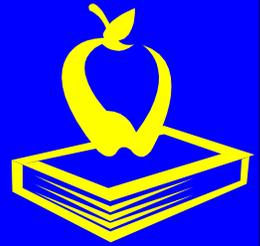


MWR HAPPENINGS



VOLUME 5 ISSUE 9

NATIONAL NAVAL MEDICAL CENTER

NAVY MORALE, WELFARE AND RECREATION

SEPTEMBER 2004

Big Bad Bench Press Challenge

Tuesday, Oct. 19
4:30 pm

Comfort Zone Complex



There will be men and women weight classes. Weigh-in is at 4:00 pm, the day of the event in the free weight room at the Comfort Zone Complex. This will be a three lift format. The best of three lifts will count. All lifts must increase in weight. This is a personal best event!

All participants will get a Big Bad Bench Press T-shirt! Prizes for 1st and 2nd for each wt class and best overall men and women: body weight vs. max weight lifted.

All patrons must register by 15 October, no exceptions.

FREE registration at the CZC front desk or by calling 301-295-2450.

See you on the bench!



MWR's Adventure Bound program has various outdoor adventures for all active duty, reservists, retirees, DOD civilians and their family members

Adventure Bound Whitewater Rafting – Upper Gully Friday-Sunday Sept. 17-19



Join us for a fall run on the Upper Gully as they open the dam for a rafting experience of a lifetime. Upper Gully is Class 3-5 rapids and participants must be 18 or older to participate and have rafting experience or in good physically fit condition. Trip includes: transportation, gear rental (booties, wetsuit, and life jacket), rafting, 3 full meals, and platform tent accommodations. Family members must be accompanied by NNMC staff or military sponsor to attend. Cost: \$140 for Adventure Bound patrons or \$95 for Single Sailors (E1-E6 single/unaccompanied)

Trip departs 1500 Friday, September 17

Sign up at the MWR InfoCenter, no later than September 15 @ 1500.

Adventure Bound Horseback Riding Saturday, October 16

Are you ready for a ride you'll never forget? Enjoy seeing some of the fall foliage as Adventure Bound heads up to the C& O canal for a 4 hour ride with lunch provided. Children must be 12 or older to attend.

Cost is \$55 for Adventure Bound patrons or \$35 for Single Sailors (E1-E6 single/unaccompanied)

Sign up no later than October 13 @ 1600.



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LIBERTY

Check out Liberty: Exclusive for Single Sailors E1-E6



Single Sailor Discount Bowling Nights at the Bethesda Naval Bowling Facility

Mondays, September 6 & 20

If you are looking for something fun and cheap to do during the week, venture down to the Bethesda Naval Bowling Facility for a night of cheap thrills! Cost for single sailors E1-E6 (bring I. D.) and their guest is \$1 per game, per person. Shoe rental is \$1.50 per pair. Stop by from 1500-2000.



Paintball Saturday, September 4

Wear your "camies" and bring some extra money for ammo because we're going to be getting down and dirty with Outdoor Adventures. Do you have what it takes to capture the flag? Cost: \$15 for Single Sailors, \$25 for guests, \$10 if you have your own equipment. Includes semi-automatic rental, face mask and 100 paintballs, plus 1 case for the group to share. Sign up no later than September 01 @ 1600



Orioles vs. Yankees Saturday, September 11

Come see if the Yankee's A. Rod is the next big thing in MLB as the Orioles take on the Yankee's at Camden Yards. Seats are located in section 3. Cost: \$10 includes admission to the game and transportation. Sign up no later than September 08 @ 1600



Washington Redskins vs. Tampa Bay Buccaneers

Sunday, September 12

Join us as we get to see how Sean Taylor, Washington Redskins first round draft pick is doing this season as we head to Fed Ex Field for a day of "FOOTBALL".

Cost: \$45 includes admission to the game and transportation.

Sign up no later than September 08 @ 1600



LIBERTY ZONE September Birthday Celebration

Thursday, September 16

Free Cake and Ice cream starting at 1645



Summer Barracks BBQ Sizzler

Tuesday, September 14

1700- until the food runs out

We'll be on the side of Building 60, in front of the basketball courts with free hamburgers, hot dogs and sodas. Feelin' kind of hungry?

See you there!



Adventure Bound Whitewater Rafting — Upper Gully-Class 3-5 rapids

Friday-Sunday September 17-19

Join us for a fall run on the Upper Gully as they open the dam for a rafting experience of a lifetime. Upper Gully is Class 3-5 rapids and participants must be 18 or older to participate and have rafting experience or in good physically fit condition. Trip includes: transportation, gear rental (booties, wetsuit, and life jacket), rafting, 3 full meals, and platform tent accommodations. Cost: \$140 or \$95 for Single Sailor (E1-E6 single/unaccompanied)

***Trip departs 1500 Friday, September 17 ***

Sign up no later than September 15 @ 1500





LIBERTY

If you need more information you may call the MWR InfoCenter at 295.0434, the Liberty Zone @ 295.4727 or the Liberty Program Coordinators, Amy Johnson at 295.0256 or Carol Morris at 319.8431.



► Sign up for all Liberty programs at the MWR InfoCenter on NNMC-Main Street or at the Liberty Zone in the Comfort Zone Complex, bldg. 23, during operating hours.

Liberty Barracks Bench Press Competition

Tuesday, September 28

Join us for an all out Bench Press Competition. Participants will receive consolation prize and top three overall will receive an additional prize.

Cost: Free

Sign up from 1600-1730 in Bldg. 60 (2nd floor lounge).



New York City Weekend

Friday, October 1-3

Central Park, Diamond District, Greenwich Village, China Town, Little Italy, Soho, 5th Ave., Garment District, Empire State Building, Statue of Liberty, Battery Park, Lincoln Tunnel, and that's only a few of the things to do and places to see in NYC. So come and get your weekends worth with Liberty.

Cost: \$50 Single Sailor (no guest) includes 2 nights lodging and transportation.

