

Front & Center

Water Aerobics

Water Aerobics take place at the All Hands Pool next to Rudders every Monday, Wednesday and Friday from 1215-1300.

Lap Swim

Lap Swim takes place Mon.-Fri. from 1045-1200.

New Hours at Library

Mon. - Fri. 1000 - 1800
Saturday 1000 - 1600

The Andrew Triplett Library is a Wi-Fi Facility. For more info call (601) 679-2326.

The Outpost will be open on Saturday July 09 from 0800-1600. For more info call (601) 679-2609.

The Outpost

Open enrollment for Head Start 2011/2012

For more information contact: Geneva Burton in the Region Office at 601-483-2225.

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

Online

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

Like Us!

Join MWR Meridian on Facebook today. facebook.com/MWRMeridian.

MWR
Naval Air Station Meridian

Phone Directory

Fitness Center	679-2379
All Hands Pool	679-3470
Liberty Center	679-3760
ITT	679-3773
McCain Rec Ctr	679-2651
The Outpost	679-2609
Library	679-2326
Rudder's	679-2636
Sandtrap Grill	679-2780
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	679-2109

BOWLING CHAMPS



BEST ON BASE

Above, left, Gordon Mohl, who bowled an eight game series of 1915, is congratulated by Gene Derusha, McCain Recreation Center Manager, for placing first in the Men's Division of the 2011 Base Bowling Championship. Above, right, Angela Massey and Lori Evans are congratulated by Gene Derusha for placing in the Women's Division of the 2011 Base Bowling Championship held at McCain Recreation Center on May 28, 2011.

Base Crowns Bowling Champions

Gordon Mohl bowled an impressive eight games series of 1915 pins to claim the title of 2011 Male Base Bowling Champion. Mohl also bowled eleven strikes in a row, for a score of 299 in one of his games, almost reaching the perfect score of 300.

Capturing the 2011 Women's Base Bowling Championship was Angela Massey with an eight game score of 1224 pins. Massey edged Lori Evans, who placed

second, by 5 pins.

Also placing in the men's division were Andrew Clayton coming in 2nd with a total of 1748 pins, Billy Blevins, who placed third, with 1617 pins and Bill Fike placing fourth with 1582 pins. Over 21 bowlers participated in the tournament, which was held at McCain Rec Center on May 28, 2011.

"IT'S HOT, BABY" BOWLING TOURNAMENT



July 16, 2011 at 1000

Bowl 7 games, \$20 entry fee, Sign up by 0945 on July 16.

Bowler will bowl different formats for each game

Call (601) 679-2651 for format info.

McCain Rec Center



Outdoor Movie

July 28, 2011
All Hands Pool • 1900
Movie starts at dark.
FREE



SUBWAY
Now Open Inside McCain Rec Center!

Swim Lessons

All swim lessons will take place Monday-Friday from 0900-0945 and 1000-1045 for all others.

Session 3: July 11-21
Session 4: July 25-Aug. 4

For more info call (601) 679-2379.



FREEDOMFEST

Fireworks Extravaganza

Featuring live music by Fatback, Randy and Samm and The Pete O' Show. \$.25 food items and play area.

Open to All Eligible MWR Patrons.

July 1, 2011 • 1700 • Fitness Center Complex





Hours of Operation

Mon. – Thurs.:	1600-2130
Friday:	1600-2330
Saturday:	1000-2330
Sunday:	1000-2130

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

Instant Updates from Liberty!

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

**Wednesday, July 6
Double Elimination
Pool Tournament**

The tournament begins at 1900 in the Liberty Center. No entry fee – prize awarded to the winner.

**Saturday, July 9
Pensacola Trip**

Travel to Pensacola, FL for a day of relaxation on the beach, shopping and dinner. The bus leaves the Library parking lot at 0715. The cost is \$10 per person. You must register & pay for the trip by Wednesday, July 6. A minimum of 20 people is needed for the trip to run – NO REFUNDS (unless the trip is cancelled).

**Monday, July 11
Video Game Tournament**

Game time is 1900. Prize awarded to the winner. Register the day of the event at the Liberty Center.

**Thursday, July 14
Liberty Bowl**

FREE bowling to all Liberty patronage at the McCain Recreation Center from 1800 – 2030.

Sunday, July 17

“National Ice Cream” Day

In honor of everyone’s favorite summertime dessert, stop by the Liberty Center around 1400 and make a FREE ice cream sundae! Enjoy vanilla ice cream, a variety of toppings and whip cream while supplies last.

**Thursday, July 21
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, July 23
Pensacola Trip**

Travel to Pensacola, FL for a day of relaxation on the beach, shopping and dinner. The bus leaves the Library parking lot at 0715. The cost is \$10 per person. You must register & pay for the trip by Wednesday, July 20.

**Sunday, July 24
Dog Day Sunday**

FREE hotdogs, chips & soda served to Liberty participants beginning at 1400 in the Liberty Center.

