

Front & Center

The Outpost

601-679-2609

Don't forget that the Outpost is open the second Saturday of every month from 8am-4pm. For more information call (601) 679-2609.

Active Duty Lunch Special

Bowl for \$1.50 per game with shoes from 1100-1400. regular rates are \$2.50 per game plus \$1 for rental shoes. For more info call (601) 679-2651.

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.



Phone Directory

Fitness Center	679-2379
All Hands Pool	679-3470
Liberty Center	679-3760
ITT/Library	679-3773
McCain Rec Ctr	679-2651
The Outpost	679-2609
Stables	679-2609
Rudder's	679-2636
Sandtrap Grill	679-2780
Mean Gene's	679-3388
Mom's Diner	679-2531
CDC/CDH	679-2652
SAC	679-5252
SLO	679-2473
P.C. Golf Course	679-2526
MWR Admin.	679-2551
MWR Jobs Line	679-2335

ITT Office to have new location on January 10, 2011

The Information, Tickets and Travel Office has a new location to begin 2011, The office is now located in Administration Building 255 next to Navy Federal Credit Union.

Stop by the office Monday-Friday from 10am-5pm to find out all about local area, get discounts on attraction tickets and more.

The ITT Office can also book

cruises, hotel rooms, cabins and other extended stay condos.

The Office also has discounted tickets to Walt Disney World, Universal Studios, Georgia Aquarium, Six flags Over Georgia, Geysers Falls, Medieval Times and more!

For more information about any of the services at the ITT Office call (601) 679-3773.

Get Connected With 

 Online

Look for MWR on the web at www.cnic.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.

Christmas On Base



SPREADING HOLIDAY CHEER

Above, Jennifer Simmons has her picture taken with Santa Claus during the annual Christmas Tree Lighting held at Admin 255 on December 16, 2010. Right, event goers make candy cane reindeer at the craft area during the event. Santa and Mrs. Claus joined everyone to help spread holiday cheer.

PHOTOS BY MATT DAVIS / MWR MARKETING MANAGER



Upcoming Bowling Leagues

2-Person Lunch League

Rosters for the 2 person lunch league must be turned in by January 14 at 1600.

Trio Money League Org. Meeting

Meeting will take place at 1600 on January 11 at Rec Center. This is a 3 person sanctioned handicap league and must have 4 teams to make.



601-679-5001

Delivering 1600-2100
Seven days a week!

*Must have minimum order of \$10





Hours of Operation
 Mon. – Thurs.: 1100-1300 & 1500-2100
 Fri.: 1100-1300 & 1500-2300
 Sat.: 1100-2300
 Sun. :1100-2100

The Liberty Program is only for Single and Unaccompanied Active Duty Military Personnel.

Instant Updates from Liberty!

Text 30364 to MeridianLiberty to receive instant info about Liberty events, Center closings, sign up deadlines and more.

Tuesday, January 4
Twisted Up With Twister
 1900 game time at the Liberty Center with a prize for the last person standing.

Wednesday, January 5
Double Elimination Pool Tournament
 The tournament begins at 1900 in the Liberty Center. No entry fee – prize awarded to the winner. Register the day of the event at the Liberty Center.

Saturday, January 8
Winter Sundaes
 Chill out at the Liberty Center by making a FREE sundae. Ice cream, whip cream and a variety of toppings will be available at 1400 for you to make cool treat.

Sunday, January 9
Redneck Horseshoes
 1400 game time outside of the Liberty Center.

Monday, January 10
Dart Tournament
 The tournament begins at 1900 in the Liberty Center. No entry fee – prize awarded to the winner. Register the day of the event at the Liberty Center. Do not bring your own darts – specialized soft tip darts will be provided.

Thursday, January 13
Liberty Bowl
 FREE bowling to all Liberty patronage at the McCain Recreation Center from 1800 – 2030.

Saturday, January 15
New Orleans Trip
 A time for shopping, exploring the French Quarter & sampling a wide array of Creole food! The bus leaves the Library parking lot at 0900. The cost is \$10 per person. Please pay and register at the Liberty Center by Wednesday, January 12. A minimum of 20 people is needed for the event to run – NO REFUNDS (unless the trip is cancelled).

Monday, January 17
Ping-Pong Tournament
 The tournament begins at 1900 in the Liberty Center. No entry fee – prize awarded to the winner. Register the day of the event at the Liberty Center.

Wednesday, January 19
Indoor Hoops Contest
 The hoops contest begins at 1900 in the Liberty Center. No entry fee – prize awarded to the winner. Register the day of the event at the Liberty Center.

Saturday, January 22
Atlanta Thrasher Hockey Game
 The Atlanta Thrashers play the Rangers for this 1900 game. We leave the Library parking lot at Noon. The cost is \$40 per person. You must register and pay for the trip by Wednesday, January 19. A minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

Sunday, January 23
Dog Day Sunday
 FREE hotdogs, chips & soda served to Liberty participants beginning at 1300 in the Liberty Center.

