

This Week IN MWR

Naval Air Station
Meridian

September 8-14

Triathlon

September 11, 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	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	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	278	323.5	326.5	254.5	242.5	41	143.5

Standings as of September 8, 2010.

Sonny Montgomery | Group Exercise fitness Center | Schedule

Monday: Fitness/Stretch with Beth @1115

Tuesday: Step with Shannon @1115

Thursday: Step Aerobics @ 1115

* ProFitness will return once the weather gets cooler and Yoga
Classes will start in the evenings soon!



Stop by the
Andrew
Triplett
Library and
checkout a
good book!



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



Kid's Bowling League

Organizational Meeting
for Parents
McCain Rec Center
Ages 6-20 • September 15

For more info call (601) 679-2651.



Upcoming Sporting Events

3-2 Pitch Softball Event
September 17 at 1730
Bernath Field • Double Elimination

**Double Elimination
Badminton Competition**
September 24 at 1730
Outdoor Volleyball Court

For more info or to register
call (601) 679-2367.



**Reserve your
tailgating supplies
at the Outpost today!**

The
Outpost
601-679-2609

Now Showing at McCain Rec Center

*All movies are
shown free of charge.



08 Wednesday
6pm, **Why Did I
Get Married 2.**
Rated PG13

11 Saturday
1pm, **Bend It Like
Beckham.** Rated
PG13

07 Tuesday
6pm, **Nightmare on
Elm Street (2010).**
Rated R

McCain Lanes Bowling Specials

Sunday
"Family Special." from 1100-1500.

Wednesday
"Rent-A-Lane." 1600-Close, \$5 per
person or \$25 for 5 people. Must
have a minimum of 2 people for
special.

Thursday
"RCTA Night" from 1630-2100.
\$2.50 a game including shoes

Friday
"Cosmic Bowling" 1900-Close,
Regular rates apply.

Saturday
NAS Staff Bowling. 100-1700, \$2.50
a game with shoes.



Did you
know
our Six
Flags Over
Georgia
tickets are
only \$27!

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

Mom's Diner

08 Wednesday
Fried Chicken,
Macaroni & Cheese,
Turnip Greens, Corn,
Cornbread

09 Thursday
TACO SALAD

10 Friday
Pork Chops, Mashed
Potatoes & Gravy,
Okra/Tomatoes,
Squash, Cornbread

13 Monday
Smothered Hamburger,
Mashed Potatoes with
Gravy, Carrots, Turnip
Greens, Cornbread

14 Tuesday
Baked Chicken, Baked
Potato Casserole,
Green Beans

*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