* Trip Departs @ 1400 on Friday October 1*

Sign up no later than September 29

Arundel Golf & Batting Cages

Saturday, September 25

Want to brush up on your golf skills or hit some balls just for fun? You don't have to be a professional to join us for this trip because there is both a driving range and miniature golf course.



Cost: \$ 10 includes 1 round miniature golf, 1 bucket golf balls and 5 batting cage tokens

Sign up no later than September 21 at 1600



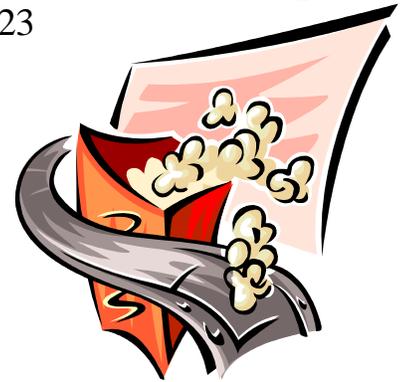
Liberty is a recreation program for single, unaccompanied enlisted military personnel.

One guest may accompany a sailor per activity for the unsubsidized price unless otherwise stated in the program description. Non-eligible personnel over the age of 18 are able to sign up, if space is available, after the deadline for the unsubsidized cost and excluding transportation.

Liberty Zone Theater

Located in the Liberty Zone
at the Comfort Zone Complex
Bldg. 23

The 1st movie shown at 1645 is viewer's choice.
Second movie at 1830 is from the schedule below right.
Sundays and holidays scheduled movie is at 1430.



Movies in the Barracks

*Free Movie and
Popcorn in the
lounge at 1800!*

We will bring our newest re-
leases for you to choose:

09/1 @ CBQ 60
09/08 @ CBQ 61
09/09 @ CBQ 50
09/15 @ CBQ 60
09/22 @ CBQ 61
09/23 @CBQ 50
09/29 @ CBQ 60

9//1	Ella Enchanted
9/2	Breaking All the Rules
9/3	The Perfect Score
9/5 @ 1430	LA Confidential
9/6	Godsend
9/7	Home on the Range
9/8	Eternal Sunshine of the Spotless Mind
9/9	Connie And Clara
9/10	Splash
9/12 @ 1430	Blues Brothers
9/13	Starsky & Hutch
9/14	Garfield
9/15	Jersey Girl
9/16	Shrek 2
9/17	Man on Fire
9/19 @1430	The Day After Tomorrow
9/20	Final Destination 2
9/21	Godsend
9/22	Mean Girls
9/23	New York Minute
9/24	Billy Madison
9/26 @ 1430	Twelve Monkeys
9/27	Splash
9/28	Mortal Combat: Annihilation
9/29	Radio
9/30	Eternal Sunshine of the Spotless Mind

Liberty Zone- Inside the Gym, Bldg. 23
24 hr Liberty Infoline Dial 295-4727!
EMAIL: liberty@mwrbethesda.com
Monday-Friday 1630-2100
Sunday & Holidays 1200-1800



NEX NAVY EXCHANGE

Your "Navy Family" Store!



Main Retail Store Complex

Main Store Building 57 301-295-6363
 Mon– Sat 0900-2100
NEW Longer Hours For Summer!
 Sunday 1100-2000

Barber Shop, Main Store 301-295-6387
 Mon-Sat 0830-1900
 Sun 1000-1800

Tailor Shop 301-295-6358
 Mon-Sat 0900-2000
 Sun 1100-1800

Laundry & Dry Cleaning 301-718-8315
 Mon-Fri 0830-1900
 Sat 0830-1800

Optical Shop (National Vision) 301-951-9060
 Mon-Fri 0900-1900
 Sat 0900-1800

Bldg 12
 Administrative Office 301-295-0871
 Personnel Office 301-295-6339

NNMC QuikMart/Citgo 301-295-6129
 Mon-Fri 0600-2100
 Sat 0800-2000

NNMC NEX Package Store
 Building 23 301-295-6382
 Mon-Sat 0900-1800

NNMC McDonald's
 Building 31 301-564-9549
 Mon-Fri 0600-2300
 Sat 0600-2330

NEX "Main Street" Complex
Main Hospital, Building 2
Uniform Center 301-295-1489
 Mon-Fri 0800-1900
 Sat 0900-1800
 Sun 1000-1800

Tailor Shop 301-295-6358
 Mon-Fri 0800-1900
 Sat 0900-1800
 Sun 1000-1800

Main Street Café 301-986-4996
 Mon-Fri 0630-2100

Barber Shop, Bldg 2 Main St 301-295-6390
 Mon-Fri 0730-1600

Subway/Dunkin Donuts 301-652-4667
 Mon-Fri 0600 - 2000
 Sat 0700 - 1500
 Sun 0700 - 1400

Café Marlene, Bldg.9 301-986-5170
 Mon-Fri 0600-1400

William III Gourmet Coffee 301-295-5387
 Bldg.10
 Mon-Fri 0600-1600

BETHESDA NAVY LODGE

Phone: 301-654-1795

Make reservations by calling
1-800-NAVY INN(628-9466)
 or visit online at www.navy-nex.com.

GREAT RATES!!

Hotel Rooms-\$72/ night

Conference Room

(35 persons)-\$50/ day

Washington Navy Lodge
(Anacostia) 202-563-6950

Shop the Exchange Mail Order Catalog online at www.navy-nex.com





301.493.6554



4301 Jones Bridge Rd

FEATURING..

Cooked to order grill

Made to order
Deli Sandwiches

Huge Salad Bar

Pizza

Starbucks Coffee & Tea

Located in USUHS, Bldg. 70

Open :Monday-Friday

0630-1000 Breakfast

1100-1400 Lunch



For your catering needs contact:
Selcuk "Sammy" Polat, Manager
301-493-6554

Catering menu available by email.

Send requests to: cafeteria@usuhs.mil

Platters are available for
your office parties and
celebrations.

Call 301-493-6554.

