

Heat stress

By HMI Timeca Combs
Naval Branch Health Clinic
Bahrain

MANAMA, Bahrain — Heat stress is something that can affect anyone. People suffer heat-related illnesses when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating, but under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain and other vital organs.

There are things that can increase your risk of heat injury: age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, prescription drug and alcohol use. To protect your health

when temperatures are extremely high, remember to keep cool and use common sense.

Drink plenty of water. You will need to increase your fluid intake, regardless of your activity level.

Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. When you are sweating excessively, a sports beverage can replace the salt and minerals you lose in sweat. Do not take salt tablets unless under medical supervision. Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses.

The 'Hot Season' has arrived in Bahrain. Persons

exposed to hot environments risk heat related injuries if precautions are not taken. These injuries range from Heat Strain to Heat Stroke.

The Naval Branch Health Clinic maintains an Automated Heat Stress Monitoring System to measure the Wet Bulb Globe Temperature Index (WBGTI). The automated system updates every hour.

Flag conditions are displayed throughout the base as a means for command and individuals to adjust activities outdoors.

White Flag: is when the WBGTI is 80. During this condition extremely intense physical exertion may precipitate heat exhaustion or heat stroke caution must be taken.

Green Flag: is when the WBGTI is between 80 and 84.9. Discretion is



required in planning heavy exercise for unacclimatized personnel. This is a marginal heat stress limit for all personnel.

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Students receive degrees while serving in Bahrain

By MC2(AW) Jason T. Poplin
Staff Writer

MANAMA, Bahrain — Service members and civilians received their degrees during a graduation ceremony held at Naval Support Activity (NSA) Bahrain, June 15.

Valedictorian Coleign Whiteside praised the achievements of his fellow students by recognizing their tireless dedication in the pursuit of higher education.

"It's truly a blessing to be a part of something so great," he said. "Many students here have worked so hard to better themselves while balancing work, school and their families, and I'm glad we have the opportunity to recognize that."

NSA's Navy College office organized the ceremony to award academic accolades, including two master's, 15 bachelor's and 48 associate's degrees to students serving in Bahrain.

Bahrain's Navy College director Mirza Henderson said the ceremony was a moving experience for her and provided an opportunity to give back to the students.

"Many years ago, a director of Navy College gave me the opportunity to receive higher education," she said. "Now, being a member of the Center for Personal and Professional Development, where our mission is to help service members achieve their educational goals, this is actually one of the most exciting days of my life."

Navy College creates opportunities for students to earn degrees by working with accredited institutions to award academic credit for military training, work experience and



Photo by MC2(AW) Jason T. Poplin

Master-at-Arms 2nd Amber McCrackin, assigned to Naval Security Force Bahrain, receives her degree from Vice Adm. Mark Fox, commander, U.S. Naval Forces Central Command, during a graduation ceremony hosted by Navy College on board Naval Support Activity, Bahrain, June 15.

off-duty education. Their mission is to provide educational support to students regardless of duty station location.

For more information on Navy College services visit: <https://www.navycollege.navy.mil/>

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Registration: June 12-29
- CAPTAIN'S CUP SACK RACE**
@ Main Street Park at 1800
Participation by CO/XO/CMC only
- 4X4 BEACH VOLLEYBALL TOURNAMENT**
@ Sand Volleyball Court at 1700
Registration: June 12-26

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FOR SPORTING EVENT INFORMATION KINDLY CONTACT: 8888-88114

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ZAIN 3 ON 3 BASKETBALL
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Registration at 1830. Run starts @ 1900.
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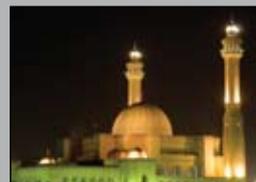
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THESE STORIES AND MORE...

Family Life at NSA Bahrain



Photo by MC2(AW) Jason T. Poplin

Naval Support Activity (NSA) Bahrain Holy Trinity's Ian Kelly takes his first communion of the Holy Eucharist from Navy Chaplain Cmdr. Chin Van Dang.

NSA Bahrain Holy Trinity hosts communion for children

By MC2(AW) Jason T. Poplin
Staff Writer

MANAMA, Bahrain — Eleven children of the Naval Support Activity (NSA) Bahrain Holy Trinity Catholic community received their first communion of the Holy Eucharist at NSA, June 17.

