

This Week

IN MWR

Naval Air Station Meridian

February 9-15



March 26-27, 2011

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
Total Points	637	660	645.5	497.5	274	62	343.5

Standings as of February 9, 2011.

Sonny Montgomery fitness Center | Group Exercise Schedule

- Mon.:** Belly Dancing @ 1130
Self Defense with Dawg @ 1800
- Tues.:** Cardio Mix with Shannon @ 1115
- Wed.:** Belly Dancing @ 1130
Self Defense with Dawg @ 1800
- Thurs.:** Cardio Mix with Shannon @ 1115
- Fri.:** Belly Dancing @ 1130

Get Connected With **MWR**
Naval Air Station Meridian

Online
Look for MWR on the web at www.cnmc.navy.mil/Meridian.

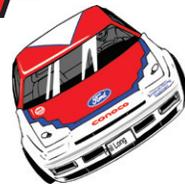
Be A Fan!

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.

Pit Stop Challenge

Tuesday February 15
1700 at the Outpost,
Free to enter



Winner will receive 2 tickets to Talladega Superspeedway race in April. Event must have a minimum of 10 participants. For more details call 679-2609.

SUBWAY
Is Coming Soon!

One Person Scramble
2/26/11 • 1000 start
\$30 per person
Call 679-2526 for info

CDC has openings for Care

CDC has two full time slots available in Pre-Toddlers and four full time slots available for Toddlers. For more info please call 679-2652.

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.



09 Wednesday 6pm, **The Town**, Rated R
10 Thursday 6pm, **Takers**, Rated PG13
12 Saturday 1pm, **Legend of the Guardian**, Rated PG13
15 Tuesday 6pm, **Let Me In**, Rated R

McCain Lanes Bowling Specials

Wednesday
RCTA Student Special.
1600-Close, \$2.50 a game including shoes.

Thursday
NTTC/MATSS-1 Student Special, 1700-2100, \$2.50 a game including shoes.

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

- 09 Wednesday**
Chicken and Dumplings, Broccoli with Cheese, Carrots, Roll
- 10 Thursday**
TACO SALAD
- 11 Friday**
Pork Chops, Mashed Potatoes with Gravy, Green Beans, Turnip Greens, Cornbread
- 14 Monday**
Smothered Hamburger, Mashed Potatoes with Gravy, Field Peas, Pinto Beans, Cornbread
- 15 Tuesday**
Fried Chicken, Macaroni & Cheese, Cauliflower with Cheese, English Peas, 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