**Monday, July 25
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, July 27
Birthday Bash**

A celebration of July birthdays! FREE cookies and soda will be provided at 1900 in the Liberty Center.

**Sonny Montgomery
Fitness Center
Complex**

Hours of Operation

Monday-Friday (April-September)	0530-2000
Monday-Friday (October-March)	0530-2100
Saturday, Sunday, and Holidays	1100-1800



Group Exercise Schedule

Day	Class/Time
Monday	Belly Dancing Class @ 1130
	Self Defense with Dawg @ 1800
Tuesday	Cardio Mix with Shannon @ 1115
Wednesday	Belly Dancing Class @ 1130
	Self Defense with Dawg @ 1800
Thursday	Cardio Mix with Shannon @ 1115
Friday	Belly Dancing Class @ 1130

All group exercise classes are free.

Making Healthy Choices
with Beth

**Move Your Body,
Change Your Mind**

Exercise has been proven to:

- Boost confidence: Achieving a fitness goal, no matter how small, will give you a sense of accomplishment.
- Burn calories: How else does the weight melt away? Plus getting thinner and feeling more fit is likely to cheer you up.
- Redirect your focus: You’ll be too busy trying to do one more rep of that crunch, curl, or kick to think about anything negative.

Show you can do something positive: By choosing to get up and move, you’re taking care of yourself, and coping in a healthy way. And when you observe that, you’ll believe you can take other steps forward.

Captain’s Cup Schedule of Events

Captain’s Cup Standings

	N A S	N T C	M A T S S	V T 7	V T 9	C T W 1	N B H C
Volleyball	0	0	0	0	0	0	0
5K Run	0	0	0	0	0	0	0
Golf	0	0	0	0	0	0	0
Softball	0	0	0	0	0	0	0
10K Run	2	0	160	0	1	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	0	0	0	0	0	0	0
Bench Press	30	1	40	0	1	0	0
Soccer	40	0	85	60	44	0	31
Duathlon	47	0	0	60	28	0	0
Total	119	41	285	120	74	0	31

*Standings as of July 1, 2011.

Captain’s Cup Events

Captain’s Cup Golf takes place every Thursday at Ponta Creek Golf Course.

Captain’s Cup Softball takes place Mon. & Thurs. at Bernath Field.

For more information call (601) 679-3384.

Monday Movie Madness

There are TWO scheduled movies every Monday for dependent children. The movies will be shown starting 1300. The second movie will start after the first with some re-wind time involved. Popcorn may be available if in stock by request.

DATE	TITLE	RATING
07/11	<u>SHREK</u>	PG
	<u>SHREK 2</u>	PG
07/18	<u>PRINCESS & FROG</u>	G
	<u>TANGLED</u>	PG
07/25	<u>YOGI BEAR</u>	PG
	<u>TANGLED</u>	PG



Questions or Comments?

“On the Deck” is a monthly publication aimed at providing a closer look at MWR events at NAS Meridian. Contact the MWR Director at (601) 679-2551 for any comments or suggestions.

Ponta Creek Golf Course



Golf Season is here!

Call the Pro Shop at Ponta Creek to schedule a weekend or holiday tee time. The Pro Shop number is (601) 679-2526.

Weekday Special

Monday – Thursday, Ride 18 Holes for \$20.00
Monday-Thursday, Ride 9 Holes for \$12.00

Public Welcome!

Call (601) 679-2526 for more info!

Call the Pro Shop at Ponta Creek for Hours Of Operation.



Monday-Friday 0730-1430
Saturday-Sunday 0700-1600

Now Serving Breakfast!

Monday-Friday: 0730-0930
Saturday-Sunday: 0700-0930



For more info call (601) 679-2780.

Pic of the Month



BATTLE OF MIDWAY EVENT

A patron enjoys some of the food at the Battle Of Midway event hosted by MWR on June 3, 2011. The event featured a showing of "Midway" on an outdoor movie screen and free food, drinks and swimming at the All Hands Pool.

PHOTO BY MATT DAVIS/ MWR MARKETING MANAGER



The Outpost
601-679-2609

Summer Time Is Here!

Visit the Outpost for all of your summer cookouts and celebrations. Check out the great rental prices on everything from grills, coolers, tables, chairs and more. For more info call (601) 679-2609.

Join us at Rudders for upick music nights.

Play Ping Pong Now at Rudders for **FREE!**

Hours of Operation

Mon.-Thurs. 1630-2200
Fri.-Sat. 1700-Midnight

Rudders



Stop by for country music hour until 1900 every Wednesday at Rudders.

Call 679-2636 for more info.



July Bowling Specials At McCain Lanes

Monday

NTTC/MATSS-1 Student Bowling Special, 1700-2100, Bowl for \$1.50 a game and \$1 for shoes. Except on 7/4/11.

Wednesday

Low Ball Bowling Tournament, July 13, 20 and 27, Where a gutter ball gets you a strike or spare. Lowest score wins. Each bowler bowls 3 games. \$10 entry fee, must be signed up by 1830 each night.