Considered extremely important to the Catholic faith, the event marks the first time Holy Communion has been extended to children since the authorization of the return of dependents to the Kingdom of Bahrain.

Cmdr. Ching Van Dang, Catholic Chaplain of the Holy Trinity, said that communion is an important symbol due to its connection to the last supper of Christ and is only extended to the church's fledgling members after they have demonstrated an exact understanding of its significance.

"Generally children around the age of seven receive their first communion," Dang said. "This is a big deal because it symbolizes that the children are receiving Christ into their lives for the first time."

The culmination of months of study and preparation, Holy Trinity Religious Education Coordinator Kimberly Kidd said the children worked together with their teacher and parents weekly to have a better understanding of their faith.

"The parents have put in a lot of time with the children by reviewing, studying and teaching them their prayers," she said. "As a parent, I'm very happy that we had the opportunity for my daughter to receive her first holy communion; it makes me very proud that she worked so hard to learn about her faith and she had an opportunity to demonstrate that today."

NEX Bahrain employee selected as District Associate of the Year

By MC2(AW) Jason T. Poplin
Staff Writer

MANAMA, Bahrain — Navy Exchange Bahrain Lead Accounting Technician Mansoor Ali Padanna was recently recognized for his contributions to the exchange when selected as the European Southwest-Asia District Associate of the Year.

Competing against more than 1,500 exchange associates in the European Southwest-Asia district, Padanna was chosen as the best representative of Navy Exchange values by a panel of NEX district office managers in Naples.

Padanna's primary responsibilities include handling the exchange's company

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Photo by MC2(AW) Jason T. Poplin

Navy Exchange General Manager Dan Coughan presents NEX Lead Accounting Technician Mansoor Ali Padanna with an award in recognition of Padanna selection as the NEX European Southwest Asia District Associate of the Year at Naval Support Activity, Bahrain, June 27.

Bahrain School holds Elementary Award Ceremony



Photo by Heather Furlong

The Bahrain School fourth and fifth grade classes held their awards ceremony, June 22. Dr. Eldridge Groomes read the awards including the Presidential Academic Achievement and Excellence Award, the A Honor Roll, A/B Honor Roll and the Good Citizenship Award. Capt. Martin Fields presented the awards.

the Bahrain
DESERT TIMES

www.cnic.navy.mil/bahrain

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Chaplain's Corner Dual citizen



By Cmdr. Chin Van Dang
Supervisory Chaplain

A Dutchman explains the symbolism of the red, white and blue in the Netherland's flag to an American. He says, "Our flag is symbolic of our taxes. We get red when we talk about them, white when we get the bill and blue after we pay them!"

The American replies, "It's like that in the USA too, only we also see stars!"

Each one of us retains double citizenship. We are citizens of our own countries as well as citizens in God's kingdom. We have the duty to "Give to

