

This Week

IN MWR

Naval Air Station Meridian

August 18-24

Triathlon

August 28, 2010
0800 @ All Hands Pool



Swim 500 meters, Bike 10 miles and Run 3 miles.

Mountain and Road bike divisions, teams welcome. Call 679-2379 for more info.

Captain's Cup Standings

	N A S	N T C	M A T S S 1	V T 7	V T 9	C T W 1	N B H C
Volleyball	0	0	0	0	0	0	0
5K Run	2	25.5	37.5	15.5	25.5	0	4
Golf	0	0	0	0	0	0	0
Softball	104	94	73	82	95	5	5
10K Run	0	0	0	0	0	0	0
Football	0	0	0	0	0	0	0
Bowling	0	0	0	0	0	0	0
X Ctry Run	0	0	0	0	0	0	0
Basketball	0	0	0	0	0	0	0
Racquetball	27.5	0	0	0	29.5	0	17.5
Bench Press	29.5	0	20	0	25.5	0	23
Soccer	0	115	103	93	0	0	0
Total Points	163	234.5	233.5	190.5	175.5	5	49.5

Standings as of August 18, 2010.

Sonny Montgomery Group Exercise fitness Center Schedule

Mon. & Wed.: Water Aerobics at 1200
Tues. & Thurs: Step Aerobics at 1115
Friday: Water Aerobics at 1200

Captain's Cup Bowling Org. Meeting

August 24 at McCain Rec Center at 1600. Call 679-2651 for info.



Try the new medium pizza at Mean Gene's. Prices start at \$8.00.;



BASH

August 27, 2010

School Age Care Center
1600-1900

For children Grades K-12.

The event will feature School Information, food, fun, prizes, music, games, a dunking booth, bounce houses and more!
All children 6 and under must be accompanied by a parent/adult, and all children will need to be picked up by 7:00 P.M.

For more info call (601) 679-2473.



Meridian's only Video D.J.

djSOUNDWAVE

LIVE AT Rudders • 8.27.10

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Now Showing at McCain Rec Center

**All movies are shown free of charge.*

18 Wednesday 6pm, Repo Men, Rated R
21 Saturday 1pm, Furry Vengeance, Rated PG
24 Tuesday 6pm, Field of Dreams, Rated PG

McCain Lanes Bowling Specials

Sunday
"Family Special." from 1600-2100.

Tuesday
"RCTA Student Night."
1600-2100, \$2.50 a game including shoes.

Wednesday
"NTTC/MATSS-1 Student Special."
1600-2100, Bowl 3 games with shoes for \$5. Games must be bowled consecutively.

Friday
"Cosmic Bowling" from 1900-Close.

Saturday
"Back 2 School Special" from 1100-1700.



The last day to purchase Walt Disney Armed Forces Salute tickets is August 31!

Hours of Operation
Mon.-Fri.: 10am-5pm
Holidays: Closed

Mom's Diner

18 Wednesday
SALAD BAR

19 Thursday
Baked Chicken, Rice, Field Peas, Lima Beans, Cornbread

20 Friday
Catfish, Hushpuppies, Cole Slaw, French Fries

23 Monday
Smothered Hamburger, Mashed Potatoes with Gravy, Lima Beans, Corn, Cornbread

24 Tuesday
Lemon Chicken, Fried Rice, Stir Fry Vegetables

*Menu is subject to change.

For More Information

Gym	679-2379	Liberty Center	679-3760	ITT/Library	679-3773
Sandtrap Grill	679-2780	Outdoor Recreation	679-2609	CDC/CDH	679-2652
Rudder's	679-2636	Eagle Point Stables	679-2609	SAC	679-5252
Mean Gene's	679-3388	Mom's	679-2531	School Liaison Officer	679-2473
McCain Rec Ctr	679-2651	Ponta Creek Golf Course	679-2526	MWR JOBS LINE	679-2335