

# This Week IN MWR

Naval Air Station  
Meridian

January 20-25

## 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	7	33.5	22.5	28.5	15	21	0
Football	0	0	0	0	0	0	0
Bowling	100	67	89	98	0	0	100
X Ctry Run	4	32	25.5	18.5	16.5	0	0
Basketball	109	100	98	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>637</b>	<b>660</b>	<b>645.5</b>	<b>497.5</b>	<b>274</b>	<b>62</b>	<b>343.5</b>

Standings as of January 19, 2011.

## Sonny Montgomery fitness Center | Group Exercise Schedule

**Monday:** Self Defense with Dawg @ 1800  
**Tuesday:** Cardio Mix with Shannon @ 1115  
**Wednesday:** Self Defense with Dawg @ 1800  
**Thursday:** Cardio Mix with Shannon @ 1115

Get  
Connected  
With 

 Online

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

 Be A Fan!

Join MWR Meridian on Facebook today. Search for NAS Meridian MWR.

Want instant updates from us? If so, text MeridianMWR to 30364 to receive text updates about MWR events and programs. Standard text messaging rates apply.

## New Year's Resolution Run

The New Year's Resolution Run will now take place on January 29, 2011. The event will start at 1100 at the parking lot adjacent to the Marines Barracks at the intersection of Fuller Road and Rosenbaum Avenue. Prizes will be awarded for the number of miles completed (1, 3.5 & 7 miles) in an hours time frame. There will be no trophies awarded for fastest completion time. Join the Sonny Montgomery Fitness Center at this event for the whole family. For more info call (601) 679-2367.



Will Close it's  
Doors on 1/30/11.

**SUBWAY**  
Arrives in mid February!

**Belly Dancing Class**  
Coming in February!

M,W,F from 1130-1215  
at Fitness Center.  
Call 679-2379 for info.



Is No Longer  
Delivering Pizza.

**Library has new phone number!**

Call the Andrew Triplet library at (601) 679-2326.

## Now Showing at McCain Rec Center

\*All movies are shown free of charge.



**19 Wednesday** 6pm, Machete, Rated R  
**20 Thursday** 6pm, Memphis Belle, Rated PG13  
**22 Saturday** 1pm, Flipped, Rated PG13  
**25 Tuesday** 6pm, Rules of Engagement, Rated R

## McCain Lanes Bowling Specials

**Sunday**  
NTTC/MATSS-1 Student Special, 1600-Close, \$2.50 a game including shoes.

**Wednesday**  
RCTA Student Special, 1600-Close, \$2 a game, \$1 for shoes.

**Friday**  
Teen Night, For kids age 13-17. \$1.50 a game if parent bowls.

**Saturday**  
Family Cosmic Bowling, 1300-1600, \$2 a game, \$1 for shoes.



Stop by the  
ITT Office  
to learn more  
about the  
Disney Military  
Salute!

Now located  
next to Navy Fed!

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

## Mom's Diner

**19 Wednesday**  
Spaghetti, Garden Salad, Garlic Bread

**20 Thursday**  
Beef Tips Over Rice, Green Beans, Corn, Cornbread

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

**24 Monday**  
Chicken Fried Steak, Mashed Potatoes with Gravy, Fried Okra, Lima Beans

**25 Tuesday**  
Meatloaf, Mashed Potatoes with Gravy, Green Beans, Corn, Roll

\*Menu is subject to change.

## For More Information

Gym	679-2379	Liberty Center	679-3760	Library	679-2326
Sandtrap Grill	679-2780	Outdoor Rec/Stables	679-2609	CDC/CDH	679-2652
Rudder's	679-2636	Information, Tickets and Travel	679-3773	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