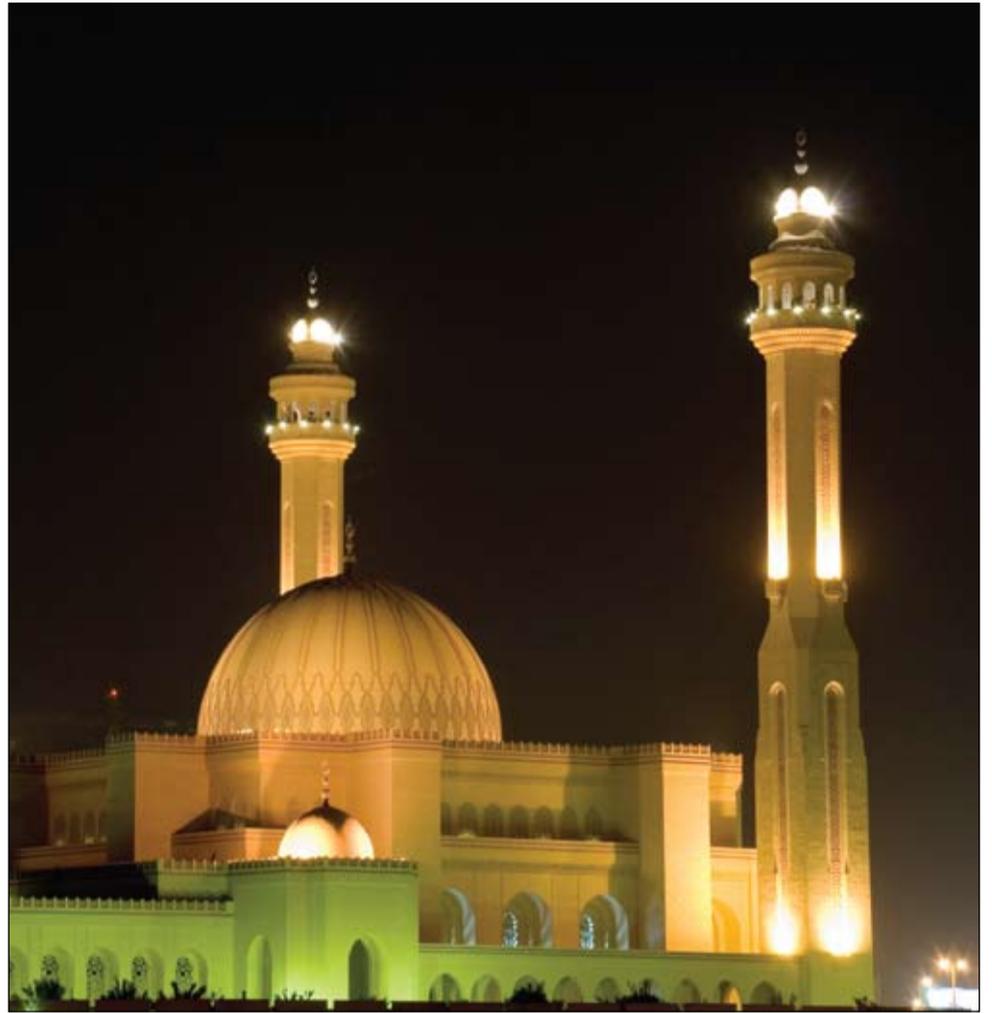
Caesar what belongs to Caesar and to God what belongs to God." Roman coins bear the image of Caesar. We bear the image of God and God demands back the yield of our lives, nothing more, but nothing less.

A businessman wrote the IRS the note: "I haven't been able to sleep because last year, when I filled out my Income Tax, I deliberately misrepresented my income. I'm enclosing a check for \$2,000, and if I still can't sleep, I will send the rest!"

We are called to give back to God a measure of what has been give to us. If we truly think about it, we are not our own. We are not here for ourselves. God created us. We are God's people. The Psalmist wrote: "Give to the LORD, you families of nations, give to the LORD glory and praise; give to the LORD the glory due his name!"

Bring gifts, and enter his courts."

And so we recognize that God is in our lives and has made all the realities around us possible. Our spouse, children, pets, employment, home, car, entertainment, rest, days off, days to labor, time to worship, time to pray, our clothes, food, friendships... the list is endless. All these things are realities because God wants to delight in us. In return, we are being asked to give him glory and honor.



Ramadan Mubarak

By MCI(AW) Felix Garza Jr.
Staff Writer

MANAMA, Bahrain — Ramadan, the holiest month of the Islamic year, is expected to be observed by Muslims in the Middle East beginning at sunrise on or about Aug. 1 and lasting until sunset on Aug. 30, depending on the time of official sighting of the new moon.

The Fleet and Family Support Center (FFSC) is holding a series of briefs from July 5 - July 20, for DoD employees (including service members) and their families on board Naval Support Activity, Bahrain to educate and inform them about Ramadan. Four Ramadan Briefs, each lasting 30 minutes, are scheduled to be held at the base chapel.

Ramadan is the ninth month in the Islamic lunar calendar, or Hijra, and is celebrated as the time when the Quran was revealed to the Prophet Mohammed. Because Hijra is a lunar calendar, it is shorter than the 365-day Gregorian calendar by 10 - 11 days annually. Each year, Ramadan occurs 10 - 11 days earlier than the previous year, which allows fasting in various seasons and weather throughout a Muslim's lifetime. Ramadan moves through all of the months of the year, and takes about 33 years to tra-

verse the entire calendar.