International
Lunch Specials
Every Thursday

Sept. 2
Indian

Sept. 9
Italian

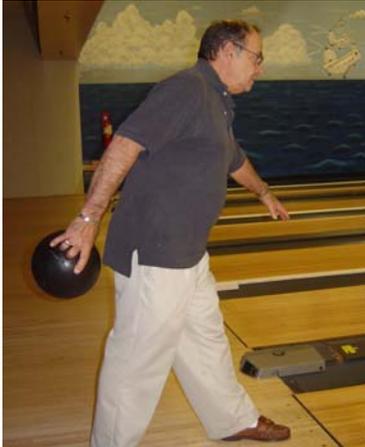
Sept. 16
American

Sept. 23
Hawaiian

Sept. 30
Turkish

Bethesda Naval Bowling Center, Bldg. 56 ph. 301-295-2060

10% Off All Pro Shop
In-Stock Merchandise & Labor
For The Entire Month Of September



Fall Leagues Now Forming!!



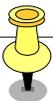
A variety of bowling leagues are available:
Adult Mixed, Intramurals, Women, Seniors, Youth

Form a team from your department and join the Intramural League it meets on Thursdays at 10:30 and 3:30 to fit everybody's work schedule!!

Parents: Got kids sitting at home on Saturday watching cartoons? Get them signed up to join our YABA bowling league. Ages 8 and up welcome!

Call the Bowling Center at 301-295-2060/2034 for more information.

Fall bowling league schedule with start dates and times is available by email. Send your request to dlpage@bethesda.med.navy.mil.



It's easy to join a league.

1. Choose the league that fits you.
2. Fill out the registration form below.
3. Take registration form to the MWR InfoCenter or to the Bowling Center.

NAME: _____ LEAGUE NAME: _____

DAY PHONE: _____ EVENING PHONE: _____

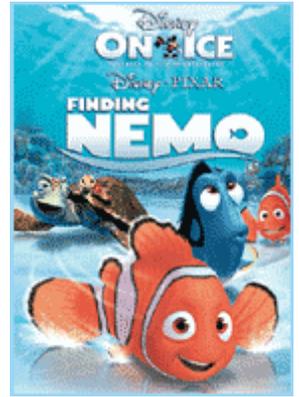
E-MAIL ADDRESS: _____ SINGLE BOWLER _____ HAVE TEAM _____



NEW At Your MWR InfoCenter...

Disney on Ice: FINDING NEMO

Join Nemo, the curious clownfish, and his overprotective father, Marlin, as they embark on an aquatic adventure in an effort to reunite. Along the way, run into absent-minded yet lovable Dory, and ride the current with "super-dude" turtle Crush, as they help Marlin navigate the big blue. Make waves with Nemo's new friends, the Tank Gang, as they plot an escape from the dentist's aquarium in this whale of a tale full of laughter and ocean-sized fun! Discount tickets are available at the MWR InfoCenter for \$16.00 for the following venues: the Patriot Center (reg. value: \$25.00) on Friday, October 22 at 7:30 pm, Saturday, October 23 at 11:30 am, 3:30 pm, and 7:30 pm or Sunday, October 24 at 1:30 pm and 5:30 pm and the First Mariner Arena (reg. value \$22.00) on Saturday, October 30 at 11:30 am, 3:30 pm, and 7:30 pm or Sunday, October



31 at 12:30 pm and 4:30 pm.

Maryland Renaissance Festival Discount Tickets

Grab your steed and suit of armor and head on over to the Maryland Renaissance Festival in Crownsville, Maryland. Now you can experience the fun and excitement of Sixteenth Century Tudor England as you witness performers, visit craft shops, and feast on fabulous food. There are "shows, shops, foods, and activities to suit the tastes of all patrons". The Festival will be open nine weekends beginning August 28 through October 24, and Labor Day (September 6) from 10:00 am to 7:00 pm. Tickets are available at the InfoCenter: Adults (ages 16 and over): \$13.50 (Reg. \$17.00), Child (ages 7-15): \$7.50. Note: September 4-5 is Singles weekend (singles ages 21+ can enjoy a Singles Meet & Mingle party), September 6 is Seniors Day (all seniors 62+ are admitted free), September 11-12 is Deaf Awareness Weekend, September 18-19 is Scottish Celebration, and September 25-26 is Pirate Invasion Weekend. .



Maryland/DC and Northern VA - Entertainment Books

Here's a way to stretch your dollars! The Entertainment 2005 book contains discount coupons worth thousands of dollars in savings. In fact it's filled with many 50% off and 2 for 1 offers. Just check out the index, which includes discounts for fine & casual dining, family restaurants, informal dining & carryout, attractions, travel & hotels, home, garden & auto, and retail & services. Books can be purchased at the MWR InfoCenter on Main Street for \$25.00 (that's \$10.00 less than last year). They are available in Maryland/D.C. & Northern Virginia/D.C. editions.



Six Flags America Military Appreciation Weekend

This is a weekend you don't want to miss. Have fun at the Military Appreciation picnic on Saturday, September 25 for only \$30.00 per person (includes admission and an "all-you-can-eat" buffet in the Oak Grove Pavilion from 1400-1500). Menu items: hamburgers, hot dogs, baked beans, potato salad, chips, fixin's bar, ice cream, and sodas. Fun things: music, volleyball, horse-shoes, and children's playground. If you don't care for picnics but just want to enjoy the park, you can purchase a flex ticket for \$19.00, which is valid for either Saturday, September 25 or Sunday, September 26. Parking passes can also be purchased for \$6.50 (reg. \$9.00). Park hours are from 1030-1800. All tickets (picnic, flex, and parking pass) are available at the MWR InfoCenter.



Spirit of Washington Discount Vouchers

Spend a few carefree hours sailing the Potomac. You have your choice of cruising through Washington D.C. (Lunch or Dinner) or visiting Mt. Vernon. Discount vouchers are available at the MWR InfoCenter. Rates vary according to season and/or day of the week. Cost for the Washington D.C. cruise range from \$30.00 to \$71.00 and the Mt. Vernon excursion is \$29.00 for adults and \$21.00 for children (ages 6-11).





MWR InfoCenter, NNMC Main St.

