p.m. - She's Out Of My League (R)

Theater B

- 11 a.m. - Space Chimps (G)
- 1 p.m. - The A-Team (PG-13)
- 3 p.m. - When In Rome (PG-13)
- 5 p.m. - Why Did I Get Married Too (PG-13)
- 7 p.m. - Cop Out (R)
- 9 p.m. - Million Dollar Baby (PG-13)

Saturday, August 7

Theater A

- 10 a.m. - An American Girl: Kit Kittredge (G)
- 12 p.m. - Knight And Day (PG-13)
- 2 p.m. - Love Happens (PG-13)
- 4 p.m. - Remember Me (PG-13)
- 7 p.m. - Cyrus (R)
- 9 p.m. - Friday Night Lights (R)

Theater B

- 11 a.m. - Furry Vengeance (PG)
- 1 p.m. - How To Train Your Dragon (PG)
- 3 p.m. - The Ghost Writer (PG-13)
- 5 p.m. - She's Out Of My League (R)
- 7 p.m. - Hot Tub Time Machine (R)
- 9 p.m. - Predators (R)

Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: MWRsuggestionBox@me.navy.mil

If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.

SUN - THUR
6 am - 9 am
11 am - 1 pm
- Da Wolf -
THE HEAT
106.3
PHONE: 439-4036



Thursday, August 5

Spade Tournament
• 1800

Friday, August 6

Video Game Friday
• 0900
• Includes picnic lunch

Saturday, August 7

Swim with the Dolphins
• 1000
• E6 & Below \$30, E7 & Above \$37

Sunday, August 8

National Smile Week: DRAW
• August Birthday: Free Cake while supply last

Monday, August 9

Grand Mosque & Lunch
• 1000
• E6 & Below \$3, E7 & Above \$5

Wednesday, August 11

Root Beer Float
• 1100
Root Beer Pong
• 1800

Thursday, August 12

Last Buck Party: Free Pizza
• 1800
• While supply last

Friday, August 13

Texas Hold'em Tournament
• 1300

For more information call the
Liberty Center at 439-3192