Service members, civilians and their families expected to observe the customs and practices of Ramadan, and are not to eat, drink, chew gum or smoke outside of U.S. government property during fasting hours, from sunrise to sunset.

The last night of Ramadan, or Eid Al-Fitr, marks the end of the period of fasting. Restaurants will reopen, and businesses in Bahrain will return to normal working hours.

Points to consider for non Muslims during Ramadan:

- Remember that many restaurants will be closed during the day except at hotels. Bars and clubs may open after the fast breaks.
- Expect to see shortened work hours by government and local businesses.
- Dress modestly, even while jogging.
- Coffee shops tend to be crowded in the evening.
- Remember that Arabs are good hosts, so they may offer you refreshments even though they cannot partake. Such offers should be courteously declined.
- Take extra precaution when driving before fast break.

To learn more about the Ramadan briefs, contact the FFSC at 439-4046.

Ramadan Briefs



Ramadan is expected to begin on or about the 1st of August. It is important that personnel understand and respect the importance of the Holy month here in our host country and throughout the Islamic World. In preparation for these Holy days, 30 minute briefs will be conducted during the months of June and July by FFSC.

DATE	TIME	LOCATION	TARGET
Tuesday, 5 July	1500 / 1600	Base Chapel	All Hands
Wednesday, 6 July	1500 / 1600	Base Chapel	All Hands
Tuesday, 19 July	1000	Base Chapel	All Hands
Wednesday, 20 July	1000	Base Chapel	All Hands

Families, including teenagers, are welcome to attend any "All Hands" brief. Please contact FFSC for more information 1785-4046/439-4046.

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DSN 626-2964, COMM 081-568-2964

E-Mail: ighotline@eu.navy.mil

Web Site: www.cnic.navy.mil/europe/index.htm

You can choose to remain anonymous or confidential.

NAVCENT Sailors, families enjoy command 'Fun Day'

Story and photos by MC2 Tracey L. Whitley
NAVCENT Public Affairs

MANAMA, Bahrain — U.S. Naval Forces Central Command (NAVCENT) held a command 'fun day' for Sailors and their families at Fleet Park onboard Naval Support Activity (NSA) Bahrain, June 23.

Hosted by the NAVCENT Morale, Welfare and Recreation (MWR) committee, the function provided personnel a chance to spend time with their families and build camaraderie with fellow Sailors.

The MWR committee, also known as NAVCENT Pride Association, along with the First Class Association, worked together to raise money for the event.

"These Sailors really came together and worked hard to raise money to put on this event," said Command Master Chief Marco Ramirez. "They spent many hours holding bake sales, car washes and selling command shirts."

Operations Specialist 1st Class Sharon McQueen, MWR committee president, thought it was important for NAVCENT to host a function that allowed maximum participation.

"A lot of times when we put together other events, such as ice cream socials, many Sailors aren't able to attend due to operational commitment," said McQueen. "However, for this event, we teamed up with the Command Master Chief and got an authorized half-day for the command so that there could be more participation and people could bring their families out."

The event included a dunk tank, water balloon fight, watermelon eating contest, cards, dominoes and a barbecue.

"All the Sailors at NAVCENT work very hard, executing the mission day in and day out," Ramirez said. "Those who have their families here only get to spend a few hours each night with them and a person can only do that for so long before they need a break - today was that break."

U.S. Naval Forces Central Command's mission is to conduct persistent maritime operations to forward U.S. interests, deter and counter disruptive countries, defeat violent extremism and strengthen partner nations' maritime capabilities in order to promote a secure maritime environment in the U.S. Central Command area of responsibility.



Children participate in a water balloon fight during a U.S. Naval Forces Central Command (NAVCENT) 'Fun Day' at Fleet Park, June 23. The function was hosted by NAVCENT's Pride Association, to promote morale and give Sailors a chance to spend time with their families.



U.S. Naval Forces Central Command (NAVCENT) personnel help themselves to food during a command 'Fun Day' at Fleet Park, June 23. The function was hosted by NAVCENT's Pride Association, to promote morale and give Sailors a chance to spend time with their families.