You can find us around the corner from Main St.-Subway/Dunkin Donuts

MWR Information Source-Discount Tickets! TicketMaster Outlet!

Your ticket to savings and central location to sign up for

Liberty and Adventure Bound Trips!

Check the Ticketmaster website at www.ticketmaster.com for upcoming events! **ticketmaster**

Movie Theaters

(*movie must run at least 10 days before these tickets can be used, unless otherwise noted)

AMC Theaters*	\$5.75
Loews/ Cineplex Odeon*	\$5.75
Regal Cinemas*	\$5.75

Northern VA or DC/Maryland

Entertainment Book 2005 \$25.00

Maryland

Baltimore Aquarium

Adult	\$16.00 (save \$1.50)
Act. Duty/Senior	\$13.00 (save \$1.50)
Child (3-11)	\$9.00 (save \$.50)

Bowie Bay Sox \$5.00

Maryland Renaissance Festival

Adult	\$13.50
Child (7-15)	\$7.50

Medieval Times-not valid on Sat.

Adult	\$39.50 (save \$11.05)
Child (4-12)	\$35.00 (save \$3.45)

Six Flags America

Adult	\$23.00
Meal	\$7.50
Snack	\$4.25
Soda	\$2.25

Mil. Appreciation Days Sept. 25-26

Ticket -Sep. 25 or 26	\$19.00
Ticket and picnic on Sep. 25	\$30.00
Park Pass -Sep. 25 or 26	\$6.50 (reg \$9)

Virginia

Busch Gardens-Williamsburg

Mil. App. one day (5/31-10/31)\$33.50

Water Country USA-Williamsburg

Adult	\$28.25
Child (3-6)	\$22.50

3-Day (B.G. & W. Cty) \$73.00

Colonial Williamsburg

Freedom Pass 1 yr (adult)	\$49.00 (save \$8.00)
Freedom Pass 1 yr (youth: 6-17):	\$25.00 (save \$4.00)
One-Day (adult)	\$31.00 (save \$2.00)

SplashDown Waterpark-Manassas

Adult	\$10.00
Child (under 48")	\$7.50

Kings Dominion

Adult	\$22.50
(save \$21.49-ad, \$7.49-ch)	

Luray Caverns \$4 off coupon

DC

Int'l Spv Museum-Avoid long lines!!

Adult	\$12.50 (save \$.50)
Senior, Military	\$11.50 (save \$.50)
Child	\$9.50 (save \$.50)

Tourmobile Tour Bus

Adult	\$18.50
Child (3-11)	\$9.50

Spirit Cruises-prices vary

Lunch/Dinner/Mt. Vernon Excursion	
Wash. D.C.	\$30.00-\$71.00
Mt. Vernon	\$21.00-\$29.00

Pennsylvania

Dutch Wonderland-Lancaster County

Adult/Child	\$21.00
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Hershey Park

Adult	\$29.50
Child (3-8)	\$19.75

Sesame Place

(May 8-Oct. 24)	\$21.50
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New Jersey

Six Flags Great Adventure

2-Park	\$26.00
3-Park	\$43.50
Hurricane Harbor	\$23.00

Florida

Universal Studios, FL

1-Day Adult	\$47.50 (save \$7.83)
1-Day Child	\$38.00 (save \$7.75)
2-Day Adult	\$86.50 (save \$16.76)
2-Day Child	\$72.75 (save \$18.79)
3-Day Adult	\$100.50 (save \$18.73)
3-Day Child	\$89.75 (save \$16.70)

Disney World, FL

4-Day Hopper A-	\$197.00 (save \$36.24)
4-Day Hopper C-	\$157.00 (save \$30.44)
5-Day Hopper A-	\$224.00 (save \$41.19)
5-Day Hopper C-	\$180.00 (save \$33.00)
5-Day Hopper Plus A	\$254.00 (save \$46.34)
5-Day Hopper Plus C	\$205.00 (save \$35.70)
6-Day Hopper Plus A	\$283.00 (save \$49.30)
6-Day Hopper Plus C	\$227.00 (save \$39.26)

Sea World, Orlando

Adult	\$44.75 (save \$12.71)
Child	\$37.50 (save \$10.37)
(May 31-Nov. 11)	\$41.50

Available by special order:

To order, patron must submit a 2 week advance notice and a 10% non-refundable deposit at time of order. Deposit will be applied toward total cost of tickets.

Adventure Island-Tampa
Busch Gardens-Tampa
Orlando Flex Ticket
Wet n' Wild-Orlando
Disneyland-California
Legoland-California
San Diego Zoo
Sea World-San Diego & San Antonio
Universal Studios Hollywood

ALL MWR INFOCENTER PRICES SUBJECT TO CHANGE



Health Promotions Department

NNMC Wellness Center, Bldg 12, 1st deck

Snack Attacks

Is snacking a bad habit? Not necessarily. If you go more than four hours without eating you may need a energy boost until your next meal. Some snack choices are better than others. Visit the NNMC Health Promotion booth on Main St., from 0900-1100, on September 9th to learn more. When choosing snacks try to follow some of these healthful tips:

1. Think FOOD When You Snack -A low-fat yogurt, a piece of fruit, a handful of nuts and raisins, a snack size cottage cheese (4 oz), ½ of a turkey, ham or peanut butter and jelly sandwich or a hard-boiled egg are healthy snack choices that supply important nutrients your body needs such as protein, carbohydrates, calcium, vitamins, minerals, healthy fats or fiber. These choices are also low in empty calories from sugar and fat.

2. Pack Your Own Snacks -Packing your own snacks ensures that you will make better choices. Plan ahead for this when you go shopping and buy those healthy snacks you need. Remember to bring them to work with you. Most of the snacks listed above don't need to be refrigerated.

3. Choose Low-Fat Snacks -Typical "snack foods" such as potato chips, candy bars and pastries are very high in fat and calories. The vending machines here at NNMC use a "healthy alternative" sticker to help snackers identify items that are lower in calories or fat. At most vending machines you can find some of these healthier alternatives including animal crackers, baked chips, peanuts, granola bars, Newton raspberry and yogurt bars, pretzels and Nabisco Mixed Berry Fruit Snacks.

