

This Week IN MWR

Naval Air Station
Meridian

November 3-10

Caregivers Needed!

Child and Youth Programs are looking for individuals who are interested in providing evening care in their homes. For more info call (601) 679-2652.

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	94	104	75	98	0	0	100
5K Run	2	25.5	37.5	15.5	25.5	0	4
Golf	115	89	93	64	67	36	94
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	4	32	25.5	18.5	16.5	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	376	459.5	427.5	371	259	41	243.5

Standings as of November 3, 2010.

Sonny Montgomery | Group Exercise fitness Center | Schedule

Monday: Self Defense with Dawg @ 1800

Tuesday: Step with Shannon @ 1115

Wednesday: Self Defense with Dawg @ 1800

Thursday: Step Aerobics @ 1115

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With 

 Online

Look for MWR
on the web at
[www.cnmc.navy.mil/
Meridian](http://www.cnmc.navy.mil/Meridian).

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to 30364 to receive text
updates about MWR
events and programs.
Standard text messaging
rates apply.

College Football

Tailgate Cookoff

Saturday

November 6

At McCain Rec Center
Starts at 9am
Judging at 1pm

Bring your tailgate
special already
prepared or
cook it on site.
There will be an
award for 1st place.

For more info call
(601) 679-2609.



The
Outpost
601-679-2609

MEAN GENE'S 601-679-5001
Pizza Delivery
Delivering 4-9pm
Seven days a week!
*Must have minimum order of \$10



Captain's Cup 10K Run

November 20 at 0900

Starting line will be at the flashing red light and end near
the parking area across from the water plant. For more info,
please contact the Fitness Center front
desk at 601-679-2379.

Now Showing at McCain Rec Center

*All movies are
shown free of charge.



03 Wednesday

6pm, Boyz in the Hood, Rated R

06 Saturday

1pm, The Last Airbender, Rated PG

09 Tuesday

6pm, Anchorman,
Rated PG13

McCain Lanes Bowling Specials

Sunday

"Family Bowling Special."
1600-Close.

Monday

"RCTA Special" 1630-2100.

Friday

"NTTC/MATSS-1 Student
Special" 1700-Close.

Saturday

"Cosmic Bowling" 1900-
Close.



Stop by
today to
plan your
Fall
Getaway!

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

Mom's Diner

03 Wednesday

Fried Chicken,
Macaroni & Cheese,
Collard Greens, Field
Peas, Cornbread

04 Thursday

TACO SALAD

05 Friday

Beef Tips Over Rice,
Broccoli with Cheese,
Squash, Roll

08 Monday

Smothered Hamburger,
Mashed Potatoes with
Gravy, Green Beans,
Pinto Beans, Cornbread

09 Tuesday

Baked Chicken, Mashed
Potatoes with Gravy,
English Peas, Squash,
Roll

*Menu is
subject to change.

For More Information

Gym 679-2379
Sandtrap Grill 679-2780
Rudder's 679-2636
Mean Gene's 679-3388
McCain Rec Ctr 679-2651

Liberty Center 679-3760
Outdoor Recreation 679-2609
Eagle Point Stables 679-2609
Mom's 679-2531
Ponta Creek Golf Course 679-2526

ITT/Library 679-3773
CDC/CDH 679-2652
SAC 679-5252
School Liaison Officer 679-2473
MWR JOBS LINE 679-2335