HEAT STRESS from Page 1

Yellow Flag: is when the WBGTI is between 85 and 87.9. Strenuous exercise and activity will be curtailed for new and unacclimatized personnel during the first 3 weeks of heat exposure. Outdoor classes in the sun will be avoided when the WBGTI exceeds 85.

Red Flag: is when the WBGTI is between 88 and 89.9. Strenuous exercise will be curtailed for all personnel with less than 12 weeks of living and working in hot weather.

Black Flag: is when the WBGTI is 90 or above. Strenuous, non-essential outdoor physical activity will be suspended for all personnel. Essential activities are defined as those activities associated with scheduled exercises or other major training evolutions where disruption would cause undue burden on personnel or resources, be excessively expensive, or significantly reduce a unit's combat effectiveness.

Essential outdoor physical activity will be conducted at

a level that is commensurate with personnel acclimatization as determined by unit leadership. All efforts should be made to reschedule these activities during cooler periods of the day.

Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment. Also, be aware of the heat flag conditions indicating intensity of exercise.

Serious Heat Injury Symptoms:

Heat Cramps are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. Someone with heat cramps should stop all activity and sit quietly in a cool place, drink clear juice or a sports beverage and refrain from strenuous activity for a few hours after the cramps go away. Seek medical attention if the cramps do not subside in one hour.

Heat Exhaustion occurs when the body's salt losses and

dehydration from sweating are so severe that a person can no longer maintain adequate blood pressure. Symptoms include headache, dizziness, nausea/vomiting and elevated temperature. Remove these patients from the hot environment, cool them off and provide cool non-alcoholic drinks. Do not let them return to the hot environment until they have been seen by a medical professional.

Heat Stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Body temperature may rise to 106°F within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Victims of heat stroke need to be rapidly cooled, immediately removed from the hot environment, and taken to a medical facility as soon as possible.

Call the clinic's education and training department at 438-3160 to schedule unit level training!

NEX from Page 2

payroll, cash cage, and all accounts payable and receivable. He is also head of the associate recreation community and develops relationships with local vendors to expand services and goods available at the exchange.

"He is the keystone to our daily operations," said NEX General Manager Dan Cougevan. "Without Mansoor, we wouldn't be able to operate."

According to Cougevan, Padanna goes above and beyond his job description by coordinating with various companies to locate hard to fill item requests, assists in the establishment of new vendors on the base, and goes out into the local community to find substitute items during emergency fill-ins.

"When we had a problem shipping in artificial Christmas trees from the United States last year, he went out in town and found a local source that had fantastic quality trees," he said. "Though in charge of accounting, which is usually a four-man operation for a store that does about \$62,000,000 a year, it's the little things like that, that he does every day which contribute to the overall picture."

"Customers don't fully understand what goes into getting these items on the shelves," Cougevan added. "But when they walk into the store and are able to purchase locally supplied products they can thank Mansoor for that."

Hailing from Kerala, India, Padanna began working with the Naval Support Activity, (NSA) Bahrain community in 2000 as an Oasis restaurant cashier. He later took a position as a recreation agent at the Liberty Center before relocating to the Ship's store. Five years ago, when the Navy Exchange replaced the Ship's store as the predominant provider of goods and services at NSA Bahrain, they retained Padanna.

During his tenure at the exchange, Padanna has been promoted twice and has received various spot awards.

Padanna says that his success at the exchange is a direct reflection of the support he receives from his managerial team.

"With my managers' encouragement, I'm always looking for more things to do," Padanna said. "Now, with the recognition that comes from this award, I feel I can't slow down. It gives me the motivation to keep pushing myself and to do more for NEX Bahrain."

Cougevan says that he doesn't anticipate seeing a slow down in Padanna's performance.

"I've never run across anyone who dedicates so much of their time and their life to the Navy Exchange," Cougevan said. "He's never off the clock, he's always thinking about new ideas and services."

NEX Customer Appreciation Trip Giveaway



Photo by MC2 Daren Street

Navy Exchange General Manager Dan Cougevan, right, honors Frank Hernandez as the 2011 NEX Customer Appreciation Event winner of a trip for two to Goa, India. Valued at \$2,500.00, the free trip giveaway was part of an annual customer appreciation campaign hosted by NEX Bahrain to recognize and celebrate its valued customers.