4. Better Beverage Choices -Water and fruit juices are your best, and healthiest, thirst quenchers. 100% fruit juices still contain over 200 calories per serving but they also provide vitamins and minerals. Sodas and fruit drinks are sugared and flavored water with no nutritional value. A 12 oz. can of soda has about 10 teaspoons of sugar.

5. Choose Healthy Snacks For the Whole Family - Growing children will benefit most if they are given food as snacks not sweets and high fat junk foods. A "sweet" or "fat" tooth starts to develop at a young age. Give low-fat milk or 100% fruit juices instead of soda. In addition, children can have cereal and milk, cheese and crackers, bite size carrots with low-fat dip or see the suggestions in Tip #1 for more ideas.

Nutrition & Weight Management

Healthy Heart Nutrition

Learn how to make changes in your diet to reduce your risk of heart disease. Appropriate for those with elevated cholesterol or triglycerides, hypertension or heart disease.

SEP 01	1300-1500
SEP 15	1300-1500
OCT 06	1300-1500
OCT 20	1300-1500

Call 301.295.5360 to register.

Ship Shape Program (active duty only)

An eight week weight management program focusing on nutrition education, increased exercise and behavior modification. Call 301.295.6649 to register.

TUESDAYS	SEP 28 – NOV 16	1130-1300
WEDNESDAYS	OCT 27- DEC 15	1500-1630

The Healthy Weigh (open to all beneficiaries and NNMC civilian employees and contractors)

An eight week weight management program designed to help you lose weight and develop healthy lifestyle habits. Call 301.295.6649 to register.

THURSDAYS	SEPT 16 - NOV 04	1200-1300
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Tobacco Cessation

"Kicking the Habit"

An information-packed three hour session that will prepare you to quit.

SEP 07	1200-1500
SEP 21	1200-1500
OCT 05	1200-1500
OCT 19	1200-1500

Call 301.295.2159 to register.

Better Snack Choices Display

Come to Main Street and learn more about healthy snacking!



Thursday, September 09

1100-1300 Main Street



Health Promotions Department

NNMC Wellness Center, Bldg 12, 1st deck

Fitness and Exercise

NNMC Indoor Walking Path

In the basements of buildings 9 and 10, available for daily use 0600-1800, seven days per week.

Walking Group

Enjoy a brisk 30 minute walk Mondays, Wednesdays and Fridays at 1100. Meet in front of Building 10 at the flagpole. In inclement weather, we will use the indoor walking path. Call 301.295.6649 to register.

Knee School

Learn anatomy, ergonomics, and causes of pain. Strengthening and stretching exercises will be demonstrated. Wear your PT gear. A provider referral is mandatory. Call 301.295.6289 to register.

SEP 07	1400-1500
SEP 21	1400-1500
OCT 05	1400-1500
OCT 19	1400-1500

Stress Management Program

Just Relax! Dealing with Stress

Develop a stress-resistant lifestyle by learning a variety of stress management techniques for both your professional and personal life.

SEP 14	1300-1500
OCT 12	1300-1500

You Can't Be Serious! Dealing with Anger

Introduces constructive thinking and actions to deal with anger responses to life situations.

SEP 28	1300-1500
OCT 26	1300-1500

Call (301) 295-2159 to register for the above

Women's Health

Hormones and Your Health

Women over forty-the real scoop on your changing body-hot flashes, emotional ups and downs, osteoporosis, hormone replacement.

Contraception Class

General information to make an informed choice on contraception methods. Call 301.295.6673 for a schedule of the above classes.

Breast Care Risk Assessment Class

Learn about your personal risk for developing breast cancer and what you can do to decrease it. Offered by the Breast Care Center. Call 301.295.3899 for class times and days.

Healthy Heart

Managing Your Numbers Control High Blood Pressure Before It Controls You!

Learn effective ways to lower your blood pressure through medication, proper diet, exercise and stress management.

SEP 22	1300-1500
OCT 27	1300-1500

Call 301.295.2159 to register.

Interesting Stuff...

Fitness-In-A-Bag Program

Are you active duty going on a short TAD? Before departing, call the Health Promotion Department to reserve a Fitness-In-A-Bag kit. The kit includes a heart rate monitor, a pedometer, exercise videos, a jump rope and a portable strength training kit. For loan only. Call 301.295.2159 to reserve a kit today!

Health Promotion On-Site

Interested in having a program at your DoD worksite? The staff at the Health Promotion Department is available to assist! Please call 301.319.4660 for more details.

Health Promotion Resource Library

The Health Promotion Department has a variety of books, videos and pamphlets on health related topics. Come see our collection in Building 12.

Healthy Happenings information
is provided by
Health Promotion Services
www.bethesda.med.navy.mil
National Naval Medical Center
Wellness Center
8901 Wisconsin Avenue
Bldg. 12, 1st deck
Bethesda, Maryland 20889
301-295-5502



Sharks Swim Club

Open to all CZC patrons-
All Swim Levels
Meet on
**Tuesdays &
Thursdays
1800-2000**

Bring your suit and a friend.
Have the coach evaluate your stroke and give you tips on how you can improve. Sign up ahead at the front desk or by calling 295-2450. You will swim better and have more fun ...see you in the pool!

Pool Schedule

Regularly Scheduled Activities

- M-F, 1100-1300
Active Duty Only Swim
- Monday-Friday, 1500-1800,
Pool Peak Time-crowded
- Tuesday & Thursday, 1800-2000
Sharks Swim Club (3 lanes reserved)
- Friday, 1800-2000, Family Swim
(3 lanes reserved)
- Sunday 1400-1700, Family Swim
(3 lanes reserved)



Patrons please note: Sept./Oct. is PRT time.
Active Duty have priority. Lanes may be crowded.
See posted PRT schedules at front desk and pool.