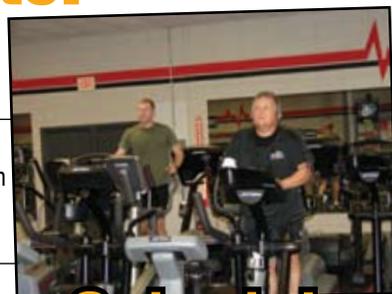
Wednesday, January 26
Video Game Tournament
 Game time is 1900. Prize awarded to the winner. Register the day of the event at the Liberty Center.

Thursday, January 27
Birthday Bash
 A celebration of January birthdays! FREE cookies and soda will be provided at 1900 in the Liberty Center.

Monday, January 31
Snowflake Toss
 We can't toss real snowflakes so we will improvise and toss marsh-

Sonny Montgomery Fitness Center Complex

Hours of Operation
 Monday-Friday (April-September) 5:30am-8pm
 Monday-Friday (October-March) 5:30am-9pm
 Saturday, Sunday, and Holidays 11am-6pm



Group Exercise Schedule

Monday: Self Defense with Dawg @ 1800
Tuesday: Step with Shannon @ 1115
Wednesday: Self Defense with Dawg @ 1800
Thursday: Step Aerobics @ 1115

Insanity and P90X are also available.
 All group exercise classes are free.

Making Healthy Choices with Beth Cold and Flu Season... Again!!

This can be a CRAZY time of year, visiting with family and friends, hectic travels and then back to the grind. One visit you probably are not looking forward to though is a visit from the common cold. You often hear those who are physically fit boast about how their active lifestyle protects them from illness and now, it appears that there is evidence to support this or at least that one's perception of being physically fit does.

It was found that the number of colds among those who exercised five or more days per week was 46% less than those who only exercised one day or less per week. For those exercisers (five or more days per week) who did get a cold, the number of days they experienced cold symptoms was 41% lower than those who only exercised one day or less per week. Additionally, their colds were 31% less severe.

Exercise activates the immune system and this effect can be seen every time you exercise so having consistent exercise patterns means having an immune system that is constantly on high alert. I don't know about you but I will take it! There is also the possibility that perceived wellness which is common among exercisers may counter feelings of being sick.

Many believe that the answer is probably both. Start the New Year off right with proper exercise and portion control! It just may help ease that nasty cold after all.

Captain's Cup Schedule of Events

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 January 1, 2011.

Captain's Cup Basketball Results

Regular Season
 1 Ballers
 2 Dawg Pound
 3 NOSC
 4 CrossRoads

End Of Season
 1 CrossRoads
 2 Ballers
 3 Dawg Pound



Questions or Comments?

"On the Deck" is a monthly publication aimed at providing a closer look at MWR events at NAS Meridian. Contact Terry York, MWR Director at (601) 679-2551 or e-mail at terry.york@navy.mil for any comments or suggestions.

Ponta Creek Golf Course



GolfLogix Garmin GPS NOW in All Golf Carts!

Use this new tool to see how far you are from the pin. For more info call 679-2526.

Winter Special

Monday – Sunday, Ride 18 Holes for \$20.00
 Monday-Thursday, Ride 9 Holes for \$12.00
 Friday, Saturday, Sunday's and Holidays after 1500,
 Ride 9 Holes for \$12.00

Pro Shop Hours

Monday-Sunday 0730-1600

Public Welcome!
 Call (601) 679-2526
 for more info!

The Sandtrap @ Ponta Creek

Monday-Thursday 1000-1600
 Friday-Saturday 0730-1600
 Sunday 1100-1600

Pic of the Month



GIVING BACK

Over 1,400 cans of food were donated to the One Person Scramble at Ponta Creek Golf Course on December 4, 2010 as entry for the event that benefited the NAS Meridian Chapel Holiday Food Drive. Dan Kerr won the event by shooting at 67 in the field of 86 players. Wayne Boren placed second with a 68 and Joey Alexander placed third.

PHOTO BY MATT DAVIS / MWR MARKETING MANAGER

WALT DISNEY World Resort

MILITARY PROMOTIONAL TICKETS
 4 Theme Parks...4 Days...4 One Great Price!

GET DETAILS © Disney



Hours of Operation
 Monday-Friday: 1000-1700
 Call (601) 679-3773 for info.

Now Located In Admin 255!



January Bowling Specials At McCain Lanes

Sunday

NTTC/MATSS-1 Student Special. 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.

Schedule your next birthday party at McCain Lanes! Call (601) 679-2651 for more info.

The Outpost 601-679-2609

Don't let the cold weather spoil your tailgating or other outdoor parties. Get one of the Outpost's Outdoor Patio Heaters for just \$25 for the whole weekend. We also have tables, chairs and coolers for rent. Call (601) 679-2609 for more info.