Photo From The Fleet

Find out what our fellow shipmates are doing around the fleet at www.navy.mil



Photo by MC2 Brian M. Brooks

Electronics Technician 2nd Class Timothy Carter changes the barrel of an M240B machine gun during weapons training aboard the guided-missile cruiser USS Anzio (CG 68), is on a scheduled deployment supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

MCPON sends Independence Day message

By MCPON(SS/SW) Rick D. West
Master Chief Petty Officer of the Navy

WASHINGTON (NNS) — Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released an Independence Day message to the Fleet, June 27.

"Shipmates and Navy Families,

For 235 years, our great nation has celebrated our independence and reflected on those whose sacrifices continue to secure our nation's liberty. I am very proud of each and every one of you for the daily sacrifices that you and your families graciously make to keep America the Land of the Free and the Home of the Brave.

As many of us take some much deserved time off to celebrate the Fourth of July, please keep in mind that many of our Sailors are deployed and can't be with their loved ones, but they do so in order that our fellow citizens can

spend it with their families and friends.

I also urge that you keep safety in mind during your holiday celebrations. We have already lost shipmates unnecessarily to motor vehicle accidents and recreational activities this year. We must look out for our Shipmates, families and friends as we take to the highways, waterways, and our backyards. As you know, many people will be on the road - if you decide to drink, don't drive and have a plan to get home.

I'm honored to serve among you and I'm thankful for your continued dedication to our nation and our great Navy.

Stay focused; stay alert; stay safe; and happy Independence Day!

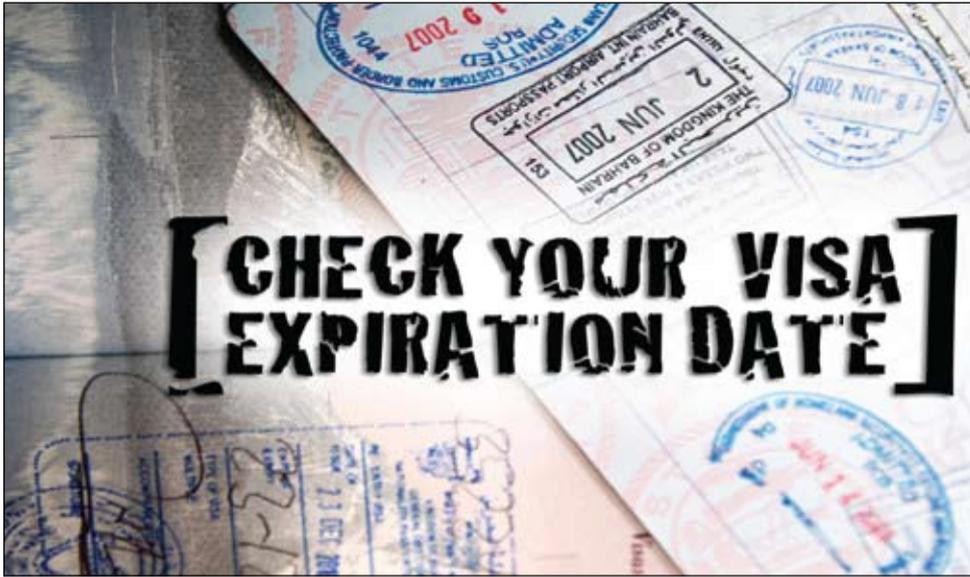
HOOYAH Warriors!

Very Respectfully,
MCPON"



Photo by MC1 Abraham Essenmacher

Master Chief Petty Officer of the Navy (MCPON) Rick D. West talks about Perform To Serve at an all-hands call at Navy Operational Support Center, Chattanooga, Tenn., during Chattanooga Navy Week. Navy Weeks are designed to show Americans the investment they have made in their Navy as a Global Force for Good and increase awareness in cities that do not have a significant Navy presence.



MWR NSA BAHRAIN

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MONDAY to THURSDAY

45 mins. per class / 8 classes per session

There are 5 sessions to choose from!