Children/ Family Swim Times

Available Fridays 6-8 pm and Sundays 2-5 pm

The pool is primarily for lap swim.
Active duty military have 1st priority.
Patrons who bring their children need to follow the schedule above for family swim.
Thank you for your cooperation.



MWR Swimming Lessons

Curl Burke Certified
Instructors

- Each session is 6 sessions for \$35.00
- Classes are either Saturday or Sunday (45 min) lessons
- Register and pay for one session only, no advance session registration
- No registration/ payment will be taken after the last day of registration
- Open to all eligible MWR patrons
- 1st class is placement and adjustment
- Pool is not available for open swimming during lesson sessions



<u>Class Time</u>	<u>Age Group/Class Size</u>	<u>Type of Class</u>
0910-0940	3-6 years with parent-6 students max.	Water Adjustment
0910-0940	6-14 years-7 students max.	Beginner
0945-1015	3-6 years-6 students max.	Beginner
0945-1015	6-14 years-8 students max.	Intermediate
1020-1050	3-6 years-7 students max.	Intermediate
1020-1050	6-14 years-8 students max.	Advanced Intermediate



301-295-0031

Session # 4

- Start Date: 11 & 12 Sept
End Date: 16 & 17 Oct
- Registration start date:
Monday, 2 Aug
- Registration end date :
Wednesday, 8 Sept
- Adult classes-
Saturdays 5:00 pm-5:45 pm

Session # 5

- Start Date: 30 & 31 Oct
End Date: 11 & 12 Dec
- Registration start date:
Monday, 20 Sept
- Registration end date:
Wednesday, 27 Oct
- Adult classes-
Saturdays 5:00 pm-5:45 pm

AGES 3-6

WATER ADJUSTMENT 30 min
For children who want/ need the security of parents for the first class experience. This teaches the basics to both kids and parents for future teaching.

BEGINNER 30 min
For children with little or no experience in the water. This class teaches Bubble breathing, floating, and swimming under water and coordination of movement in the water.

INTERMEDIATE 30 min
Students must be able to do the following skills to participate in this class.

1. Swim freestyle 10 yds
2. Elementary back 10 yds
3. Hold breathe under water 5-10 sec
4. Kick front and back 20 yds

INTERMEDIATE ADVANCED 30 min
Students must be able to do the following skills to participate in this class.

1. Swim freestyle 25 yds w/ side breathing
2. Elementary back 25 yds
3. Dolphin / frog kick 15 yds
4. Kick front and back 50 yds
5. Know beginning fundamentals of breast stroke

AGES 7-14

BEGINNER 30 min
For children with little or no experience in the water. This class teaches Bubble breathing, floating, and swimming under water and coordination of movement in the water.

INTERMEDIATE 30-45 min
Students must be able to do the following skills to participate in this class.

1. Swim freestyle 25 yds
2. Back stroke 25 yds
3. Kick front and back 50 yds
4. Know fundamentals of breaststroke

INTERMEDIATE ADVANCED 45 min
Students must be able to do the following skills to participate in this class.

- Learning ALL strokes, gearing up for swim team
- Swim freestyle 50 yds w/ side breathing
- Backstroke 50 yds
- Kick front and back 75 yds
- Breaststroke 50 yds



MWR Fitness

Take advantage of the FREE Fitness Orientations for all CZC patrons!

This is for any and all people who use the weight training equipment. Geared for all levels to help you learn better techniques and safer methods of weight training. The orientation gives you an introduction to the variety of equipment, how to properly use it, and how to effectively integrate it into your training program. According to national average, 85% of people, including trained lifters, are using the equipment in fitness centers improperly.

Fitness Orientations are offered:

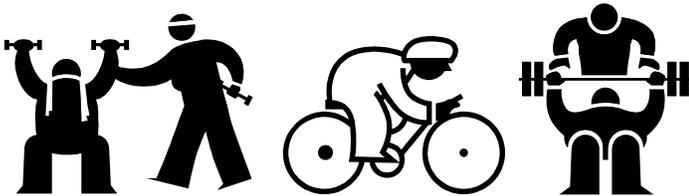
Monday – Thursday

9-9:45 am , 10-10:45 am,

3-3:45 pm, and 4-4:45 pm.

Sign up at the

Comfort Zone Complex front desk.



Fitness Workshops

Wednesday, September 15
& Wednesday, September 29

11:00 am

“Free Weights:

How to use in your workout”

Meet in the free weight room
at the Comfort Zone Complex!

Call 301-295-0031

for more information.

Comfort Zone Complex Membership

ALL patrons MUST present VALID ID every single visit to the CZC. Please have it ready when you come in the door, just as you do at the front gate.

Comfort Zone Complex members include all active duty military and their immediate family members, retired military, and reservist.

DOD Civilians and Non-DOD Federal Employees are eligible for membership at the following rates:

	<u>Daily</u>	<u>6 mos.</u>	<u>Annual</u>
DOD Civilians	\$3	\$50	\$75
Non-DOD/NIH Federal Employees	\$5	\$75	\$150

Please note: Contractors and family members of both DOD and NIH employees are NOT able to obtain a membership to use the facilities.

Children in the Comfort Zone Complex

For the safety of our children
and other patrons...

Children under the age of 16 must be
accompanied and supervised
by an adult **AT ALL TIMES**
in the Comfort Zone Complex.

Infants, car seats and strollers
are not permitted in the Cardio Zone or Weight
Zone.-**NO EXCEPTIONS**

Anyone found not following the safety
regulations will be asked to leave.
Thank you for your cooperation.



Jiu-Jitsu/Self Defense/Karate for Kids/Womens Self Defense
Bldg. 12, Fitness Studio, 2nd floor

Mondays

1900-2100 Adult Jiu-Jitsu (all levels)

Wednesdays

1800-1945 Karate for kids 6-14 yrs
1800-2000 Women's Self Defense

Fridays

1900-2100 Adult Jiu-Jitsu (all levels)

Saturdays

1030-1200 Karate for Kids 6-14 yrs
1300-1500 Adult Jiu-Jitsu

Monthly Costs: Adult Jiu-Jitsu \$55
Karate for Kids \$35
Women's Self Defense \$35

Call the CZC 295-2450 for more info. Fees may be paid at the Comfort Zone Complex Front Desk prior to starting classes for the month. Fees cover all classes taught within each category.