Eagle Point Stables



Open for boarding. Military and DoD rates are available.

For more info call (601) 679-2609.

POV & Personal Storage Units



Pov and Personal Storage units for rent. Starting @ \$20 month for military & \$25 month for DOD.

Call (601) 679-2609 or come by for more details!

Menu Items Now At Rudders

- Pepperoni Calzone \$3.50
- Cheese Calzone \$3.50
- Chicken Breast Filet Sand. \$3.50
- BBQ Pulled Pork Sand. \$3.50
- Jalapeño & Cheese Wrap-Dogs!® \$3.00
- Smoky Cheese Wrap-Dogs!® \$3.00

Hours of Operation

Open for **Sunday & Monday Night Football** @ 1900
Tues.-Thurs. 1630-2200
Fri. & Sat. 1630-2300

Rudders

Wings \$3.00
 Pizza \$1.50

* Free spicy french fries or soft drink with purchase of either item.

Be A Fan!
 Join MWR Meridian on Facebook today. Search for NAS Meridian MWR.

Call 679-2636 for more info.

NOW SHOWING

at McCain Recreation Center

Movie availability subject to change. All movies are shown free of charge.

There are four scheduled movies that premiere at the McCain Recreation Center during the week. Movies that premiere during the working week start at 1800 and the movies that debut on Saturday starts at 1300.

Date	Movie	Rating	Starring
01/04	Charlie St. Cloud	PG13	Zac Efron & Amanda Crew
01/05	The Other Guys	PG13	Mark Wahlberg & Will Ferrell

Also Scheduled to Appear in January

Movie	Rating	Starring
Going The Distance	R	Justin Long & Drew Barrymore
Inception	PG13	Leonardo DiCaprio & Cillian Murphy
Machete	R	Robert DiNero & Jessica Alba
Nanny McPhee Returns	PG	Emma Thompson & Ralph Fiennes
Scott Pilgrim Vs. The World	PG13	Micheal Cera & Rory Culkin
The Expendables	R	Sylvester Stallone & Jason Statham
The Switch	PG13	Jennifer Aniston & Jason Bateman

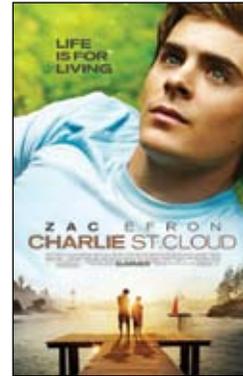
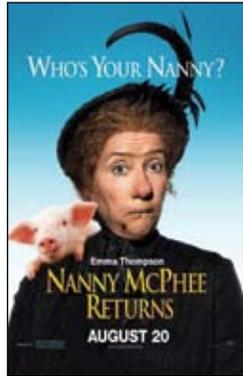
Monthly Must See

Inception

Starring:
Leonardo DiCaprio
Cillian Murphy
Michael Caine

Dom Cobb is a skilled thief, the absolute best in the dangerous art of extraction, stealing valuable secrets from deep within the subconscious during the dream state when the mind is at its most vulnerable. Cobb's rare ability has made him a coveted player in this treacherous new world of corporate espionage, but it has also made him an international fugitive and cost him everything he has ever loved.

Rated PG13, Runtime is 148 minutes



* All movie posters and synopsis used and reprinted with permission

January 2011

Mom's is located in Building 158 on the Flight Line.

Mom's Diner

*Menu is subject to change

3 Monday CLOSED	4 Tuesday Chicken Fried Steak, Mashed Potatoes with Gravy, Green Beans, Lima Beans, Cornbread	5 Wednesday Shepard's Pie, Vegetable Sticks, Corn, Cornbread	6 Thursday Fried Chicken, Macaroni & Cheese, Turnip Greens, Squash, Cornbread	7 Friday Catfish, Hushpuppies, French Fries, Cole Slaw
10 Monday Smothered Hamburger, Mashed Potatoes with Gravy, Field Peas, Mixed Vegetables, Cornbread	11 Tuesday Pork Chops, Rice with Gravy, Collard Greens, Peas & Carrots, Cornbread	12 Wednesday Chicken Parmesan, Broccoli with Cheese, Fried Okra, Cornbread	13 Thursday TACO SALAD	14 Friday Pot Roast, Mashed Potatoes with Gravy, California Blend, Turnip Greens, Cornbread
17 Monday CLOSED	18 Tuesday Fried Chicken, Mashed Potatoes with Gravy, English Peas, Cabbage, Roll	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	26 Wednesday Pork Chops, Baked Potato casserole, Lima Beans, Corn, Cornbread	27 Thursday TACO SALAD	28 Friday Chicken And Dumplings, Corn Nuggets, Fried Okra, Cornbread
31 Monday Jambalya, vegetable Sticks, Turnip Greens, Cornbread			Hours of Operation Mon-Fri ~ 6am-2pm Closed ~ Weekends & Holidays Breakfast Hours ~ 6-9:30am	