

# This Week IN MWR

Naval Air Station  
Meridian

Oct. 27-Nov. 2

## 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	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
<b>Total Points</b>	<b>372</b>	<b>427.5</b>	<b>401.5</b>	<b>352.5</b>	<b>242.5</b>	<b>41</b>	<b>243.5</b>

Standings as of October 27, 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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to 30364 to receive text  
updates about MWR  
events and programs.  
Standard text messaging  
rates apply.



## Autumn Fest

October 29, 2010

Brought to you by the  
Meridian CPOA & 

### Bernath Field

1630-1930

Activities include Games, Bounce  
Houses, Trunk-or-Treat, Free Food,  
Costume Contest, and more!

## Watch Football at Rec Center

McCain Rec Center shows select Pro and  
College football games on the  
weekends.

## Now Showing at McCain Rec Center

27 Wednesday  
6pm, MacGruber,  
Rated R

30 Saturday  
1pm, Toy Story 3,  
Rated G

02 Tuesday  
6pm, Twilight:  
Eclipse, Rated  
PG13

\*All movies are  
shown free of charge.



## McCain Lanes Bowling Specials

**Wednesday: 10/27**

"NAS Staff Special" 1700-2100,  
\$2 a game w/shoes.

**Saturday: 10/30**

"Family Bowling Special."  
1800-2200, \$2 a game, shoes  
not included. "Costume Night."  
1900-Close, Wear Halloween  
costume and get a free game of  
bowling.

**Monday: 11/1**

"RCTA Special" 1630-2100.



Stop by  
today to  
plan your  
Fall  
Getaway!

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

## Mom's Diner

**27 Wednesday**  
Pork Chops, Mashed  
Potatoes with Gravy,  
Lima Beans, Green  
Beans, Cornbread

**28 Thursday**  
Shepard's Pie, Corn,  
Mixed Vegetables,  
Cornbread

**29 Friday**  
Catfish, Hushpuppies,  
Cole Slaw, French Fries

**01 Monday**  
BBQ Pork on Bun,  
Baked Beans, Potato  
Salad, French Fries

**02 Tuesday**  
Chicken Fried Steak,  
Navy Beans, Green  
Beans, Mashed Potatoes  
with Gravy, Cornbread

\*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