AEROBICS—MWR Fitness Studio
Wellness Center Bldg 12, 2nd floor

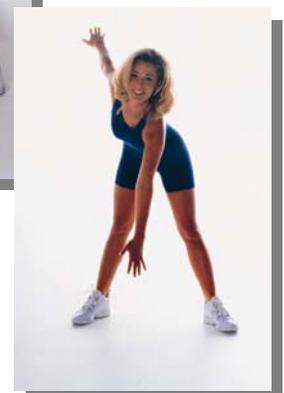
Aerobics

Weekly schedule

Mon Step Aerobics 1645-1745
Tues Step Aerobics 1130-1215
Sculpting 1645-1745
Wed Step Aerobics 1645-1745
Thurs Step Aerobics 1130-1215
Sculpting 1645-1745
Fri (Sept. 10) Step Aerobics 1645-1745

Bring your Military ID card or your Comfort Zone Complex Membership card to each class.
(See membership guidelines on pg. 12)

Call 295-2450 for more information.





MWR Fitness

Comfort Zone
Complex 2004
Towel Cards



These cards provide towels for patrons who want to utilize the towel service.

The cards are \$5 and are good for the calendar year 2004.

Replacement cards are \$5.

Patrons using the towel service must present their towel card at the front desk to receive a towel. Card will be returned when towel is returned.

Twenty patrons participated in the triathlon Saturday, 21 August 2004. It was a great day and every one had a blast! The cool rain was a welcome addition to cool off the runners!

Top 3 Males

- 1st Barry Wilcox
- 2nd Jerry Cook
- 3rd Eric Vanlandingham

Top 3 Females

- 1st Emily Mielcarek
- 2nd Francesca Macri
- 3rd Lily Burch

Congratulations to all participants!!!



Relaxation On-Site

Seated Massages AT THE COMFORT ZONE COMPLEX
Brought to you by MWR and Relaxation On-Site
(202) 276-7159

MASSAGE

- FULL BODY \$60.00
- SEATED \$15.00 - \$30.00

REFLEXOLOGY

- HANDS (20 min) \$20.00
- FEET (45 min) \$35.00



September Special

10% ALL SERVICES

Call (202) 276-7159 to schedule an appointment.
Services are provided at the Comfort Zone Complex.

September 5K Fun Run/Walk

Date: **Thursday, September 23**

Time: **1200 Noon**

Place: **Comfort Zone Complex Fitness Center/Gym**

FREE REGISTRATION!

Contact: **Wendy Tompkins 295-2450**

E-mail Registration: wtopkins@mwrbethesda.com

Prizes: **T-shirts**



MWR's
Softball
Summer League
Champions!
NMETC
Marauders!!!



Children's Cove
Child Development
Center

Volume 5 Issue 9

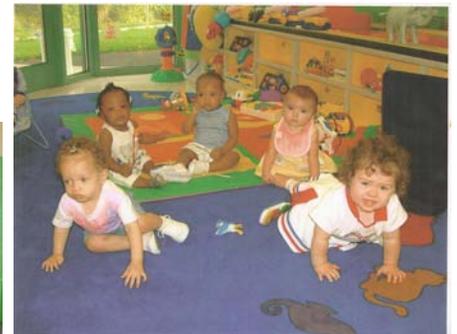
September 2004

Kids Konnection National Naval Medical Center

From the Administrators

As the month of September begins, we send many of our preschoolers off to kindergarten and our summer hires are on their way back to college. We will miss them all very much, but they do come back to visit us from time to time. All of the age groups are adjusting to the new season and to some new caregivers. We had to say farewell to Ms. Sarah, Ms. Angie, and Ms. Pat. They have gone off to pursue their educational and career goals. We welcome five new caregivers who should already be in the classrooms working hard to care for your children. They are: Ms. Sandra, Ms. Ana, Ms. Alma, Ms. Angie, and Ms. Deonna. Welcome aboard ladies! We always seem to feature artwork and photos of the older children busy playing and learning. So here are some

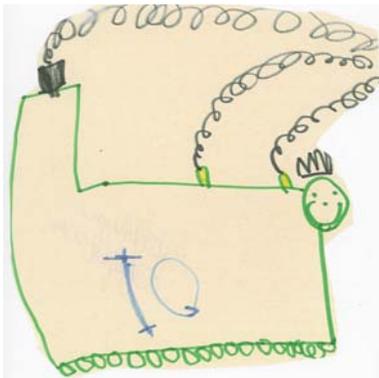
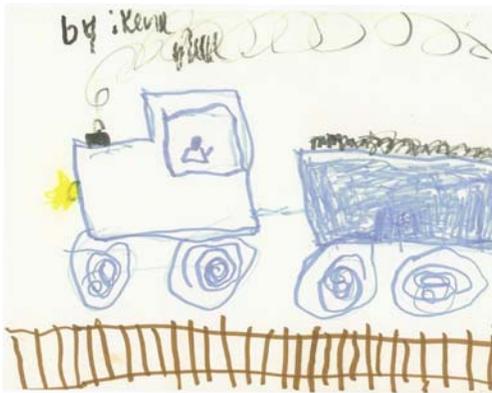
photos of our very busy infants hard at work.