Friday

Family Night, 1800-Close, \$2 a game, \$1 for rental shoes. Cosmic Bowling if requested.

July 16

It's Hot, Baby Bowling Tournament, starts at 1000, Each bowler bowls 7 games. \$20 entry fee. Sign up by 0945 on July 17. Format to vary by game. For info call (601) 679-2651.

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



Located In Admin 255 next to NFCU.



- Cruises
- Disney and Universal Parks
- Vacation Packages, Hotels, Cabin Rentals



- Local Attraction Discounts



- Local and Base Information

Call (601) 679-3773 for more info.



NOW SHOWING

at McCain Recreation Center

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

Date	Movie	Rating	Starring
07/02	GNOMEO & JULIET	G	JAMES McAVOY & EMILY BLUNT
07/05	THE WEDDING CRASHERS	R	OWEN WILSON & VINCE VAUGHN
07/06	STEALTH	PG13	JOSH LUCAS & JESSICA BIEL
07/07	THE EAGLE	PG13	CHANNING TATUM & JAMIE BELL
07/09	J. BIEBER: NEVER SAY NEVER	G	JUSTIN BIEBER & MILEY CYRUS
07/12	TAKE ME HOME TONIGHT	R	TOPHER GRACE & ANNA FARRIS
07/13	UNKNOWN	PG13	LIAM NEESON & DIANE KRUEGER
07/14	BEASTLY	PG13	ALEX PETTFER & VANESSA HUDGENS
07/16	PIRATES: DEAD MAN'S CHEST	PG13	JOHNNY DEPP & ORLANDO BLOOM
07/19	HALL PASS	R	OWEN WILSON & CHRISTINA APPLIGATE

Monthly Must See

Unknown

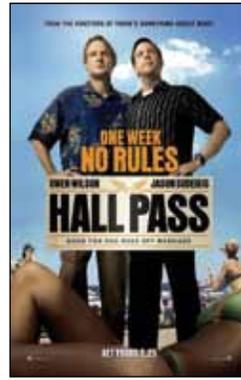
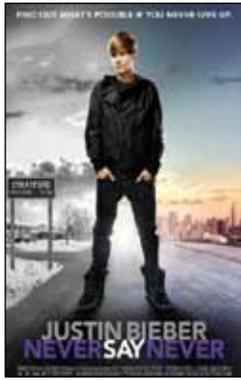
Starring:

Liam Neeson
January Jones
Diane Kruger

Dr. Martin Harris awakens after a car accident in Berlin to discover that his wife suddenly doesn't recognize him and another man has assumed his identity. Ignored by disbelieving authorities and hunted by mysterious assassins, he finds himself alone, tired and on the run. Aided by an unlikely ally, Martin plunges headlong into a deadly mystery that will force him to question his sanity, his identity, and just how far he's willing to go to uncover the truth.

Rated PG13, Runtime is 109 minutes

Movies that premiere during the week start at 1800 and at 1300 on weekends.



* All movie posters and synopsis used and reprinted with permission

July 2011

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

Mom's Diner

*Menu is subject to change

***Menu is subject to change.**

Hours of Operation

Mon-Fri ~0600-1400
Closed ~ Weekends & Holidays
Breakfast Hours ~ 0600-0930

1 Friday

French Dip Sandwich, French Fries, Potato Salad

4 Monday
CLOSED-Holiday

5 Tuesday
CLOSED

6 Wednesday
SALAD BAR

7 Thursday
Fried Chicken, Macaroni & Cheese, Green Beans, Carrots, Roll

8 Friday
U.S. Farm Raised Catfish, Cole Slaw, French Fries, Hushpuppies

11 Monday
Smothered Hamburger, Rice with Gravy, Field Peas, Carrots, Cornbread

12 Tuesday
BBQ Chicken, Baked Beans, Corn on the Cob, Potato Salad, Roll

13 Wednesday
Jambalya, Vegetable Sticks, Collard Greens, Cornbread

14 Thursday
TACO SALAD

15 Friday
Pork Chops, Mashed Potatoes and Gravy, Corn, Collard Greens, Cornbread

18 Monday
Chicken Fried Steak, Mashed Potatoes with Gravy, Fried Okra

19 Tuesday
Pot Roast, New Potatoes, Turnip Greens, Mixed Vegetables, Cornbread

20 Wednesday
SALAD BAR

21 Thursday
MOM'S CHOICE

22 Friday
Chinese Farm Raised Catfish, Green Beans, French Fries, Hushpuppies

25 Monday
HOTDOG BAR

26 Tuesday
Beef Tips Over Rice, Collard Greens, Field Peas, Cornbread

27 Wednesday
Chicken Parmesan over Noodles, Broccoli with Cheese, Fried Okra, Cornbread

28 Thursday
TACO SALAD

29 Friday
Fried Chicken, Macaroni & Cheese, Corn Nuggets, Turnip Greens, Cornbread