More information at the back

For detailed description of lesson plans for each level, please come to the Fitness Center front desk or call:
 Damian Fernandes at 1785-3547, 1785-4102, 1785-8738 or mobile no. 3942-2969

SUN	MON	TUES	WED	THUR
0600-0900	0600-0900	0600-0900	0600-0900	0600-0900
"Morning Mix"	"Morning Mix"	"Morning Mix"	"Morning Mix"	"Morning Mix"
11-1	11-1	11-1	11-1	11-1
"Smooth Groove"	"Mid-day Melt Down"	"Urban Nation"	"Big Hair Wednesday"	"Country Hits"
Smooth Jazz and R&B With	Best of Alternative Rock With	Hip-hop and R&B With	Classic Rock With	Best of Country With
Dj Audity	Dj Sharpe	Dj Swag	Felix The Cat	Felix The Cat

Feat. Guest Dj's For Song Request! Call Us At 439-4036



ITT

Cooking Demonstration Of Arabic Food & Dinner
Thursday, July 7

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

Swim With The Dolphins
Friday, July 8

- Time: 1000 – 1300
- Min 5 people; ITT price: \$37.00

Al Dar Island Day Trip
Saturday, July 9

- Time: 0930 – 1400
- Min 5 people; ITT price: \$23.00

Guided Cultural Tour Of Bahrain
Sunday, July 10

- Time: 0900 – 1600
- Min 14 people; ITT price: \$35.00

Camel Farm & Saudi Causeway
Friday, July 15

- Time: 1100 – 1400
- Min 5 people; Cost: \$5.00

Group Fishing Trip Al Bander
Saturday, July 16

- Time: 0530 – 1300
- ITT group price for maximum of 8 people: \$352.00

Scuba Dive
Friday, July 22

- Time: TBA
- Min 4 people; ITT price: \$82.00

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

All dates and times are subject to change

Movie Schedule

Friday, July 1

Theater A

- 10 a.m. - Mars Needs Moms (PG)
- 12 p.m. - Rio (PG)
- 2 p.m. - Red Riding Hood (PG13)
- 4 p.m. - Limitless (PG13)
- 7 p.m. - Paul (R)
- 9 p.m. - X Men First Class (PG13)

Theater B

- 11 a.m. - Little Fockers (PG13)
- 1 p.m. - Gnomeo And Juliet (G)
- 3 p.m. - Skyline (PG13)
- 5 p.m. - True Grit (PG13)
- 7 p.m. - Due Date (R)
- 9 p.m. - Water For Elephants (PG13)

Saturday, July 2

Theater A

- 10 a.m. - X Men First Class (PG13)
- 1 p.m. - Napoleon Dynamite (PG)
- 3 p.m. - Diary Of A Wimpy Kid: Roderick Rules (PG)
- 5 p.m. - Adjustment Bureau (PG13)
- 7 p.m. - United 93 (R)
- 9 p.m. - No Strings Attached (R)

Theater B

- 11 a.m. - Season Of The Witch (PG13)
- 1 p.m. - Mars Needs Moms (PG)
- 3 p.m. - Life As We Know It (PG13)
- 5 p.m. - Red Riding Hood (PG13)
- 7 p.m. - Limitless (PG13)
- 9 p.m. - Paul (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.



Monday, July 4
Guess Jelly Beans contest
 • Time: 0800 – 1330

- Time: 1030
- Active Duty 18-25yrs: \$3; Others: \$5; Cut-off date: July 6th

Tuesday, July 5
Asian Lunch
 • Time: 1100
 • Active Duty 18-25yrs: \$3; Others: \$5; Cut-off date: July 3rd

Sunday, July 10
Bahrain Museum & Lunch
 • Time: 1000
 • Active Duty 18-25yrs: \$5; Others: \$7.50; Cut-off date: July 7th

Thursday, July 7
Dodgeball Tournament
 • Time: 1630
 • Bowling Alley

Monday, July 11
JULY Birthday Celebration
 • Free cake while supplies last

Friday, July 8
Sand Volleyball Tournament
 • Time: 1700
 • Main Street Park

Tuesday, July 12
Water Balloon Target Shooting
 • Time: 1630
 • Team of 3

Saturday, July 9
Khamis Mosque & Lunch

Wednesday, July 13
Liberty Advisement Council Meeting
 • Time: 1200

For more information, call the Liberty Center at 439-3192