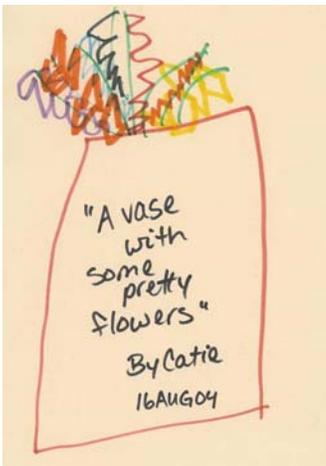
From the Training Office

We know that children learn through play and through interaction with their environment. Before the weather turns cold again and we are forced back inside with the children here is a recipe for something a little messy that you can make with your child and play with outdoors or indoors. We call it "Glarch"; it has the consistency of Silly Putty (for those of you old enough to remember). Mix two parts Stayflo liquid laundry starch with one part white school glue. You may add a small quantity of washable liquid paint for color if you wish. Stir until the mixture comes together and gets a bit stringy and stretchy. When all of the liquid is incorporated you will have a substance that is a bit like semi liquid rubber. You can pull it and mold it and stretch it and just have fun with it. It washes off of hair and clothing easily. Store it in an airtight container or Ziplock bag. It's good for hours of fun!

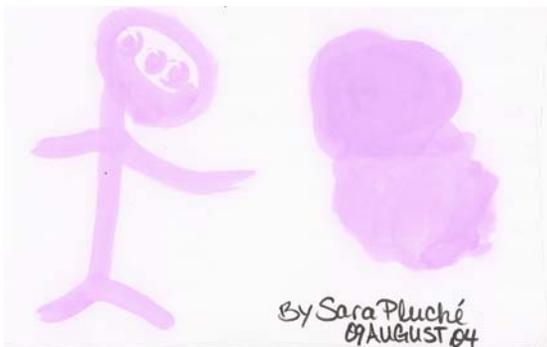
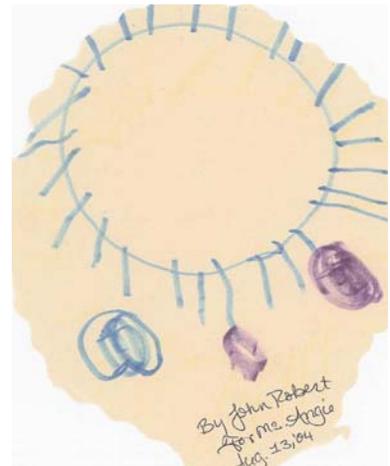
Parents Please Note: The area along the front of the building is a fire lane. Parking in this area is not only illegal, but creates a great hazard for our precious children. There are enough legal spaces for parent parking, please use them. Cars parked in the fire lane will be ticketed by NNMC police.



CDC Art Gallery



Our preschoolers have been very creative over the summer.





NNMC Fisher House

Prescription for a quick recovery:
A hospital visit, plenty of rest and fluids, attention from the hospital staff and the love of your family as needed.



The National Naval Medical Center Fisher Houses are here to care for military families. Members of the military, retirees and their families must often travel great distances for specialized medical care. The NNMC Fisher Houses are "comfort homes," built on the grounds of the National Naval Medical Center. We provide a low-cost housing alternative, enabling family members to be close to their hospitalized loved ones.

Do you have a loved one in the hospital?

Do you need a place to stay?

Please call (301)295-5334 for more information.

MWR Job Opportunities

Recreation Aid, Flexible-Comfort Zone Complex
\$8.00-\$12.84 per hour

Recreation Aid, Flexible-Liberty Zone
\$8.00-\$12.84 per hour

Education Aid and Education Tech-Child Development Center
Flexible positions-May lead to full-time
Several Positions Available (entry level to full performance level)
\$9.44-\$11.56 per hour

Interested applicants must submit their applications to the
Personnel Office, MWR, NNMC,
located in the basement of bldg. 11 room 14.
Bldg. 11 is next to barracks tennis courts.

Hours of operation are 0730-1630, Tuesdays, Wednesday and Thursdays.

Department of the Navy is an equal opportunity employer.

Quality of Life Director
Bob Killion 301-295-0935
rskillion@bethesda.med.navy.mil
Admin Officer/Personnel
Marcy Dunkerley 301-295-0936
mjdunkerley@bethesda.med.navy.mil
Community Services
David Page 301-295-0939
dpage@bethesda.med.navy.mil
Marketing/ITT/Newsletter
Jenny Charlson 301-295-1046
jlcharlson@bethesda.med.navy.mil
Accounting
Richard Little 301-295-0956
ralittle@bethesda.med.navy.mil

Comfort Zone Complex 295-2450
Gym, Fitness Center, Pro Shop,
Outdoor Recreation, Gear Zone, Pool
Hours of Operation
Mon-Fri 0500-2100
Sat-Sun 0900-1800
Pool Hours
Active Duty only M-F 1100-1300
Mon-Fri 0500-2000
Sat-Sun 1100-1700
Family Swim Friday 1800-2000
Sunday 1300-1700
Recreation Director Paul Jones
pauljones@mwrbethesda.com
Athletics Director Wendy Tompkins
wtompkins@mwrbethesda.com
Aqua/Fitness Mgr Bryan Jackson
bryanjackson@mwrbethesda.com

Liberty Zone @ the CZC 295-4727
Open Mon-Fri 1630-2100
Sun & Holidays 1200-1800
Liberty Program-Activities & trips for
single, unaccompanied military personnel
E1-E6
Carol Morris, Mgr 301-319-8431
cliberty@mwrbethesda.com

Bowling Center 295-2034/2060
Hours of Operation
Mon & Tues 1000-2200
Wed & Thurs 1500-2200
Friday 1300-0030
Saturday 1000-0030
Sunday 1300-2000
Snack bar & Snack window hours
Mon 1200-closing
Tues-Fri 1600-closing
Sat 1000-closing
Sun 1300-closing

USU Café & Catering 301-493-6554
Mon-Fri 0630-1000 Breakfast
1100-1400 Lunch
Full Service Catering
Selcuk Polat, Mgr cafeteria@usuhs.mil

MWR InfoCenter/ITT 301-295-0434
Mon-Fri 0800-1600
Closed 1330-1400 for lunch
Discounted tickets, *TicketMaster* Outlet
Infocenter@mwrbethesda.com
Richard Moy, Mgr 301-295-5432

Child Development Center
301-295-0167/ 0014
Open Mon-Fri 0600-1800
Jamila Aziz Child Development Program
Administrator—jamila1@mwrbethesda.com
Waiting List/ Resource & Referral Office
Please Call: (202) 433-3055